

# Sport 4 All Ltd

Monday 24<sup>th</sup> October –  
Wednesday 26<sup>th</sup> October

## PARENT GUIDE

The aim of a Sport 4 All holiday programme is to develop children's physical and social capabilities through an enjoyable programme of sporting activities. Children will improve their understanding of the benefits of involvement in sport as we provide an encouraging, self-fulfilling, supportive and active environment.

Activities will be co-ordinated on the University of Westminster water and sand based astro-turfs as well as the playing fields. You may need to bring football boots, trainers and shin pads if you are involved in the football or rugby programmes.

**Drop off is between 9.30am and 10.00am.** There will be members of staff in the car park to meet and greet the children arriving. **Entrance is off Hartington Road (W4 3UH).** Pick up is at **4pm.** Visit our website for a map [www.sport4allltd.co.uk](http://www.sport4allltd.co.uk).



## FOOTBALL

Our very successful football programme is coached by **qualified FA coaches.** A World cup competition, penalties, shoot out, goalkeeping and football golf will be some of the activities that will be on offer during the week. Players of the week trophies and World Cup medals and certificates will be awarded.

**Age 6 -14 years.**

Visit [www.sport4allsoccer.co.uk](http://www.sport4allsoccer.co.uk) for more details



## MULTISPORTS

Our very popular, fun and active multi-sport programme will be running in October. A range of fun games, competitions and prizes will be offered. Some examples include Vortex, Dodgeball, Danish long ball, Uni-hockey, Netball, Baseball, Cricket and Volleyball. **Age 6-14 years**



## TENNIS & MULTI-SPORTS

Our tennis programme involves exciting, adaptable games combined with match play designed to enhance skills, shot selection and decision making.

**(Age 9-14 years).**



## NETBALL & MULTISPORTS

The netball programme is fun and dynamic, incorporating a range of games, matchplay, competitions and skill development **(Girls 8-14 years).**



## RUGBY

Peter Kirk (2003-2011), head of PE and Rugby at Latymer Upper School now coaching at Harrow School will be leading the three day Rugby course this year.

This programme includes: Core rugby skills, Sevens World Cup Tournament, positional awareness, speed and agility sessions as well as kicking tuition. Limited to 21 spaces **(10am - 3pm)**

**Age 9-14 years only.**

## Frequently Asked Questions

**Can I bring a friend? Yes.** Please introduce the courses to your friends to help us to spread the Sport 4 All word.

**Do they need Lunch? Yes** & drink which can be refilled.

### **What happens when it rains?**

Please bring a water proof jacket. We will make sure you do not get too wet. We also have an indoor facility.

**Can I book certain days? Yes.** The cost is **£25.**

### **Future Dates for the Diary**

**@ University of Westminster**

**Monday 20<sup>th</sup> – 22<sup>nd</sup> February**



*Booking form please print/complete:*

Name.....

Name.....

School..... age.....

Home Address.....

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Phone no.....

Email.....

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Do you presently receive our e-mail circulars? **Yes / No**

Would you like some additional booklets to distribute? **Yes / No**

I give Sport4All Ltd permission to take photographs for use of advertising and the Sport 4 All Ltd website **Yes / No**

### **Please enroll me in:**

**Football** £75

**Multi-sport** £75

**Tennis & Multi-sport** £75

**Tennis & Football** £75

**Netball & Multi-sport** £75

**Rugby** £75

**Extra** \_\_\_\_\_

**A 5% discount is offered if you book a three day course and pay by Monday October the 17th.**

Name.....

Signature.....

Important medical/educational details:

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**Cheques: Please make payable to Sport 4 All or Kevin Paradise.**

**Please send to Kevin Paradise, 125 Beverley Road, Ruislip, HA4 9AN**

[www.sport4allltd.co.uk](http://www.sport4allltd.co.uk) - [sport4all@hotmail.co.uk](mailto:sport4all@hotmail.co.uk)

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