

Option 1 - £15 Per day
 Option 2 - £100 for 8 days (£20 saving!!)



Week 1 (10th - 13th):
 Mon Tue Wed Thu All Days
 Week 2 (18th - 21st):
 Mon Tue Wed Thu All Days

Name of childAge.....

Address

.....Postcode

School

Contact Name

Contact number(s)

Email address

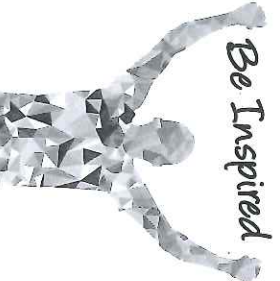
Medical conditions

I give permission for photos of my child to be used for promotional use only (please tick) Yes No

I enclose a cheque/cash for £.....

(cheques made payable to Inspired Coaching)

Please return this form back to Inspired Coaching,
 Princefield First School, Saxon Road, Penkridge,
 Staffordshire, ST19 5EP. You can also call
 Luke on 07825 885917 or
 email luke.oldham@inspired-coaching.com
 to book or for more information.



www.inspired-coaching.com



EASTER HOLIDAYS WITH INSPIRED COACHING

In association with The Midcounties Co-op Cannock Chase Regional Community
 9am until 4pm each day, at Princefield First School, Saxon Road, Penkridge, Staffordshire, ST19 5EP.

FOR CHILDREN AGED 5 YEARS TO 13 YEARS OLD.
 MONDAY 10TH APRIL TO THURSDAY 13TH APRIL
 TUESDAY 18TH APRIL TO FRIDAY 21ST APRIL

PAYMENT OPTIONS:
 OPTION 1 - £15 PER DAY.
 OPTION 2 - £100 FOR ALL 8 DAYS.

We are happy to be helping The Midcounties Co-Op Cannock Chase Regional Community group in tackling unhealthy habits and obesity in children in our local area. Therefore, we would like to offer your child/children the chance to join the Inspired Coaching team this Easter in a whole range of activities to keep them fit and having fun over this school holiday.

Did you know that doing healthy, physical activity will increase your child's mental state therefore improving their academic studies keeping them more alert and more motivated to learn? This is one of the many reasons we encourage the children we teach, whether that be inside of school sessions or during our holiday clubs, to maintain a positive attitude towards a healthy lifestyle.

Activities we will be doing:
 Football, Basketball, Cricket, Tennis, Dodgeball, Tag Rugby,
 Handball, Bench-ball, Netball and many more.

- Your child will need to bring
1. A packed lunch
 2. Plenty of drink to stay hydrated
 3. Warm & comfortable sports clothing (along with shin pads and boots)
 4. Indoor and outdoor trainers
 5. Waterproof clothing for extra safety in case of wet weather.

For more information, or to book your child onto our Easter Holiday Sports Days, please see the back of this leaflet.