LANCASHIRE ATHLETIC COACHING

WINTER COACHING DAYS
AT STANLEY PARK BLACKPOOL

SUNDAY 30th OCTOBER 2011 10am to 2pm
SUNDAY 27th NOVEMBER 2011 10am to 2pm
SUNDAY 22nd JANUARY 2012 10am to 2pm
SUNDAY 26th FEBRUARY 2012 10am to 2pm

Events:- Sprints, Hurdles, Long Jump, Triple Jump, High Jump, Shot, Discus, Javelin, Hammer

A chance to do different events in the Morning and Afternoon Sessions

Coaching for all over the age of 11 years old and all abilities
Be coached by some of the best coaches in the North West.

ALL COACHES ARE WELCOMED

Cost:- Coaches Free
Athletes £5 per session or £20 for all 4 sessions with a FREE TEE SHIRT.
Athletes Reserve your place by returning the booking form below

---------------------------------Detach and return the booking form below---------------------------------

LAC BOOKING FORM 30/10/11, 27/11/11, 22/1/12, 26/2/12
PLEASE USE BLOCK CAPITAL LETTERS

First Name			
Surname			
Address			
		Post code	
Your Phone No.			
Email address			
Club			
Date of Birth			
Is your coach coming	Yes	No	Tick the box
Which sessions attending	Tick the box	30/10/11	
		27/11/11	
		22/1/12	
		26/2/12	
If attending all 4 sessions £20	Tee Shirt Size	XSmall	Small
		Medium	Large
		X Large	XXLarge

Please Enclose a cheque (payable to LAC) for £…………
Send completed form and cheque made payable to LAC. To Bob Welfare 59 Ribblesdale Drive, Grimsargh Preston PR2 5RJ Tel 01772 653926 No Acknowledgement sent unless an SAE enclosed