

# CHRIS MILLARD'S AFTER SCHOOL ATHLETICS FUN – YEARS 4-6 AT HIGH DOWN JUNIOR SCHOOL (TERMS 3 & 4)

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To guarantee a space at this popular club, please return forms and payment to School Reception ASAP (first-come first-served) – Deadline Thursday December 14th

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- 1 – Monday January 8<sup>th</sup> 2018
  - 2 – Monday January 15<sup>th</sup> 2018
  - 3 – Monday January 22<sup>nd</sup> 2018
  - 4 – Monday January 29<sup>th</sup> 2018
  - 5 – Monday February 5<sup>th</sup> 2018
  - 6 – Monday February 19<sup>th</sup> 2018
  - 7 – Monday February 26<sup>th</sup> 2018
  - 8 – Monday March 5<sup>th</sup> 2018
  - 9 – Monday March 12<sup>th</sup> 2018
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**9 WEEKS FOR £36.00**

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- ✓ 9 HIGH-QUALITY FUN SESSIONS, DELIVERED BY GB INTERNATIONAL, LEVEL 3 COACH (SOUTH WEST DEVELOPMENT COACH OF THE YEAR 2013) & SUPPORT COACHES FROM NORTH SOMERSET AC
- ✓ GRADED CERTIFICATES FOR ALL ATTENDING ATHLETES, & MEDALS FOR WINNING INDIVIDUALS AND TEAMS IN WEEKLY CHALLENGE, PLUS NEW UK ATHLETICS GRADED SEW-ON BADGES FOR ALL ATHLETES

#### **EVENTS INCLUDE;**

STANDING LONG JUMP, STANDING TRIPLE JUMP, BALANCE, SPEED BOUNCE, HURDLES, HIGH STEPPER, SPRINTS, ENDURANCE, VORTEX THROW, TURBO JAVELIN, TARGET THROW, SKIPPING, RELAYS, TECHNIQUES, VORTEX GOLF, CROCODILE GAME, RACES, FUN FITNESS & GAMES

PLEASE NOTE I DO NOT CONSIDER MYSELF A CHILDMINDING SERVICE. THIS IS AN ATHLETICS CLUB, AND THEREFORE BEHAVIOUR NEEDS TO BE TO THE NECESSARY STANDARD TO ENSURE EVERYONE GETS THE BEST POSSIBLE EXPERIENCE. I RESERVE THE RIGHT TO REMOVE CHILDREN WHO DO NOT RESPECT THIS

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

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

Email (for confirmation).....

Any medical issues?.....

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 £36.00, made payable to 'Fitness on Track Ltd'