



Chigwell Mitre Enterprises Ltd

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CHIGWELL SCHOOL

Junior Football Coaching Course - 2010

The 2010 coaching course will be held for four days between Tuesday 31st August and Friday 3rd September 2010. The course is designed for both boys and girls at Chigwell School, from LI (year 3) to IV Form (year 8) for the academic year 2010-2011. Pupils who are not enrolled at Chigwell School are also welcome. The aim of the course is to give children the opportunity to meet new friends and classmates in a fun environment before the academic year begins on 8th September.

The course is being run by Mr Creag Lawrence (Head of Football, F.A. Level 2 Coach), who is both a classroom teacher and physical education teacher at Chigwell School. Mr Lawrence is a qualified First-Aider.

The coaching sessions will be organised for all ability levels with each child spending as much time with a ball as possible in order to aid their development. Practices will be organised to cover a number of areas including:

- Small Sided Games
- Tactical and functional Activities
- Individual ball skills
- Fun Games

All participants will need to wear appropriate clothing and footwear throughout the course. The children will also need to bring a water bottle and shin pads.

The course dates are as follows:

From Tuesday 31st August to Friday 3rd September

From 2.00pm to 5.00pm on each day

SNACKS :

There will be a number of breaks throughout the course day depending on the weather. Participants are advised to bring a healthy snack, e.g. fruit for all sessions as well as plenty of water.

AGES : The coaching course is open to all pupils going into LI (year 3) through IV Form (year 8) for the academic year 2010-2011. Non-Chigwell pupils are also welcome. The course is open to both boys and girls.

GROUPS: To ensure enjoyment and compatibility of groups these will be organised by the Course Director. Please note: Boys and girls will be coached separately if the need arises.

HOW TO BOOK Please return the Application Form, which you can download here, together with a cheque made payable to:
'Chigwell Mitre Enterprises Ltd'

FEES : The course fee will be **£ 45 per child**

DEADLINE: The deadline for applications is **Friday 13th August 2010**

REFUNDS/CANCELLATIONS

A cancellation before **3rd August 2010** will be refunded apart from a 20% handling charge. From and including 3rd August the handling charge will be increased to 50% and after August 24th **full payment will be required.**

For more information about the course please contact Mr C. Lawrence on telephone 020 8501 5768 or e-mail clawrence@chigwell-school.org



CHIGWELL SCHOOL

Medical Form

FULL NAME OF PUPIL.....

NATIONALITY..... DATE OF BIRTH.....

MEDICAL INFORMATION

Name of Parent/Guardian in BLOCK capitals.....

Address.....

..... Home telephone number.....

Please detail below the name and telephone number of an emergency contact in case of illness or problem whilst participating in the activity.

Contact name..... Telephone No.....

Family Doctor

Name:

Address
Telephone number:

Please detail below if your child suffers even mildly, from any medical condition. If your child has suffered from any contagious or infectious during the past three months, please detail these:

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Please give details of any recent injury, infection or medical treatment:

If your child is taking medication, please give details including whether it can be self-administered:

Please give details of any allergies or special dietary requirements:

Other Information

Are there any activities in which your child may not participate? **Yes/No**

If yes, please give details.

What is your child's swimming ability (eg strong, weak, cannot swim) - **Please circle**

- 1. Has your child got good eyesight? **Yes/No** 2. Has your child got good hearing? **Yes/No**
- 3. When did your child have his or her last tetanus booster? **Date**
- 4. Can your child participate in physical activities without restriction or special supervision? **Yes/No**

Signature of Parent/Legal Guardian.....

Date.....