



Child's name in full _____

Course code _____

Address _____

E-mail address _____

Date of birth _____

School attended _____

Name of parents or carers _____

Address (if different from above) _____

Telephone numbers _____

Name and address of person collecting child from the club (if different from above)

Telephone numbers _____

Details of second contact other than collector who may be able to collect the child in an emergency

Telephone numbers _____

Details of child's doctor _____

Name and address _____

Telephone number _____

Does your child have any known medical problems or food allergies i.e. Adhd, nut allergy, asthma, eczema, hay fever etc. (Please list)



Philip Helliar Ltd would like to warmly welcome you to our unique salon.

Highly skilled hair-dressing from our team, coupled with a genuine understanding of client care is combined to provide an unparalleled service. A buzzy, friendly atmosphere and stylish surroundings help to reflect the ethos of this modern salon. We provide a full range of services including hair extensions, OPI manicures, make-up and a complete bridal service, all offered at very competitive rates.



Philip Helliar
precision cutting for the individual

Philip Helliar Ltd
9 Benet Street, Cambridge
Tel: 01223 355943
Open Mon to Fri 9 – 7 Sat 9 – 4.15

John Welch | 59B High Street | Meldreth | Hertfordshire SG8 6LB
Phone number: 07735 350135
E-mail: theacademycourses@hotmail.com | Website: www.rssacademycourses.com



'Elite level coaching for all'

CRICKET | HOCKEY | NETBALL

www.rssacademycourses.com

RSS Summer Training Fenners (Summer 2009)

CRICKET

CRICKET Week 1					
Group	Max Num	Dates	Time	Location	Price (inc DVD)
G/B Yrs 3,4,5	12	Jul 6 - 10	9-12pm	Fenners	£75
G/B Yrs 6,7,8	12	Jul 6 - 10	9-12pm	Fenners	£75

CRICKET Week 2					
Group	Max Num	Dates	Time	Location	Price (inc DVD)
G/B Yrs 3,4,5	12	Jul 13 - 17	9-12pm	Fenners	£75
G/B Yrs 6,7,8	12	Jul 13 - 17	9-12pm	Fenners	£75

CRICKET Week 3					
Group	Max Num	Dates	Time	Location	Price (inc DVD)
G/B Yrs 3,4,5	12	Jul 20 - 24	9-12pm	Fenners	£75
G/B Yrs 6,7,8	12	Jul 20 - 24	9-12pm	Fenners	£75

CRICKET Week 4					
Group	Max Num	Dates	Time	Location	Price (inc DVD)
G/B Yrs 3,4,5	12	Jul 27 - 31	9-12pm	Fenners	£75
G/B Yrs 6,7,8	12	Jul 27 - 31	9-12pm	Fenners	£75

CRICKET Week 5					
Group	Max Num	Dates	Time	Location	Price (inc DVD)
G/B Yrs 3,4,5	12	Aug 3 - 7	9-12pm	Fenners	£75
G/B Yrs 6,7,8	12	Aug 3 - 7	9-12pm	Fenners	£75

GRAY-NICOLLS 

 **corecambridge**

WE PROVIDE THE SUPPORT THAT YOUR YOUNG ATHLETE NEEDS FOR A LONG, HEALTHY CAREER IN SPORT...



"Core Cambridge's combination of exercise and education is exactly what's needed to maximise performance and reduce injury"

Richard Wheeler - Head of Coaching, England Athletics

GET WELL, BE BETTER.
01223 429 998

www.core-cambridge.com

RSS Training (2009)

NETBALL

NETBALL						
Group	Years	Max Num	Dates	Time	Location	Course Code
Girls	5, 6, 7, 8	24	Aug 24 - 28	9.30 - 12pm	Perse Girls	NC01

Price: £50

NETBALL						
Group	Years	Max Num	Dates	Time	Location	Course Code
Girls	5, 6, 7, 8	24	Oct 26 - 30	9.30 - 12pm	Perse Girls	NC02

Price: £50



HOCKEY

HOCKEY						
Group	Years	Max Num	Dates	Time	Location	Course Code
Girls & Boys	5, 6, 7, 8	24	Aug 24 - 28	9.30 - 12pm	Perse Girls	HC17

Price: £50

HOCKEY						
Group	Years	Max Num	Dates	Time	Location	Course Code
Girls	5, 6, 7, 8	24	Oct 26 - 30	9.30 - 12pm	Perse Girls	HC18

Price: £50



Extra Coaching:

Individual Sessions for each sport - **£30 per hour** including facilities.
Individual week long courses for cricket - **£370** including facilities (15hrs coaching) Includes: DVD, Nutritional Analysis, Core Stability Session, Fitness test.
Pair week long courses for cricket - **£420** including facilities (15hrs coaching) Includes: DVD, Nutritional Analysis, Core Stability Session, Fitness test.

Every participant on each course will receive a DVD containing footage of their techniques. (If consent form signed)

RSS Academy Courses Aim to:

- 1/ To provide the highest level of coaching available in the East of England at club level.
- 2/ To provide a highly safe and enjoyable learning environment for the players.
- 3/ To create a large talent pool of children to represent RSS, district, county, regional and national level teams at Cricket, Netball and Hockey.
- 4/ To have no more than 8 children at anyone time with a coach of International playing/coaching experience or Level 2 and above.
- 5/ To encourage a constant positive outlook on sport
- 6/ To introduce all aspects of sport including nutrition, psychology, fitness etc to the players so as to broaden their education and understanding of how to reach their maximum potential

Qualifications and Staff:

Each section will have at least 1 coach of Level 2 or International playing/coaching experience.
All coaches will be CRB checked and first aid trained
There will be a welfare officer attached to each course who will also have attended a Safeguarding Children workshop

1 to 1 Sessions for both hockey and cricket can be organised separately by contacting John Welch by e-mail or on 07735350135.

Coaches have included: **Richard Dawson** - ex England off spinner and Level 3 coach, **Craig Sieben** - creator of the highly successful hockey High Performance Programme, **John Welch** - former International cricket coach

How To Book A Course

There are 2 ways of applying to be placed onto a course. You can either visit the website at www.rssacademycourses.com and fill in all the necessary details under 'book a course' or fill out the form on this leaflet and send a cheque along with it.

You will receive an e-mail or phone call confirming the child's place on the course.

Thanks so much and we look forward to seeing you child on the courses!

Cheques made payable to: RSS Academy Courses

You will also need to fill in a consent form that can be downloaded from the website: www.rssacademycourses.com

Address: 59B, High Street, Meldreth, Royston, Herts, SG8 6LB