



# SHREWSBURY SCHOOL SPORTS FACILITIES

May Half Term  
&  
Summer Holiday



ACADEMY & SPORTING  
PROGRAMME  
2013



# Academy and Sporting Programme

Welcome to the Shrewsbury School academy and sporting programme for the May half term and summer holiday periods.

For more information on any of the courses displayed in this flyer please contact the Sports Facilities department on 01743 280625 or email [ejmoore@shrewsbury.org.uk](mailto:ejmoore@shrewsbury.org.uk).

To book a place on one of the courses simply complete the attached registration form and return to the Sports Facilities department.

Full payment is required prior to the start of each course and can be made via cash or cheque. Cheques should be made payable to 'Shrewsbury School Enterprises Ltd'

All of our coaches and instructors are CRB (Criminal Record Bureau) checked and have gone through significant training to bring your children the best coaching and support possible.



# Cricket

## Dates and Prices:

**28th to 31st May (4 Days) - £100.00**

**8th to 12th July (5 Days) - £125.00**

**12th to 16th August (5 Days) - £125.00**

## Head Coach: Adam Shantry.

Currently Manager of the Wales Under 14 team with a 10 year professional career. Adam comes with first hand experience of the pathway from junior cricket to the first class game. Having played for Shropshire from Under 13 to Under 17 level and then beyond representing Warwickshire, Northamptonshire and Glamorgan CCC; now retired from the professional game he looks forward to passing on his knowledge of cricket.

**Details:** The courses will be based in the School's purpose built indoor cricket centre, in addition to using the schools wonderful grounds and facilities. Each day will be led by Adam along with a team of ECB qualified coaches.

Boys and girls will focus on improving their skills in batting, bowling and fielding, with group and one-to-one tuition, as well as practising their skills in matches and competitions. Using the latest video analysis, each player will receive a DVD of their cricketing ability along with feedback from the coaching team.

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

10am - 4pm

## You will need...

In light of the British summer weather, indoor and outdoor trainers are recommended. Cricket whites are desirable but not essential. Personal bats and pads may be used. Players need a packed lunch, drinks and snacks.



# Performing Arts Academy

**Dates:**

**5th to 6th August**

**Price:** £50.00 for the two days

**Details:**

Unleashing your potential on stage!

Children will act, dance, sing, direct and put on a magical show at a fun and engaging performing arts academy with inspirational teachers in the Ashton Theatre.

Children will take part in a timetable of acting, dancing and singing workshops throughout the two days. Participants will also advertise tickets for their big show at the end of the second day, when friends, family and VIPs will be invited to attend!

**Who?**

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

**When?**

9am-3pm

**You will need:**

Packed lunch with drinks and snacks



# Tennis Academy

## Dates:

**30th to 31st May**

**1st to 2nd August**

**15th to 16th August**

**29th to 30th August**

**Price: £50.00 for the two days**

## Details:

Tennis is a fantastic sport, which can be played and enjoyed for a lifetime. These two day academy's will give children the opportunity to learn new and develop existing tennis skills in an excellent environment with some of the county's top LTA licensed coaches.

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

9am-3pm

## You will need:

Packed lunch with drinks and snacks

Personal rackets are welcomed

Sports clothing



# Trampolining Academy

## Dates:

**30th to 31st May**

**1st to 2nd August**

**22nd to 23rd August**

**Price:** £55.00 for the two days

## Details:

The trampolining sessions will be led by a highly qualified coaching team, able to train participants from their first jump to regional representation.

The children will focus on basic shapes, twists, body landings and will work towards somersaults whilst learning routines.

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

9am-3pm

## You will need...

Packed lunch with drinks and snacks

Thick socks

Please leave any jewellery or watches at home.

Long hair must be tied back.



# Fencing Instruction

## Dates:

**28th May**

**20th August**

**27th August**

**Price:** £25.00 per session

## Details:

Three great days to experience the fun of fencing.

All levels of ability are welcomed to experience the sport of fencing. All equipment will be provided as children are coached by the schools Head Fencing Instructor. Each one day course will teach the children about fencing using games to improve speed and co-ordination, develop fencing skills and tactical thinking in a fun and safe environment.

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

9am-3pm

## You will need...

Packed lunch with drinks and snacks.





# Archery Instruction

## Dates:

**29th May**

**31st July**

**28th August**

**Price:** £25.00 per session

## Details:

Children with all archery abilities are welcome to attend these one day coaching sessions with the School's Head Archery Instructor. All budding archers will experience a full day of coaching in an enjoyable and safe environment, teaching safety, aim, shooting accurately and achieving that all important bull's-eye!

