

## Camp Trainer/Coordinator- Masambo Selisho

### About the Camps

Total Fitness will hold the Camps throughout the summer and during school holidays. We will accommodate ages between 4 to 14 years old. The camps will be a good fun week and great incentive for all the children taking part.

### Profile of the Trainers/Coach

All the coaches who will be organising & coaching the camp weeks are qualified coaches, DBS checked & First Aid Qualified, thus ensuring quality teaching & a high level of expertise with children.

### Details of the camp

The Camp Day will run from 9.30am to 3.30pm and inclusive of the camp fees are following -

- Full technical teaching/ coaching aspects of developing required skills and understanding, movement, coordination and fitness for kids.
- Emphasis will be placed on tactical and mental skills work which will include lots of competitions & match play while also having fun in a safe environment.
- Excellent opportunities of playing games and fun.
- Every child who attends the camp receives a certificate.
- Each child will gain maximum benefit due to the fact that places are limited.
- This also provides a great opportunity to get discount on 1 and 1 for kids (fun, fitness and squash coaching) with our trainer Masambo Selisho

### Other Camp Requirements

- Children must bring a towel & change of clothes if needed to change.
- Children must bring own lunch or if you want lunch provided the additional fee will be added please discuss this with coordinator for this option.
- All children are expected to remain under the supervision of the coach/trainer or member of staff at all times while at the Total Fitness. Any person leaving will do so at their own risk & will be classed as a non participant.
- Please note, we will not be responsible provide supervision outside the camp hours.
- The Club's liability is strictly limited to any damage or loss suffered as a result of negligence of the Club, its staff or agents.
- Cancellation requires 7 days notice, admin fee charged. Courses cancelled with less than 7 days notice 50% of cost refundable, less than 2 days 50% refund dependant on place being resold.
- Dates may alter or be cancelled in the event of emergency or insufficient number of attendees.

### Camp Dates

Camps	Dates	Number of days	Choice –Tick
Week 1	30 May - 3 June	4 days	
Week 2	25 <sup>th</sup> to 30 <sup>th</sup> July	5 days	
Week 3	1 <sup>st</sup> to 5 <sup>th</sup> August	5 days	

Week 4	8 <sup>th</sup> to 12 <sup>th</sup> August	5 days	
Week 5	15 <sup>th</sup> to 19 <sup>th</sup> August	5 days	
Week 6	22 <sup>nd</sup> to 26 <sup>th</sup> August	5 days	
Week 7	29 <sup>th</sup> August to 2 <sup>nd</sup> September 2016	5 days	

**Camp Trainer/Coordinator- Masambo Selisho: Contact Telephone Number- 07941778466**

**Address: Total Fitness, Off A34, Opposite M&S and Tesco, Wilmslow Way, Handforth, Wilmslow, Cheshire  
Postcode: SK9 3PE Telephone: 0161 440 2600 Fax: 0161 440 2636**

**PLEASE DO NOT LEAVE YOUR CHILD BEFORE THE START OF THE CAMP & PICK UP PROMPTLY AT 3.30PM.**

**Childs Name** \_\_\_\_\_

**Address** \_\_\_\_\_  
\_\_\_\_\_

**Post Code** \_\_\_\_\_

**Tel. No:** \_\_\_\_\_

**Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**In the event that we may need to contact a parent/guardian during the camp please leave a mobile or work no. where you can be contacted.**

**Tel No. during camp** \_\_\_\_\_

**if different from above**

**Please state any illness, injury or condition that the coach may need to know about or would like to discuss this further with trainer (Mas)**

\_\_\_\_\_

**Any special dietary need? eg vegetarian**

\_\_\_\_\_

**Cost for the camp for 5 days is - £75 for members and £100 for non members. Only paid up attendees will be allowed on the camp so please ensure you have a receipt showing payment.**

**I enclose £ \_\_\_\_\_ cash/cc/dc/cheque**

**Cheques payable to Total Fitness**

**To take advantage of the special member's rate quote child's;**

Total Fitness Membership No. MN \_\_\_\_\_ *if applicable*

Signed: \_\_\_\_\_

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*For office use:*

Amount received £ \_\_\_\_\_ c/cc/dc/chq Date \_\_\_\_\_

Sig. \_\_\_\_\_