

Lions Club of Devizes Sports Coaching Weekend 2018

DEVIZES LIONS CLUB CHARITY TRUST FUND (Registered Charity No 1026909)



Application Form (Please complete CLEARLY in BLOCK CAPITALS)

Dear Parent or Guardian

On **Saturday 24th March and Sunday 25th March 2018** the Lions Club of Devizes is holding its popular Sports Coaching Weekend where children in school year groups 4,5,6,7 and 8 are invited to try one of a number of sports that they might not otherwise have the opportunity to experience. Tuition will be provided by qualified coaches.

For most sports children will attend two sessions, one on Saturday and one on Sunday, lasting between 1 and 2 hours. Mountain Biking sessions will be 3 hours long.

For Adventurous Activities, Clay Pigeon Shooting, Poolside Diving and Synchronised Swimming there will be single sessions on Saturday only.

For Horse Riding, there will be a single 2 hour session on Sunday.

Please complete the attached entry form separately for each child wishing to take part. Forms should be returned, together with the £7 contribution (cash or a cheque payable to "The Lions Club of Devizes") in a sealed envelope to the child's school by **Friday 2nd February 2018**.

For those taking part in **Horse Riding, Adventurous Activities, Canoeing and Clay Pigeon Shooting** there will be an additional charge of £5 payable on the day.

Details of the times and locations of the coaching sessions will be sent to the child's **Home Address** in mid-March.

Adventurous Activities

Canoeing

Gymnastics and Trampolining

Horse Riding

Mountain Biking

Poolside Diving

Synchronised Swimming

Contacts

You will be required to complete Braeside's consent form.

Children should be able to swim.

Please indicate the child's current skill level so that children can get the most from the sessions - Beginner (B), Done a bit (D) or Club level (C).

Please enter the child's **height (cm) and weight (kg)**.

Children should have their own bikes (not BMX) and safety helmets.

Children must be able to swim 25 metres and be happy in deep water.

Children must be able to swim 100 metres.

Jerry King: 01380 723830

Peter Blockley: 01380 739394

Email: sportscoaching@devizeslions.org.uk

Pupil's Name:	Date of Birth:	Parent or Guardian's Name
Home Address:	Home Tel:	Email:
Post Code:	Mobile:	Did your child attend last year? Yes No
School:	Year Group:	
It is essential to note any significant medical condition, allergy, medication or treatment (Attach a note if needed)		
Emergency contact details if different		

Preferences: please clearly mark 1, 2 or 3 for first, second and third preferences

Adventurous Activities	BS	
Archery	NS	
Athletics	Dau	
Badminton	Dau	
Canoeing	Dau	
Clay pigeon shooting	RH	
Fencing	DS	
Golf	NW	

Gymnastics	B	D	C	DS	
Hockey				Dau	
Horse Riding				SB	
Done Before?	Yes	No			
Height:			cm		
Weight:			kg		
Judo				BC	

Mountain Biking	DS/NS				
Poolside Diving	DLC				
Synchronised Swimming	DLC				
Table Tennis	DS				
Tae Kwon-Do	DS				
Tennis	DS				
Trampolining	B	D	C	DS	
Volleyball	Dau				

Venues:

BS: Braeside, Devizes BC: Devizes Budo Club NW: N.Wilts Golf Club SB: Stanton St Bernard
 Dau: Dauntsey's School DLC: Devizes Leisure Centre DS: Devizes School NS: Nursted CP School
 DSC: Devizes Sports Club RH: Redhorn Hill

The Lions Club reserves the right to cancel any sport due to insufficient numbers or other unforeseen circumstances

Please keep a note of your choices!

Signature of Parent or Guardian

Date:

SOME BACKGROUND ON THE SPORTS

Adventurous Activities are for those who enjoy an adrenaline rush. The low ropes course involves climbing around a ship-like course without falling 'overboard'. High ropes involve wearing safety harnesses as it's all pretty high, but can you think, communicate and remain coordinated at that level? Have you the courage to jump for the trapeze bar? (Challenge by choice - no one is forced to).

Archery is a great sport and can be enjoyed by everyone regardless of age, gender, ability or disability. Being able to accurately and safely shoot a bow is a skill that requires discipline, high levels of concentration and self-confidence. Experience the thrill of drawing a bow, aiming and hitting your target with coaching from Devizes Bowmen.

Athletics gives you a chance to try all athletics disciplines: hammer, javelin, discus, hurdles, jumps, sprints, long distance and relay. Learning the basic techniques required with an emphasis on fun.

