

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

Sundays from September 11th to December 11th 2011

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

Junior's name Phone

Address

Age Date of birth

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

Parent's/Guardian's full name.....

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

Beginners, 11.15–12.30; Intermediates, 12.30–2.00; Squad, 2.00–3.30 (courts to 4.15)

Beginners who have not come before have three free sessions as a trial, but if they attend a fourth session the whole term must be paid for. Free sessions do not apply to those in the Intermediate and Squad groups.

Payment (cheques payable to CBLTSC)

There will be 13 weeks of coaching this term. Full fee paid by September 30th will include Under 19 Membership to August 31st 2012, worth £33; this enables courts to be booked up to and including 5:45 pm.

Beginners: £65.00 for 13 sessions of 1.25 hours from 11.15 to 12.30.

Intermediates: £75.00 for 13 sessions of 1.5 hours from 12.30 to 2.00.

Squad: £85.00 for 13 sessions of 1.5 hours from 2.00 to 3.30; courts available to 4.15.

Requirements to participate

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 they must be kept that way.

GOGGLES MUST BE WORN BY ALL JUNIORS. Basic goggles are available for the Beginners during the trial sessions, but beyond these a pair must be bought from the club (at less than retail price) or from another outlet.

Racquets are available for Beginners to use. If a Junior has a racquet, parents must check it is safe.

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**