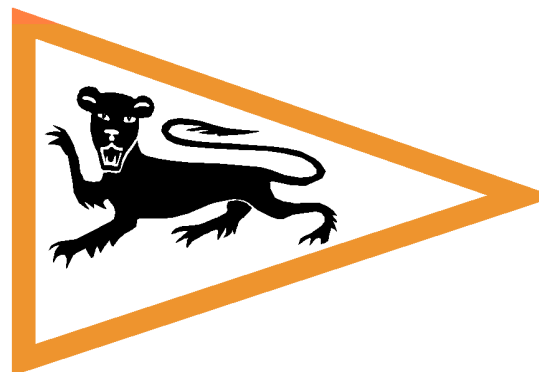


Note for Parents. The success of junior training and coaching at Hollowell depends on the support of parents and we ask that parents help with the coaching and training on the days when their child is participating. In 2010 we intend to co-ordinate parental help so that we can get the coaching sessions to run more efficiently. To help plan this it would be helpful if you could give us the following details:

Name of parent usually accompanying young sailor:	
Address if different from that of the young sailor:	
e-mail address:	
Home phone number:	
Mobile:	
Preferred duties: Safety Boats, on shore, tea bar (please circle)	
Do you have a cleared HSC child protection reference:	yes/no
Do you hold RYA powerboat boat: level 1, level 2 safety boat (please circle)	
What dates can you help on:	

Name of other parent accompanying young sailor:	
Address if different from that of the young sailor:	
e-mail address:	
Home phone number:	
Mobile:	
Preferred duties: Safety Boats, on shore, tea bar (please circle)	
Do you have a cleared HSC child protection reference:	yes/no
Do you hold RYA powerboat boat: level 1, level 2 safety boat (please circle)	
What dates can you help on:	



Hollowell Reservoir
Hollowell
Northamptonshire
NN6 8RL

Clubhouse - 01604-740328
www.hollowellsc.org.uk

Hollowell Sailing Club



Junior Training Booking Form 2010

Please keep this sheet for your information.

Junior Start Sailing 2-day course for beginners	5 th & 6 th June, 7 th & 8 th August	9.30 – 4.30	£30*
Junior Sailing week. For all juniors.	Dinghies 26 th , 27 th 28 th July Sailboards 29 th , 30 th , 31 st July	9.30 – 4.30	£45* £45*
Junior Coaching (for members who have done at least RYA stage 1)	11 th April (Signing on), 25 th April, 16 th & 30 th May, 20 th June (booking in), 4 th & 18 th July, 1 st August (booking in), 15 th August, 19 th Sept, 10 th October	9.30 – 12.00	Boat hire charge of £4 if booked in advance.
Youth Squad Coaching to improve racing skills.	Junior coaching dates plus 18 th April & 24 th October	9.30 – 14.30	Boat hire charge.

Hot drinks will be available to buy from the galley.

Saturday:- You will need to bring your own lunch

Sunday:- There should be normal galley staff on duty. You can order hot food before 10:30 or you can bring your own.

Please bring a wetsuit if you have one, if not warm dry clothes and at least one complete change in case you get wet.

Waterproofs would be useful in case it rains and they keep you warm.

Suitable footwear, old trainers or similar are ideal, not hard-soled Wellingtons as these are uncomfortable and fill with water.

Parents are expected to help and should bring waterproofs, wellies and a change of clothing in case you get wet. You may borrow a buoyancy aid from HSC.

Please note HSC does not carry insurance for individuals.

If you cannot attend your course, or for any reason HSC cannot provide training on the due date, an alternative will be offered. No refunds will be given. HSC must be in receipt of the full course fee before a delegate can commence their course.

Please do not leave valuables in the changing rooms, lockers are available, ask an instructor.

Participants are expected to adhere to the rules of Hollowell Sailing Club. Failure to do so may result in you being asked to leave the site

Non-members **are welcome subject to available places.** *An additional £30 per course will be charged.

Please send completed form to:

David Heggs, **31 Marston Crescent, Countesthorpe, Leics. LE8 5PY. Tel: 0116 2780670, e-mail: heggshome@hotmail.com**

Young Sailors details

Date and Name of Course:

Name:	Tel No.
Address:	
Emergency contact no.	Best e-mail address to communicate with:

I can bring my own CE approved buoyancy aid	Yes / No
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I have my own boat	Yes / No
If yes, what class of boat is it?	

Swimming ability:	
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Previous Boating Experience			
Juniors / Under 18's only	Height	Weight	Age

Please list details of any medical treatment being received, medical condition or any medication being taken. Please note that a medical condition need not necessarily prevent you from taking part in the course, but the instructor should be aware of any potential problems.

HEALTH DECLARATION I declare that, to the best of my knowledge, my child is not suffering from Epilepsy, Disability, Giddy spells, Asthma, Diabetes, Angina or other heart conditions (unless stated above) and is fit to participate in the training/coaching.

Signature of parent		Date:	
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PLEASE COMPLETE OTHER SIDE