

## CHRIS MILLARD'S AFTER SCHOOL ATHLETICS FUN – YEARS 4-6 AT HIGH DOWN JUNIOR SCHOOL (TERMS 1 & 2)

To guarantee a space at this popular club, please return forms and payment to School Reception ASAP (first-come first-served) – Deadline Thursday 19<sup>th</sup> September 2019

- 1 – MONDAY SEPTEMBER 23<sup>RD</sup> 2019 – 3.30PM – 4.30PM
- 2 – MONDAY SEPTEMBER 30<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 3 – MONDAY OCTOBER 7<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 4 – MONDAY OCTOBER 14<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 5 – MONDAY OCTOBER 21<sup>ST</sup> 2019 – 3.30PM – 4.30PM
- 6 – MONDAY NOVEMBER 4<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 7 – MONDAY NOVEMBER 11<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 8 – MONDAY NOVEMBER 18<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 9 – MONDAY NOVEMBER 25<sup>TH</sup> 2019 – 3.30PM – 4.30PM
- 10 – MONDAY DECEMBER 2<sup>ND</sup> 2019 – 3.30PM – 4.30PM

### 10 WEEKS FOR £42.50

- ✓ 10 HIGH-QUALITY FUN SESSIONS, DELIVERED BY GB INTERNATIONAL, LEVEL 3 COACH (SOUTH WEST DEVELOPMENT COACH OF THE YEAR 2013, SOUTH WEST COACH OF THE YEAR 2018)
- ✓ GRADED CERTIFICATES FOR ALL ATTENDING ATHLETES, & MEDALS FOR WINNING INDIVIDUALS AND TEAMS IN WEEKLY CHALLENGE

SPRINTS, HURDLES, RELAYS, STANDING LONG JUMP, STANDING TRIPLE JUMP, BALANCE, SPEED BOUNCE, INTERVAL RUNS, VORTEX THROW, TURBO JAVELIN, TARGET THROW, SKIPPING, RELAYS, TECHNIQUES, VORTEX GOLF, LIGHTNING STRIKE, RUN THE GAUNTLET, SHARK TAG, CROCODILE GAME, RACES, FUN FITNESS & GAMES

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I wish for my child to take part in Chris Millard's Autumn/Winter after school athletics club.

Child's Name..... Class..... Year.....

Email (for confirmation/weekly updates) .....

Any medical issues (additional sheet if necessary)?.....

Emergency Contact No.....

For maximum safety, please confirm how your child will be getting home (collecting, after school club, or walking by themselves)

I enclose a cheque/cash to the value of £42.50, made payable to 'Fitness on Track Ltd'