Badminton is the fastest racket sport in the world, with the shuttle (the bit you bash) travelling faster than a Formula 1 racing car! It is one of the most popular sports in the world with over 250 million people playing. It's an indoor sport that's fun, sociable and keeps you very fit!

Canoeing. Have a taster and learn the basics of canoeing. Going forward, backwards, sideways, around corners, emergency stops, staying afloat etc. and also have some fun playing games using the strokes learned. The coach has been a BCU Canoeing Instructor for 30+ years and has run various courses, including for the Lions, for over 10 years. You can then join a local canoe club!

Clay Pigeon Shooting is a safe sport in the right environment with qualified instructors. You will be taught how to shoot the gun safely, you will then be able to have a go at shooting the clays which are discs made from clay and not a live bird or rabbit. You will need stout shoes or boots and warm clothes (waterproof jacket if wet). All other equipment will be supplied.

Fencing is the fastest growing sport in the UK. In the age of chivalry, duelling was favoured as a method of settling matters of honour, because of its grace & simplicity. These remain the most attractive aspects of the sport today, developing all round fitness, flexibility of movement, stamina, mental agility, co-ordination, balance & self-confidence. It's great fun learning to duel.

Golf is a sport where you don't have to be big, strong or fast to be successful. The traits of successful players are: patience, persistence, skilled practice and focused ability. It promotes a spirit of friendly competition and relies on honesty and courtesy. Overall, golf is a game in which to make friends and is one to be enjoyed for a lifetime.

Gymnastics is a safe, enjoyable and challenging sport that offers opportunities for people of all ages and abilities. It has something for everyone, providing a wide range of movement experiences for participants and spectators while providing the opportunity to focus on fun, fitness, friendship and fundamentals.

Hockey - the Olympic Gold winning sport from Rio 2016, is a fast, fun team game, where you use sticks and a plastic ball to score goals. It is played on artificial pitches, making it faster and exciting! Come and learn the skills you need! Your local Club is Devizes, with a thriving Junior section.

Horse Riding. The two hour session will include an hour of riding in the indoor school and an hour of pony care which gives children a chance to get a hands-on insight into the daily care routines of our ponies. As with all sports coaching activities, the aim is to introduce children to new sports, so please do not ask to take part if you are already familiar with riding.

Judo is one of the world's most widely practised Olympic and Paralympic sports and showcases breath-taking throws and ground fighting techniques as competitors illustrate why they are among the best conditioned athletes in the world. Our qualified coaches will teach you coordination, balance and agility, and if you want to be the best we will show you how.

Mountain Biking. There is truly nothing like mountain biking: feeling the earth underneath your tyres and the wind around your head. It connects us to nature, keeps us fit and always puts a smile on our faces. Those are some simple reasons why the sport is great. Bring your mountain bike for training on Saturday, followed by cross-country on Sunday: it's a great way to start.

Poolside Diving is offered to children who can swim at least 25 metres and who are confident in deep water. They will be introduced through progressive water and poolside exercises to jump and dive into the water. They will learn straight, tucked, piked, somersaulting and twisting positions in the water to gain confidence to enjoy diving.

Synchronised Swimming. Girls and boys with 100 metres plus will learn how to put basic sculls, strokes and moves together to form a routine. Synchronised swimming is a very strenuous and skilful sport because competitors need strength and flexibility to perform the routines, as well as rhythm and flair to synchronise and interpret the music.

Table Tennis is an Olympic sport, and one of the world's fastest games. It is a "Sport for Life" and played and enjoyed by people of all ages. Come along and try it, with the help of our experienced table tennis coaches.

Tae kwon-Do encourages interest in martial arts in a nonthreatening way. It also improves flexibility and fitness, develops pride, focus, and self-discipline. Tae kwon-do increases attention span, promotes concentration, and positively impacts other school activities. It is an excellent supplement to other sports. Students learn respect for themselves and others.

Tennis. You can play tennis whatever your age. There are loads of places to play across the country. It's a great way to get fit. It can be a great way to make friends. It's easy to get started and we provide the equipment, so come and have a go.

Trampolining. Want to try something different and stand out from the crowd? While anyone can begin and jump on a trampoline, high level trampolining requires strength, stamina and skill. It is a fantastic sport for keeping fit and good for posture and balance and is a really fun way of exercising. It is also an Olympic sport.

Volleyball is a great sport that can be enjoyed by people of all ages and skill levels. It can be played year round both indoors and outdoors and has many benefits: it burns calories and improves muscle strength and tone, hand-eye coordination, reflexes, and balance. Last but not least, volleyball teaches teamwork and communication and is a great social activity.