

CROSS COUNTRY CLUB

PositiveCoaching Cross Country Club at Crawley Ridge Junior School

PositiveCoaching is a company offering motivational coaching for Junior School children. Whether your child is a cross country novice, or an experienced competitor, the aim of the coaching sessions will be to promote healthy exercise, enhance fitness levels and develop the confidence and skills necessary for those children wishing to tackle cross country at a competitive level. Club members will be offered the opportunity to represent Crawley Ridge in a variety of cross country competitions throughout the season, which runs through both winter and spring terms. However for those not wishing to be involved in competition, the club will serve as a source of enjoyable exercise, whilst developing general levels of fitness.

In order for the children to progress as cross country runners, it is preferable for them to train for shorter periods, at more regular intervals. For this reason, **the children attend two cross country sessions each week, on a Tuesday & Thursday morning.** The sessions will go ahead regardless of weather conditions, as indoor facilities will be available. Coaching will therefore be for two sessions per week, on Tuesdays & Thursdays **the weeks commencing:**

,Whole Term :	Jan. 6, 13, 20, 27 Feb 3, 10, 24 Mar. 2, 9, 16, 23	11 weeks	£55
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For those of you whose children might be unsure about cross country this year, and would like to try it out without making a long term commitment, payment can be made in two stages - for an initial four week trial period, followed by a payment for a further five week continuation period if they wish to carry on, as follows:

Trial Period	Jan. 6, 13, 20, 27	4 weeks	£22
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Continuation Period	Feb 3, 10, 24 Mar. 2, 9, 16, 23	7 weeks	£35
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If you would like to book your child a place, please complete the slip below and return it with a cheque, (can be post dated to Jan.6th) made payable to 'PositiveCoaching', to the school office **by Tuesday December 17th**. Please write your child's name on the back of the cheque, as well as on the envelope, and please feel free to contact me at the **email address** shown below should you require any more information. Further details will be sent out on receipt of your application.

Your coach : Laura White
 Qualifications : UK Athletics qualified coach, Enhanced CRB status, Emergency First Aid qualified
TEL: 01276 676545 **M:** 077 3333 7722 **E:** positivecoaching@btinternet.com

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I would like my child to attend the Crawley Ridge Junior School Cross Country Club run by PositiveCoaching, starting on the week commencing January 6th, first actual session at 7.55 a.m. on Tuesday 7th. He/she would like to attend the two club sessions on Tuesdays & Thursdays as above, from 7.55 – 8.30 a.m., which allows plenty of time to get changed & ready for the start of the school day.

Name of parent/guardian _____ Signature _____
 Child's name _____ Date of birth _____ Year Group ____
 Address _____
 Telephone (H) _____ (M) _____ (W) _____
 E-mail address _____
 Doctor's name & tel no _____
 Any medical concerns? _____

I enclose a cheque made payable to PositiveCoaching for: £55 for the 11 week term / £22- for 4 week trial period

Terms and Conditions

1. Health & Safety and Child Protection

Your coach, who is fully qualified and holds an enhanced certificate from the Criminal Records Bureau, will take all the steps necessary to ensure your child's safety whilst involved in PositiveCoaching activities.

Your child's safety is of the utmost importance. In order for that safety to be maintained, it is important that both parents and children are aware of, and adhere to the following instructions. Your signature on the booking form will signify your acceptance of them.

- Adults must ensure that the child is delivered to the school gate at the agreed time. No responsibility can be taken for children dropped off at alternative locations.
- Your child should be suitably dressed for cross country in all weather conditions. Suggested clothing would be a T-shirt, shorts, sweatshirt, joggers and trainers, ideally in dark colours as they will get mud spattered when the ground is damp. Woolly gloves and hats are an excellent idea for the colder weather later in the year. Children without the appropriate footwear will not be able to take part.
- Expected behaviour will be explained to your child at the beginning of the course. Behaviour which is considered to be inappropriate or unacceptable will be dealt with in the following manner:
 1. The child will be offered two verbal warnings. If the behaviour persists the parent will be contacted for the issue to be discussed.
 2. If the problems are not resolved and the bad behaviour continues, PositiveCoaching reserves the right to consider exclusion from the course.

2. Liability

PositiveCoaching carries comprehensive insurance for all of the activities undertaken, but cannot accept responsibility for situations outside of its direct control in respect of damage or injury caused other than by proven negligence.

3. Equal Opportunities

PositiveCoaching practices a policy of non-discrimination.

4. Cancellations

Once a commitment has been made to a course of training, subsequent cancellations are non-refundable.

5. PositiveCoaching's Mission

To provide a positive and enjoyable learning experience for children, which enables them to develop their full potential.