



CHIGWELL MITRE ENTERPRISES LTD

Chigwell School

Chigwell, Essex, IG7 6QF

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From the Course Director
S Dick

May 2010

Dear Parent/ Guardian,

CHIGWELL SCHOOL SUMMER HOLIDAY NETBALL – 2010

Chigwell School is pleased to announce that Netball coaching courses for U9's to U13's (year 3 to year 8) of all abilities will be held during the forthcoming summer holiday.

The 2010 coaching course will be held for three days between Wednesday 1st and Friday 3rd September 2010. The course is designed for girls at Chigwell School from LI (yr3) to IVth form (yr8) for the academic year 2009-2010. 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, where they can learn new skills in Netball before the academic year begins on the 6th September.

The course is being run by Miss. S. Dick, a physical education teacher at Chigwell School.

The coaching sessions will be organised for all ability levels with each child learning a wide variety of netball related skills and techniques, in order to aid their development. Practices will be organised to cover a number of areas including:

- Individual ball skills
- Positioning awareness and rules of the game
- Umpiring
- Team building and team work activities
- Tactical and functional activities
- Match play and fun netball related games
- Netball Awards and Badges

Participants on the courses should meet at the **Sports Hall** by **9.45 a.m.** each morning. It is expected that participants will bring **packed lunches**. In addition, 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 to all sessions as well as plenty of water. The course will finish at 2.30 pm each day.

As the programme will involve the use of the outdoor facilities, it is essential that participants bring sun cream, hats and warm clothing, in case of a change in the weather conditions.

To ensure enjoyment and compatibility of groups these will be organised by the Course Director according to ability and with every consideration for individual requirements regarding friendships etc.

HOW TO BOOK : Please return the Booking Form together with a cheque made payable to :
'Chigwell Mitre Enterprises Ltd'

FEES : The course fee will be **£ 60 per child**

DEADLINE: The deadline for applications is **Monday 6th July 2010**

REFUNDS/ A cancellation before **3rd August 2010** will be refunded apart from a 20%
CANCELLATIONS: handling charge. During the month of August the handling charge will be increased to 50% and after August 24th **full payment will be required.**

NETBALL COACHING COURSE BOOKING FORM 2010

Please return this form (one per child) when completed to: Miss. S. Dick, Chigwell Mitre Enterprises Ltd., Chigwell School, High Road, Chigwell Essex. IG7 6QF

Family Name **(Please Print)**

First Names

Address

..... Post Code

Telephone (Home) (Work) Mobile

Date of Birth / / Male/Female

Age as at 1st September 2009 Years.....Months.....

Medical Conditions :

I have **read, understood and accepted** the conditions set out herewith and enclose a cheque for the amount of (made payable to '*Chigwell Mitre Enterprises*');

Course Fee £

Signed

Date

BOOKING CONDITIONS

Chigwell Mitre Enterprises Limited reserve the right to cancel a course with insufficient numbers but complete fee would be refunded.

Chigwell Mitre Enterprises Limited reserves the right to alter the advertised course should conditions make this necessary.

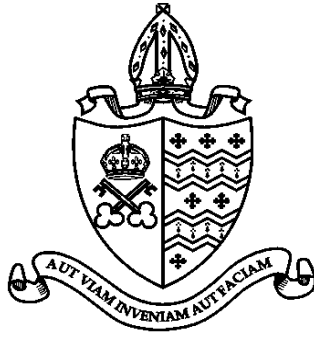
Chigwell Mitre Enterprises Limited, its servants, agents and employees will not be under any liability whatsoever to anyone in respect of personal injury, sickness, loss or damage, however caused. Fire precautions and regulations for the safety and comfort of course members must be observed.

Chigwell Mitre Enterprises Limited cannot accept responsibility for unaccompanied children, before or after the published time of the course.

If any other information is required regarding the courses, please do not hesitate to contact either myself at the above telephone number or Mrs Tina Page (Tel: 020 8501 5711/email: tpage@chigwell-school.org).

Yours sincerely,

Samantha Dick



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.

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.....