

Swimming, Cycling & Running Coaching

'Triathlon'



Coaching sessions for children
aged 8 -14 yrs of all abilities

Tri Club Members Only.

(Ages as of 31 Dec 12)

Qualified British Triathlon, British Cycling Coaches, Swim Teachers, Experienced Triathletes will coach your children.

East Leake Leisure Centre, 6.45- 8.15pm Tues 21 Feb – Tues 27 March 2012

£20 (Family of 2 £35) **If booking after 13 Feb please add £5 per child.**

Keyworth Leisure Centre, 6.30- 8.30pm Thurs 23 Feb – Thur 29 March 2012

£30 (family of 2 £50) **If booking after 13 Feb please add £5 per child.**

Please email Helen ch.dussek@btinternet.com if you would like to attend and weren't on the previous course.

Please ensure that the completed form and cheque (no cash) payable to: '4Life Tri Club' is returned to Helen Dussek at training or by post: 144 Repton Road, West Bridgford, Nottingham, NG27EL.

Registration and Parental Consent Form –

I being the parent/guardian of _____ have read the information contained in this notice and hereby consent to my child taking part in the coaching sessions and understand and agree that my son/daughter participates in coaching sessions under instruction by Qualified British Triathlon/Cycling coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a qualified coach. I am also aware that the club may take photographs/video footage during the activity and give permission for them to be used in various club publicity purposes.

I have ensured that 4Life tri club has up to date medical records and contact details (please email changes to ch.dussek@btinternet.com) I am aware that I am responsible for my child before and after the session.

Please tick session attending.

Tuesday

Thursday

Signed (Parent/Guardian): _____

Date: _____