

**CRAWLEY RIDGE JUNIOR CROSS COUNTRY CLUB – NEW MEMBERS ONLY – Y3 TO Y6**

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. **The coaching will therefore be for two sessions per week, on Tuesday & Thursday mornings for the weeks commencing:**

Whole Term: Sept. 19, 26 Oct. 3, 10, 17, 31 (Th only) Nov 7, 14, 21, 28 Dec 5, 12 (Tu only) 11 weeks £66

For those of you whose children are new to cross country, 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 7 week continuation period if they wish to carry on, as follows:

Trial period : Sept. 19, 26 Oct. 3, 10 4 weeks £26

Continuation Period Oct. 17, 31 (Th only) Nov 7, 14, 21, 28 Dec 5, 12 (Tu only) 7 weeks £42

If you would like to book your child a place, please complete the slip below and return the completed form via email to [positivecoaching@btinternet.com](mailto:positivecoaching@btinternet.com). Payment should be made by bank transfer to: 'PositiveCoaching', sort code 090666 account number 42871405 reference your child's/children's name/s. Please feel free to contact me on one of the numbers below, should this be a problem or should you require any more information. Further details will be sent out the week before the club starts.

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 September 19th, **first actual session at 7.55 a.m. on Tuesday 20<sup>th</sup> Sept.** 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 (Year 3's get help initially!)

**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 will transfer the fee to PositiveCoaching for: £66 for the 12 week term / £26 for 4 week trial period by Friday September 9th**

## 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 or times.
- 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 a verbal warning. If the behaviour persists, a second verbal warning will be given & both school & the parent will be contacted for information. If a third & final warning is issued, both the child & their parents will be told that the child will not be able to attend cross country for the following two sessions.
  2. If the problems are not resolved and the bad behaviour continues, PositiveCoaching reserves the right to consider permanent 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.