

**CHESHAM BOIS JUNIOR SQUASH (UNDER 19s)  
JUNIOR COACHING APPLICATION FORM**

**Sessions on Sundays from September 5th to December 12th\***

Please complete this form and bring it to the first session.

Junior's name .....Phone .....

Address .....

Age ..... Date of birth .....

e-mail.....School.....

Current member of Chesham Bois Squash Club Yes/No

**Circle the most suitable category below (coaches can change your category):**

**Beginners (usually U12s), 11.15–12.30; Intermediates (all ages), 12.30–2.00; Team Squad 2, 1.30–3.00 (all ages); Team Squad 1, 2.30–4.00 (all ages).** *If numbers are low there may be only three categories and times may change slightly.*

Beginners who have not come before have three free sessions as a trial, but if they attend a fourth session either the whole term must be paid for or the four sessions paid for at £6.50 each (see below). Free sessions do not apply to those in the Intermediate and Squad groups.

**Payment**

There will be 14 weeks of coaching this term:

1. By term (14 sessions – full fee paid by September 26th will include Under 19 Membership to August 31st 2010, worth £33; this enables courts to be booked up to and including 5:45pm).  
*Beginners:* £60.00 for 14 sessions of 1.25 hours from 11.15 to 12.30.  
*Intermediates:* £70 for 14 sessions of 1.5 hours from 12.30 to 2.00.  
*Squad 2:* £80 for 14 sessions of 1.5 hours from 2.00 to 3.30.  
*Squad 1:* £80 for 14 sessions of 1.5 hours from 3.30 to 5.00.
  2. By each Sunday at £6.50 per session for Beginners (£91.00 if 14 sessions are attended) and £8.00 per sessions for Intermediates and Squad (£112.00 if 14 sessions are attended).
- If you want to come to the coaching, it would help very much if you could e-mail me (John Ormiston; john.ormiston@live.co.uk) before September 5th so I can organise the groups (please say which group you think is the most appropriate).

**Please Remember**

**All shoes** worn on court must have **non-marking soles** and must **NOT** have been or be worn outside. The court floors are among the best in the county and we want to keep them that way.

**Goggles** must be worn (basic goggles are available at Junior coaching so no need to buy these initially). If the Junior owns a racquet, parents must check it is safe to use.

**Help Required from Parents**

We need help with both coaching and supervision – an adult other than the coaches should be present at all times. It would benefit the sessions if parents volunteered to supervise one or two sessions (squash coaching sessions are not Sunday child-minding groups).

**For Parental Signature**

I accept that squash is a racquet game played in close proximity to one's partners and, as in any sport, players participate in squash and related training and coaching activities at their own risk. The Club, the Club's officials, organisers, coaches and helpers will not be liable for any loss of injury suffered by anyone participating in the programme. I accept the Club's advice that younger Juniors are best supervised by parents when taking part in sporting activities.

**Signed .....** **Date .....**

\*Not November 7th when U11 and U13 County Coaching will take place at the Club.