

Official West Ham United October Soccer Schools 2013

Dear Player,

Our holiday programme courses consists of warm up drills, with and without a ball, with examples of SAQ (Speed, Agility and Quickness) drills and pre match stretching techniques. Sessions progress onto ball manipulation and first touch drills, followed by training games with emphasis on the three A's which are agility, acceleration and awareness. All these outcomes are achieved through passing receiving exercises, individual attacking and defending exercises, goal scoring and finishing drills and group combination play. All sessions are tailored to develop each individual's natural ability, awareness and decision making.

Courses are open for children of all abilities aged 5-15 years and provide a safe and friendly environment for players to improve their football skills.

All children need to bring a packed lunch and plenty to drink. All children should bring appropriate footwear, shin pads and suitable clothing in case of bad weather. All coaching staff are FA qualified, CRB checked and trained in emergency first aid and child protection. Each participant will receive a West Ham United certificate plus various other prizes.

<u>3 Day Courses (28th October – 30th October 2013)</u>

BEC – WHU Community Sports Trust, 60a Albatross Close, Off Woolwich Manor Way, Beckton, E6 5NX
UPM – Gaynes School, Brackendale Gardens, Upminster, Essex, RM14 3UX
EPP – St John's School, Tower Road, Epping, Essex CM16 5EN

2 Day Courses: (31st October – 1st November 2013)

CHE – Broomfield Football Club, Angel Meadow, Main Road, Broomfield, Chelmsford, Essex, CM1 7AH
THU – William Edwards School, Stifford Clays Road, Grays RM16 3NJ
ROM – Royal Liberty School, Upper Brentwood Road, Gidea Park, Romford, RM2 6HJ

Please note there will be no Advanced Goalkeeping or Mini Dribbler Courses for this half term.

3 Day Courses: £43 2 Day Courses: £33 Player Development Courses are 10.00am to 3.00pm

To Book your place, please complete the application form overleaf or contact us Tel: 020 7473 7720, Email: community@westhamunited.co.uk or visit www.whufc.com to book online



APPLICATION FORM – OCTOBER HOLIDAY COURSES 2013

Print and complete the application form in BLOCK CAPITALS. Cheques made payable to 'West Ham United Community Sports Trust' Or alternatively please complete your card details, enclosing a SAE and send to: West Ham United Community Sports Trust, 60a Albatross Close, Woolwich Manor Way, Beckton E6 5NX

Please tick appropriate course(s):

3 DAY COURSES - £43





TIMES: 10.00am - 3.00pm

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First Name	
Surname	
Address	
	Postcode:
Date of Birth	
Gender	
Emergency Contact No.	
Contact No's	
Email Address	
Medical Conditions	

Ethnic Group																
Black		Black	Black	Black Other					ndian			Pak	istan			
African		Caribbea	in													
Mixed	White British		itish	White East European/Other					Other please							
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Start			Expiry Da	xpiry Date					Security					1		
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PLEASE ENSURE YOUR PACKED LUNCH HAS NO NUTS DUE TO SOME CHILDREN HAVING NUT ALLERGIES

Are you on our mailing list? YES □ NO □

If you have any objection to us taking images of your child that may be used for official/ media publication please indicate by ticking this box: I agree that West Ham United Football Club reserves the right to remove disruptive children from the courses. I acknowledge and accept that West Ham United Football club, or the organisation providing the facilities and their respective agents, servants or employees, shall not be liable whatsoever in respect of personal injury, loss or damage whether to person or property howsoever caused in connection with these courses. Nothing in this shall exclude or restrict West Ham United's liability for death or personal injury resulting from negligence.