



SHREWSBURY SCHOOL SPORTS FACILITIES

October Half Term
2014



ACADEMY & SPORTING
PROGRAMME

Academy and Sporting Programme

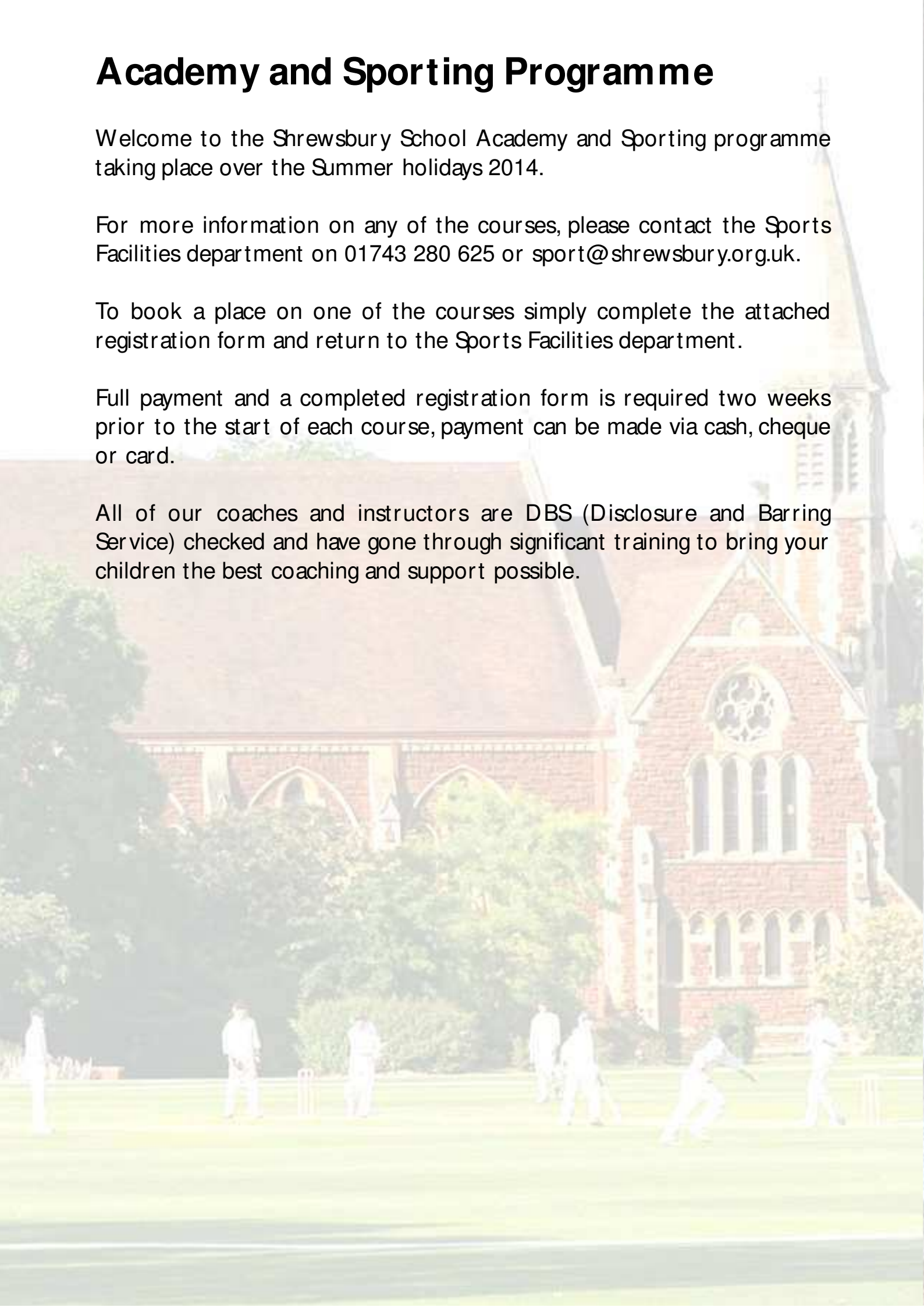
Welcome to the Shrewsbury School Academy and Sporting programme taking place over the Summer holidays 2014.

For more information on any of the courses, please contact the Sports Facilities department on 01743 280 625 or sport@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 and a completed registration form is required two weeks prior to the start of each course, payment can be made via cash, cheque or card.

