



# ESSEX OPEN NETBALL CLUB

Essex Open Netball Club  
36 Ayloffs Walk  
Hornchurch  
Essex  
RM11 2RJ

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March 2016

## ESSEX OPEN COACHING DAY April 2016

Dear All,

ESSEX OPEN NETBALL CLUB is pleased to invite you to their coaching day on Wednesday 6<sup>th</sup> April 2016 at Caterham High School from 10am -3pm. Participants can be male or female but **must** be between **8-13 years old**. The cost is £20 per child and the day will be led by qualified and experienced coaches from the club, and at least one qualified first aider will be available throughout the day.

In the morning participants will be taken through a range of drills, mini-matches and practices to refine the core skills needed to be a successful netball player. After lunch the participants will take part in a tournament, with prizes available for the winning team, most improved player and player of the tournament.

Participants will need to bring a packed lunch and plenty of water on the day, however light refreshments will be available to purchase such as drinks and sweets. It is advised that your child wear appropriate clothing and come prepared for any change in the weather (although there are indoor facilities these are limited). I would recommend suitable sports trainers (no converse or plimsoles), shorts, t-shirt, tracksuit bottoms, jumper and rain jacket (as well as sun cream and a sun hat if the weather is good).

If you would like your child to participate please complete and return the form below and payment (cheques must be made payable to Essex Open Netball Club) to: Essex Open Netball Club, 36 Ayloffs Walk, Hornchurch, Essex, RM11 2RJ. Please note that there will be a limited number of places available on the day so it is advisable that you book and pay in advance.

Yours Sincerely,

Sarah Biss  
Senior Coach



## MEDICAL AND CONSENT FORM

**IMPORTANT** - This form must be completed clearly, in capital letters, by parent, guardian or carer, if the participant is under 18 years of age.

<b>Participant name:</b> ..... <b>Date of birth:</b> ..... <b>Address:</b> ..... ..... ..... .....	<b>I do/ do not consent to the use of my child's image for any promotional publications used by Essex Open Netball Club.</b>
<b>Emergency contact</b> <b>Full name:</b> ..... .....	<b>Telephone number:</b> <b>Home:</b> ..... <b>Work:</b> ..... <b>Mobile:</b> .....
<b>Name of second emergency contact:</b> .....	<b>Telephone number:</b> <b>Mobile:</b> ..... <b>Other:</b> .....
<b>Contact for Doctor</b> <b>Name of Doctor:</b> ..... <b>Address:</b> ..... ..... ..... <b>Telephone:</b> .....	<b>Please give details of any medical condition e.g. allergies (general, or to medication, anaesthetics, etc), asthma, diabetes, epilepsy, etc.</b> ..... ..... .....
<b>Details of any current medical treatment including medication:</b> ..... .....	<b>Details of any special dietary requirements:</b> ..... .....

I give permission for my child to take part in the Essex Open coaching day on Wednesday 6th April 2016 at Caterham High School.

**Signed** .....  
 (Parent/Guardian)

**Date** .....