

Christmas Netball Training 2011

At St Catherine's School



Monday 19th December

Tuesday 20th December

Wednesday 21st December

10am – 1pm

The programme will consist of:

Speed, Agility & Quickness (SAQ training) required for all sports.

Self confidence, balance, co-ordination & team building. Netball skills and game play.

Aim of the Netball Camp

- ✓ The Camp is open to **girls** ages 6 – 11.
- ✓ Girls will be taught in differentiated groups according to their skill levels.
- ✓ First Aiders will be present throughout the day.
- ✓ Please provide your child with drinks & snacks.
- ✓ Girls **must** be dressed appropriately for all types of weather and bring suitable warm and waterproof clothing.

- ✓ **There are no indoor facilities.**
- ✓ **If there is snow or bad weather conditions, the netball camp will be cancelled. (Cancellation time 8am)**

TYPICAL DAILYTIMETABLE

10am – 1pm

10.00 – 10.15	Drop off & registration
10.15 – 10.45	Warm up SAQ & Games
10.45-11.30	Netball skills & drills
11.30 – 11.45	Break
11.45-12.30	Specialist coaching
12.30-1pm	Coached Games

For more details please contact

Gayle Vickers on 07787 117508

gayle@gaylevickers.co.uk

APPLICATION FORM

Child's Name.....

Address.....

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Post Code.....

Contact Numbers.....

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Email Address.....

School.....Age.....

Please tick which dates your child will attend:

Monday 19 th December	
Tuesday 20 th December	
Wednesday 21 st December	

I have read & I accept all terms & conditions.

Signed (Parent/Guardian)

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Date.....

Parental Consent & Health Form

1. Does your child have any known allergies/ recent injuries or illnesses, which may affect participation in any activities?

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2. Does your child have any special dietary requirements?

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3. Please state any medication taken by your child

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4. I agree that he/she may be administered paracetamol (or similar) by a member of staff should it be necessary

5. I agree that he/she may receive emergency medical treatment, including anaesthetic, as considered necessary by the medical authority present.

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6. I have declared on this form all medical conditions or treatments that he/she suffers from or requires to maintain his/her health.

COST

**£18 per session
£45 for three sessions**

Places are limited and will be allocated on a strictly first come, first serve basis.

PAYMENT

Please complete **both sides** of the booking form & send to 29 Bath Square, Old Portsmouth, Hampshire, PO1 2JL

Payment can either be made by bank transfer

(please email for bank details) or by completing the form on line at

www.gaylevickers.co.uk

Terms and Conditions

I acknowledge that Gayle Vickers Limited, her agents and employees are not liable in respect of any loss or damage to personal possessions, whilst the above named child is attending the course.

If the course is cancelled a full refund will be given. We cannot offer refunds for any other reason.

I also give permission to use any photos taken whilst attending the course, for promotional use only.

Signed (Parent/Guardian)

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Date

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