



**South Cumbria &
North Lancashire**

Athletics Network



Dear Parent/guardian,

Your child is invited to attend the annual Kendal Athletics 'Come and Try' sessions, the club's fun and exciting introduction to Athletics for youngsters. Each session is led by trained and CRB certified coaches and includes sprints, throwing, jumping and middle distance running events. They take place on Tuesday evenings 6 - 7.15pm at Queen Katherine School, on the grass track and cost £2 per session.

Each week we have a large number of children, ages 9 – 11 training at the club. We would love to see your child at the 'Come and Try' sessions but need to know how many new children will be turning up. Therefore, please could you complete and return the slip below **by 28th April 2017**, to confirm your child's attendance, **Min age 9 by August 2017**

There are 3 Come and Try' weeks starting on Tuesday 2nd May 2017 and finishing on Tuesday 16th May 2017. We record every child's performance and give medals to the best girl and boy in each age group. Every child is encouraged to attend at least 2 out of the 3 weeks in order to receive a certificate. At the end of the 3 weeks we will invite keen and able athletes (as spaces allow) to join the club to continue training and hopefully competing with us over the summer and potentially throughout the year. **Refreshments will be on sale.**

For further information please ring **Lisa Screen on 07586884386**

Return to Lisa Screen 58 Bellingham Road, Kendal, Cumbria, la95jp. Or email lscreen001@aol.com

Name of attendee	
Date of birth	
Address	
e-mail	
Contact telephone no.	
School	
Any relevant medical Conditions we should know about?	