



Train, learn and have lots of fun

RESIDENTIAL TRAINING COURSE

Mount St Mary's, Spinkhill, Sheffield

Friday 26th-Sunday 28th October 2018

Open to male and female athletes aged 13 and under-20 PLUS all coaches

Any COACH bringing six or more athletes will be eligible for a FREE place



WEEKEND INCLUDES:

TRAINING, MEALS, LECTURES, ADVICE, PRINT-OUTS, TOP QUALITY COACHING AND MUCH, MUCH MORE

COST:

£90 BMC MEMBERS, £120 NON-BMC MEMBERS

£80 BMC COACHES, £95 NON-MEMBER COACHES

£75 BMC ATHLETES TRAVELLING MORE THAN 200 MILES

Cheques should be made payable to: **BRITISH MILERS' CLUB.**

Application forms should state age, personal best times and **MUST include a STAMPED ADDRESSED ENVELOPE to:**

David Lowes, 2 Eggleston Close, Newton Hall, Durham DH1 5XR.

ONLY 70 PLACES AVAILABLE (APPLICATIONS CLOSE SEPTEMBER 16th, 2018)

REGISTRATION & BOOKING FORM Mount St Mary's 26th-28th October 2018

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

- ▶▶ 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: _____

E-Mail: _____

Academy Member: Yes No _____

Membership Number: _____

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 administrator (contact details above).)

Emergency contact details

Name of Parent/Guardian: _____

Emergency Contact No: _____

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

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. Please note a physio/masseur (if available) will only treat a person under the age of 18 if a chaperone is present. 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*. Yes No

Signed _____ Date _____

The BMC cannot be held responsible for any improper use of mobile phones including photography. Please note that inappropriate language or actions will not be tolerated.

*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. It is your right to decline for your child to be excluded from this evaluation. 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