




# STAR TRACK

SUMMER HOLIDAY ATHLETICS

## RUGBY AND NORTHAMPTON ATHLETIC CLUB SUMMER HOLIDAY COURSES 2018

**£80 per week or  
£25 per day 10am - 3pm**  
Breakfast and After Clubs  
available 8:30-5:30

**WEEK ONE: 23RD – 27TH JULY**  
**WEEK TWO: 6TH TO 10TH AUGUST**  
**WEEK THREE: 20TH TO 24TH AUGUST**

**Our Star Track Holiday Athletics Courses are excellent value and very popular**  
**Free T Shirt / Goody Bag for those coming more than 3 days!**  
**Medals, Prizes and Awards throughout the week**

### WHAT DO WE DO?

- ★ As many athletics events and skills that we can cram into a week
- ★ Runs, Jumps and Throws and some basic fitness and techniques
- ★ Every session will end with a series of relay events / team games
- ★ Plenty of fun and games with our lively coaches in a relaxed atmosphere
- ★ Coaching is provided by our junior athletics club coaches who are talented athletes themselves - all CRB checked and very experienced

**ENQUIRIES TO BEN: [bmuzzy@btinternet.com](mailto:bmuzzy@btinternet.com)**

### WHO CAN COME?

**Suitable for children aged 7 - 14 years old**

We welcome children of all abilities from the complete sporting beginner to those wanting a taster in athletics or athletes who want to develop their athletics skills

### HOW TO REGISTER AND PAY

#### BY POST TO:

Star Track, 47 Hillmorton Road, Rugby CV22 5AB

#### RUGBY ATHLETICS TRACKCLUB SHOP TO:

Belinda: Tuesdays, Wednesday & Thursdays 6:30 to 7:30pm

Jenny: Saturday Track Club 09:00 to 10:30

#### ONLINE:

On the front page of our website [www.randnac.org](http://www.randnac.org)

**Payment by cash or cheque to 'Rugby and Northampton AC' or pay on line by card**

### WHAT OTHER ATHLETICS CAN I DO?

Why not come along to our Saturday Track Club every week, 9:15-10:15 at Rugby Leisure Centre, Bruce Williams Way, Rugby CV22 5LJ. £3 a session aged 7 to 13. **Just turn up and sign in!** We run groups from Age 8 on Tuesday, Wednesday and Thursday Evenings.

**COME FOR A MONTH'S TRIAL AND SEE WHAT YOU CAN DO!**

See details on our website [www.randnac.org](http://www.randnac.org) or email Janet Wright on [janet.randnac@gmail.com](mailto:janet.randnac@gmail.com)





SUMMER HOLIDAY ATHLETICS

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NAME:  MALE  FEMALE

ADDRESS:

EMERGENCY CONTACT:  EMERGENCY TEL NUMBER:

SCHOOL:  AGE AT 31 AUGUST:

EMAIL:

If your child is coming with a friend(s) of about the same age and want to be in the same group let us know who!

WHEN ARE YOU COMING?

	WEEK ONE: 23RD - 27TH JULY					WEEK TWO: 6TH TO 10TH AUGUST					WEEK THREE: 20TH TO 24TH AUGUST				
DAYS (10AM-3PM)	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI
+ BREAKFAST CLUB (8.30AM-10AM)	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI
+ AFTER CLUB (3PM-5.30PM)	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI	MON	TUE	WED	THU	FRI

• IF YOU ARE COMING FOR THE WHOLE WEEK CIRCLE THE RELEVANT WEEK BOX • IF YOU ARE COMING FOR VARIOUS DAYS CIRCLE EACH DAY • CIRCLE THE DAYS YOU WISH TO ADD BREAKFAST CLUB / AFTER CLUB

HOW MUCH TO PAY?

- Full Week (10am - 3pm) **£80.00**
- Full Week With Breakfast (8.30am - 3pm) **£115.00**
- Full Week With Afternoon Club (10am - 5.30pm) **£130.00**
- Full Week With Breakfast AND Afternoon Club (8.30am - 5.30pm) **£165.00**
- Individual Day (10am - 3pm) **£25.00**
- Additional Individual Day Breakfast Club (8.30am - 10am) **£10.00**
- Additional Individual Day After Club (3pm - 5.30pm) **£15.00**

TOTAL TO PAY

\*Please note there is a small booking fee for online bookings. For multiple weeks / children please email for possible discounts

MEDICAL INFORMATION

Does your child suffer from any medical conditions/allergies? If yes please give details

Does your child have any previous history of injuries? If yes please give details

SIGNATURE

FULL NAME

I understand that while the Athletics Coaches will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury suffered. Athletes take part in sessions at their own risk. Your personal data is used solely for this course. If you would like us to tell you about future Star Track holiday activities in Rugby tick here