



Stormont Lawn Tennis and Squash Rackets Club

13 Lanchester Road, London N6 4SU www.stormontltsrc.com

Squash, Racketball Coaching and Squashercise

Juniors		
Christmas Junior Party & Squash Camp A fun day of squash activities and games	Saturday 21st December 2013	10:30 am – 2:30pm £30 per person. Bring a packed lunch.
Squash Coaching Beginners and Improvers Beginners 7 – 10 yrs Improvers 10 – 12 yrs Intermediate 12-14 yrs Advanced 14 yrs +	Thursdays 5:15pm – 6:15pm Fridays 4pm – 4.45pm 4.45pm – 5:30pm 5:30pm – 6:15pm 6:15pm – 7pm	Starting Thursday 9 th and Friday 10 th January 14 £72 members/£82 non members (12 weeks) (First session free for new players/participants and no coaching during half term)
Half term Squash Coaching	10am – 12pm	19-20 th February 2014 £20/day
Adults		
Adult Squash Beginners/Improvers	Thursdays 6:30pm – 7:15pm	Starting Tuesday 7 th and Thursday 9 th January 14 £36 members/£46 non members (6 weeks) (First session free for new players/participants)
Adult Racketball	Every Tuesday 10:15am – 11am	
Squashercise	9:30am – 10:15am	

With Lucie Colt and Vickie Prow Level 2/1 ES&R Squash Coaches

Booking is essential; please complete the booking form and send to or contact Vickie Prow on 07796181286 or email:

stormontsquashcoaching@gmail.com to secure your place.

Places are limited – don't leave it too late.....



North London Squash Coaching

BOOKING FORM

Participant's name: _____

Venue: _____ Squash/Racketball

Email address: _____

Home tel: _____

Mobile: _____

DOB (Juniors)/Age: _____

Coaching Date (s): _____

Emergency contact: _____ Phone tel: _____

Please specify any medical condition we should be aware of:

All participants are required to the appropriate clothing. This includes goggles for U19s, clothing suitable for sport (no jeans) and the appropriate training shoes which must be non marking and no astros. Rackets are available to borrow from your coach, but it is advisable to have your own if you will be playing regularly.

Signature of participant/parent/guardian: _____

Date: _____

Please send return this form and payment to your coach or venue addressed to Vickie Prow:
stormontsquashcoaching@gmail.com. Cheques made payable to Vickie Prow.

Disclaimer statement: I/the parent or guardian of the above named player, do hereby give my approval of my/his or her participation in activities at the above venue and agree to the attached course conditions. Whilst all reasonable care will be taken by staff and coaches, I recognise the possibility of physical injury associated with this sport, and as part of being a player being accepted on this course, I hereby release, discharge and otherwise indemnify venue and North London Squash Coaching, their officers, trustees and members, including coaches and volunteers against any claim by or on behalf of the above named player as a result of the player's participation in the program, including all games, practices, meetings and official activities. The organisers reserve the right to suspend or expel any participant whose behaviour is considered inappropriate. Please note that photographs, video footage may be taken in order to create a photographic record and/or aid coaching techniques. Photographs may be used in future publicity. Should you not wish you/your child to be photographed or videoed, please advise and tick this box.

The above courses are provided by North London Squash Coaching or direct with the coach.

All junior course participants may be eligible to participate in club, inter-club, county and national tournaments and social activities, organised by the venue, Middlesex Squash Juniors or North London Squash. If you do not wish to be contacted about any of these activities, please tick this box.

All coaching is delivered by England Squash & Racketball qualified squash and racketball coaches