



# Want to improve? Make a start here

## RESIDENTIAL TRAINING CAMP

Mount St Mary's, Spinkhill, Sheffield

Friday 25 until Sunday 27 October 2019

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

**WEEKEND INCLUDES: TRAINING, MEALS, LECTURES, ADVICE, PRINT-OUTS, TOP QUALITY COACHING AND MUCH MUCH MORE**

**COST: £90 BMC MEMBERS, £125 NON-BMC MEMBERS**

**£80 BMC COACHES, £95 NON-MEMBER COACHES**

**£75 BMC ATHLETES TRAVELLING MORE THAN 200 MILES ONE WAY**



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

Cheques should be made payable to: **BRITISH MILERS' CLUB**  
Application forms should state age, personal best times and a **STAMPED ADDRESSED ENVELOPE** must be included to:  
**DAVID LOWES, 2 Eggleston Close, Newton Hall, Durham DH1 5XR. M: 0793 031 8651**

**BOOK NOW OR BE DISAPPOINTED! APPLICATIONS CLOSE 15 SEPTEMBER 2019**

## REGISTRATION & BOOKING FORM Mount St Mary's 25-27 October 2019

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/Carers:** 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.

**Find us at: britishmilersclub.com • Facebook • Instagram • Twitter**