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BRISTOL RUGBY CLUB DAY– Bridgwater & Albion RFC

Dear Parent/Carer

Your child has expressed a keen interest in attending the Bristol Rugby CLUB DAY at BARFC in the next half term. This fun, activity based day is a fantastic opportunity for your child to keep fit and healthy in a safe and fun environment under the supervision of professional Bristol Rugby coaches, developing their rugby skills.

The day will start with a 'station rotation' format (like the pro's!), allowing the children to enjoy workshops on defence, attack, speed-agility-quickness and games/matches. We'll then stop for lunch. The afternoon will start with the famous Bristol Rugby Bungee Run and Sumo Suits, finishing the day with age divided matches and games.

Included in the cost is a child's ticket to watch Bristol Rugby vs Rotherham on Sunday 17th November at 2013 (3pm KO). Following the game, the children will be able to wait in the stand to receive autographs from the players. Children will need to be accompanied by an adult, so **included in the offer is a discount to the same Bristol Rugby match for family, friends, colleagues and neighbours!**

Day: Wednesday 30th October 2013
Location: Bridgwater & Albion RFC
Times: 10am – 3pm
Total cost: £20
Ages: under 6s - under 15s

Children will require suitable footwear, warm sports clothes, a packed lunch and a drink.

Please return the form below with cash or a cheque made payable to 'Future Stars SPORTS' to your Junior/Mini Chairman or Age Group Manager– who will confirm your place.

Yours faithfully

Dan Lawton – Bristol Rugby & Future Stars Coaching – 07889 139 598 - info@futurestarscoaching.net

Bristol Rugby CLUB DAY – Bridgwater & Albion RFC

Name:

Date of Birth:

Any relevant medical details:

Emergency contact numbers:

Email address:

My child will be picked up by:

I give permission for my child to take part in the CLUB DAY and enclose cash or a cheque for £20 made payable to 'Future Stars Sports'

Signed _____ (parent/guardian)