



Track your fitness with the BMC

RESIDENTIAL TRAINING COURSE



Special guest
Sam Ellis
Bronze medallist 800m
2006 European
Championships

Mount St Mary's, Spinkhill (near Sheffield)
Friday 16th – Sunday 18th April 2010

Open to all male and female athletes aged over 13 and under 20 plus coaches

WEEKEND Training, meals, lectures, advice, print-outs,
INCLUDES: top quality coaching and much more
COST: £60 BMC members, £95 non-BMC members
£50 BMC coaches, £90 non-member coaches
£45 BMC athletes travelling more than 200 miles one way

Cheques made payable to: BRITISH MILERS' CLUB. Application forms MUST include a stamped addressed envelope stating age and current personal best times to: Rod Lock, 23 Atherley Court, Upper Shirley, Southampton SO15 7NG.

Tel: 0238 078 9041.

BOOK NOW OR BE DISAPPOINTED! (No bookings taken after 1st April 2010)



REGISTRATION & BOOKING FORM *Mount St Mary's 16th-18th April 2010*

The British Milers' Club coaching courses are for the benefit of athletes and coaches and we try to ensure the following:

- That all young people are as safe as possible.
- Provide information on further opportunities available.
- Provide top-class coaching and advice where required.
- Ensure that all BMC activities are open to all communities (equal opportunities).

First Name: _____

Surname: _____

Address: _____

Post Code: _____

Date of Birth/Age: _____

Gender: _____

Telephone/Mobile Nos: _____

E-Mail: _____

Academy Member: Yes No

Membership Number: _____

Emergency contact details

Name of Parent/Guardian/Carer: _____

Emergency Contact No: _____

Who is authorised to take and collect your child to this activity?: _____

Does your child suffer from any of the following?

Asthma Skin Problems Diabetes Epilepsy

Fainting Heart Problems Migraines Allergies

Other: _____

Is your child currently on medication or have any injuries?

Yes No If yes, please specify: _____

Do you consider your child to have a disability?

Yes No If yes, please specify: _____

What is your child's Ethnic origin?

White Mixed Race Asian Black Chinese

Other

Do you object to photographs of your child being taken for publicity purposes? (NSPCC guidelines)

Yes No

Club: _____

Special Dietary requirements (please state): _____

Please state pb's (for squad allocation): 800m _____

1500m _____ 3000m _____

For Coaches Only:

What is your current UKA coaching level? _____

Please enclose photocopy of licence.

Do you have a UKA CRB certificate? Yes No

Please enclose photocopy of certificate. (If no, please contact Rod Lock on 0238 078 9041 immediately)

For Parents: BMC courses involve vigorous, but beneficial athletic training, to a high standard. Please confirm that your child is physically fit and capable of participation in this training over the duration of the course. A qualified masseur/sports therapist will be in attendance to deal with minor niggles, muscle soreness or athletic related problems. Please note that we will only treat a person under the age of 18 if a chaperone is present (friend or fellow athlete/personal coach). Do you give permission for your child to be treated?:

Yes No

I confirm that consent is given for my child to attend the BMC activity and I agree to the conditions laid out below*.

Signed _____

Date _____

*Information used in this form will be used to monitor and evaluate BMC activities. All information will remain confidential and no reference to individuals will be made in written or verbal reports. Your child's participation is voluntary and you may decline to participate. I have read and understood the above information and agree for my child or myself to participate further in this study, if so requested.

www.britishmilersclub.com/academy

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