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

9am to 3pm

## You will need...

Packed lunch with drinks and snacks

Long sleeved top.



# Canoeing School

## Dates and Prices:

**28th May to 31st May- £50.00 (1.00pm to 3.00pm)**

**29th July to 2nd August - £60.00 (12.00noon to 2.00pm)**

## Details:

Children will be taught a variety of canoeing techniques, encouraging skills such as balance and co-ordination. The sessions are based in the Gemini Swimming Pool. Each course will follow all guidelines recommended by the British Canoeing Union and is led by a highly experienced canoeing instructor.

## Who?

For 7-13 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## You will need...

Packed lunch with drinks and snacks

Swimming costume, towel, shorts and t-shirt for the swimming pool.



# Intensive Swimming Instruction

## Dates and Prices:

**28th to 31st May (4days) - £20.00**

**29th to 2nd August (5days) - £25.00**

## Levels:

We follow the Amateur Swimming Association's instruction programme. For more information please contact the sport facilities team on **01743 280 625** or **[swim@shrewsbury.org.uk](mailto:swim@shrewsbury.org.uk)**

## Aim:

- To provide a safe environment for the children to gain knowledge of a life skill.
- Work to improve their standard of swimming as outlined by the ASA National Plan.
- To keep the FUN element by learning through a variety of teaching techniques.

## Who?

For 4-16 year old boys and girls. There is no minimum requirement and complete beginners are welcome to attend.

## When?

9am – 11:00am (outline of lessons below)

Lessons are half an hour long each day.

	Instructor I	Instructor II
9:00am – 9:30am	Level 1	Level 2
9:30am – 10:00am	Level 3	Level 4
10:00am – 10:30am	Level 2	Level 1
10:30am – 11:00am	Level 5	Level 6&7



# Lifeguard Course

(In association with The Royal Life Saving Society)

**Dates:** 6th, 7th, 20th, 21st, 27th & 28th July

**Price:** £240 per person

**Venue:** Gemini Pool, Shrewsbury School

**Time:** 9am to 5pm

## Details:

Shrewsbury School, in conjunction with The Royal Life Saving Society, are able to offer a 5 day intensive Lifeguard course plus an assessment day, following the latest (8th Edition) National Pool Lifeguard Qualification.

Please note that applicants are required to:

- Be aged 16 or over
- Swim 50 metres in 1 minute or less
- Swim 100 metres continuously on their front and then their back
- Tread water in deep water for 30 seconds
- Surface dive to the deepest part of the pool (2 metres)
- Climb out of the pool unaided, without using steps or ladder.



# REGISTRATION FORM



Shrewsbury School  
The Schools  
Shrewsbury  
Shropshire  
SY3 7BA

FAO: Mr E J Moore

Tel: 01743 280 625  
Email: [ejmoore@shrewsbury.org.uk](mailto:ejmoore@shrewsbury.org.uk)

Parent/Guardian Name:.....

Address: .....

.....Postcode: .....

Home Tel No: ..... Work Tel No: .....

Mobile: ..... Email: .....

EMERGENCY CONTACT: \_\_\_\_\_ TEL: \_\_\_\_\_

Personal Details	Child 1	Child 2	Child 3
Forename			
Surname			
Date Of Birth			
Male/Female			
Current School			
Course & Dates			
Ability: (Beginner/School Team/ Club Team/County)			

Any relevant medical information we should know about: .....

.....

I have read the Terms & Conditions below and fully understand them and as such agree to abide by them.

I enclose a cheque (made payable to **Shrewsbury School Enterprises Ltd**) for £

Signed: \_\_\_\_\_

## TERMS & CONDITIONS

1. Shrewsbury School accept no responsibility for any injury or damage to persons or property.
2. In an emergency, I give permission for staff running the course to seek any necessary emergency medical advice or treatment.
3. If your child requires any medication whilst on any of the courses you agree to inform a designated member of staff on arrival.
4. Should your child show any signs of being unwell whilst being on any of the courses the course leader will notify the named emergency contact.
5. All items of clothing or kit must be marked clearly with your child's name.
6. Payment is regarded as acceptance of these terms and conditions.









For more information about any of the courses or facilities available, please contact: Sports Facilities Manager, Ed Moore

Tel: 01743 280 625 or Email: [ejmoore@shrewsbury.org.uk](mailto:ejmoore@shrewsbury.org.uk)

[www.shrewsbury.org.uk](http://www.shrewsbury.org.uk)