

CROSS COUNTRY COACHING SESSION

Name: _____ Date of birth: _____ Age: _____ Girl / Boy

Address: _____ School: _____

Athletics club (if applicable): _____

Postcode: _____ Emergency Contact name & tel: _____

Email: _____

Tel no (home): _____

Medical information : _____

My child is in good health and I consider him/her capable of taking part in athletics. I consent that, in the event of any illness/accident, any necessary treatment can be administered to my child which may include the use of anaesthetics. I also understand that, whilst the coaches will take every precaution to ensure that accidents do not happen, they can not necessarily be held responsible for any loss, damage or injury suffered by my child.

Photography / filming may take place during the scheme. I do not wish my child to be photographed / filmed

I have enclosed a cheque for **£7.50** made payable to 'On Track Athletics'

Name of parent / guardian: _____ Signed: _____



Cross Country Coaching

Thursday 16th February 2012

9.30am to 12.30pm

At Upton Junior School

Cost: £7.50 (Includes Free Athletics Goodie)

For young people in School Year 3 & above

Want to be the next Mo Farah or Lisa Dobriskey?

These sessions will introduce young people to some of the skills required for middle distance and endurance running including warming up, pacing and race tactics.

Sessions will take place outside, so please come prepared for all weather situations!
Activities are lead by experienced UKA licensed coaches.

Places must be booked and paid for in advance, please complete the above part of this form and send to:

On Track Athletics, Rose Cottage, Steeds Lane, Kingsnorth, Ashford, TN26 1NQ
For enquiries contact Pete on 07838 122 568 or info@ontrackathletics.co.uk