All of our coaches and instructors are DBS (Disclosure and Barring Service) checked and have gone through significant training to bring your children the best coaching and support possible.



Cricket Academy

Venue: Neville Cardus Cricket Centre, Shrewsbury School, SY3 7BA

Dates and Prices: 28th to 30th October (3 Days) - £90.00

Head Coach: Adam Shantry

Currently manager of the Wales under 14 team following a 10 year professional career, Adam comes with first hand experience of the pathway from junior cricket to the first class game. He started his career playing for Shropshire from under 13 to under 17 level and then represented Warwickshire, Northamptonshire and Glamorgan CCC. He has now retired from the professional game and looks forward to passing on his knowledge of cricket to the next generation.

Time: 10am to 4pm

Details: This October Half Term Shrewsbury School will be running an intensive cricket courses. The course will be based in the School's purpose built indoor cricket school 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.

Each player will receive a Shrewsbury School cricket shirt along with feedback from the coaching team.

Age: 7 - 13 years.

Clothing & Equipment: In light of the British weather, indoor and outdoor trainers are recommended. Cricket whites are desirable but not essential, personal bats and pads may be used. Players must provide a packed lunch.

Booking: Please complete the attached form and return to the Schools Sports Facilities department.



Tennis Academy

Dates:

4 to 9 years (Mini Tennis)
29th October - 9.30am to 11.30am

Price

£10.00 per course

Details:

Tennis is a fantastic sport, which can be played and enjoyed for a lifetime. This programme will give your child 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 boys and girls aged between 4 and 16 years. There is no minimum requirement and complete beginners are welcome to attend.

You will need:

Packed lunch with drinks and snacks
Personal racquets are welcome
Sports clothing



Trampolining Academy

Dates:

27th and 28th October - 9.00am to 3.00pm

Price:

£55.00 per course

Details:

The trampolining academy is 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 boys and girls aged between 7 and 13 years. There is no minimum requirement and complete beginners are welcome to attend.

You will need:

Packed lunch with drinks and snacks

Sports clothing, including thick socks

Please leave any jewellery or watches at home

Long hair must be tied back



Fencing Instruction

Dates:

31st October - 9.00am to 3.00pm

Price:

£25.00 per course

Details:

A great day 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 School's Head Fencing Instructor. The 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 to 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
Sports clothing, including long trousers
Indoor trainers
Personal equipment is welcome



Archery Instruction

Dates:

30th October - 9.00am to 3.00pm

Price:

£25.00 per day

Details:

Children of all archery abilities are welcome to attend this one day coaching session 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 Gold!!

Who?

For boys and girls aged 7 to 13 years. There is no minimum requirement and complete beginners are welcome to attend.

You will need:

Packed lunch with drinks and snacks

Sports clothing, including a long sleeved top



Canoeing Academy

Dates:

27th - 31st October

Beginner: 11.30am to 1.30pm

Intermediate (Previous experience): 1.30pm to 3.30pm

Price:

£70.00 per course

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 boys and girls aged 7 to 13 years. There is no minimum requirement and complete beginners are welcome to attend.

You will need:

Packed lunch with drinks and snacks

Swimming costume, and towel

Shorts and t-shirt for the swimming pool



Intensive Swimming Instruction

Dates and Prices:

27th to 31st October - £27.50

1:1 lessons available on request (price on application)

Levels:

Our 30 minute classes are graded by ability, and lessons will follow the Amateur Swimming Association's national plan. For more information please contact the sport facilities team on 01743 280 625 or swim@shrewsbury.org.uk

Aim:

- To provide a safe environment for the children to gain knowledge of an important 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 boys and girls aged 4 to 16 years. There is no minimum requirement and complete beginners are welcome to attend.

When?

	Instructor I	Instructor II	Instructor III
9:00am – 9:30am	Level 1	Level 2	Level 3
9:30am – 10:00am	Level 3	Level 4	Level 4
10:00am – 10:30am	Level 2	Level 1	Level 8&9
10:30am - 11:00am	Level 5	Level 6&7	Available for 1:1 or 2:1 Lessons
11:00am - 11:30am	Level 3	Level 4	





REGISTRATION FORM



Shrewsbury School
The Schools
Shrewsbury
Shropshire
SY3 7BA

FAO: Mr E J Moore

Tel: 01743 280 625
Email: 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:

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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**) 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: sport@shrewsbury.org.uk

www.shrewsbury.org.uk