

# AFTER SCHOOL SPORTS COACHING



For Boys and Girls of any ability aged 4-11 years old

**WEEK:** Tuesday 10th November - Thursday 17th December 2009

**VENUE:** BOWDON CLUB, South Downs, Bowdon, Cheshire, WA14 3DT

**TIME:** AFTER SCHOOL: 3:45pm – 4:45pm (drop off from 3:30pm)

# AFTER SCHOOL Football & Multi Sports Courses at **BOWDON CLUB**

Name of child: (please print) .....

Age ..... Address .....

Postcode .....Email .....

Home telephone No. ....

Emergency contact No. ....



## MULTI SPORTS

An excellent opportunity for children to try a sport they may not be familiar with, but like the idea of trying something different. Sports options include; Mini Tennis, Netball, Tag Rugby, Kwik Cricket, Basketball, Hockey, Athletics (Track & Field), and Pop Lacrosse.



## FOOTBALL

The principle of 'ball at your feet' is maintained with the provision of a ball for each player. Sessions are structured to incorporate key skills such as dribbling, control, passing, shooting, movement and tactical awareness amongst others. Small-sided games give players the chance to improve their technical skills in match situations.

**COST:** £4.00 per session (Total £24.00 per course). 3:45pm - 4:45pm (drop off from 3:30pm).

**DAYS:** Please tick which sessions you would like your child to attend

## 6 WEEK COURSES (from Tuesday 10th November - Thursday 17th December 2009)

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Tuesdays	<b>MULTISPORTS</b>						
	<b>MINI TENNIS</b>						
Thursdays	<b>FOOTBALL (R to Y3)</b>						
	<b>FOOTBALL (Y3 above)</b>						

I enclose a cheque (please do not send cash) made payable to:

**Shooting Stars Sports Coaching Ltd.** For the amount of £.....

Signed.....(Parent/Guardian)

Please return booking form and payment to: **Shooting Stars Sports Coaching Ltd, Market Court, 20-24 Church Street, Altrincham, Cheshire WA14 4DW.** Telephone **07940 223298**

Once we have received your booking form, with payment, we treat your child's place as booked. We are unable to confirm bookings in writing but you are welcome to telephone to check your application has been received and processed.

Should you cancel the place the following cancellation charges will be incurred, 7 days notice = **50% refund** (less than 7 days notice = **No refund**).