

Eagle Sports Academy

Director of Coaching : Darren Gill

Spring Term 2009 programme

Saturday morning skills

Each Saturday from 17th January to 21st March (except the Saturdays of half term) we will be offering expert tuition in a variety of sports. We are asking you to nominate which sports you would like to participate in and we will offer a progression of activities leading to a certificate at the end of the course.

There will be two sessions and each will run for approximately an hour. Session one will be from 9.30am and session two from 10.30am. In each of the two sessions we will ask you choose from : Squash, Indoor Cricket, Hockey and Tennis. We will divide the participants on grounds of age/ability/experience. Coaching will be led by appropriately qualified staff.

All sessions will be at Premier Racquets unless notified otherwise. We hope that the hockey will be outdoors at Glebe House School depending on the weather, but we will confirm that with individual participants and indicate drop off/pick up arrangements as necessary.

The cost of the 8 week course will be £40, payable in two installments of £20 each half term if preferred. Please complete the form asap in order to allow us to make final arrangements.

Midweek Evening Sessions

Darren and his team will be offering a 'Club Night' for children between 4.00 and 5.30pm each Monday evening offering multiskill activity sessions and hope these will appeal particularly to those children who are not available on Saturday mornings. A free taster day will be held on Monday 19th January, but it would be useful to have an indication of interest. Please reply using the form on the final page.

Golf on Sundays

We have arranged for coaching on Sunday mornings with golf professional Ray Stocker at Searles Country Club where there is a covered driving range. Thus making golf possible in the Spring term when the weather can be somewhat unpleasant! Lessons will start at 11.00am and last an hour. The cost will be £45 for the term and lessons will be each Sunday except for those that fall in half term. Please meet at the Country Club.

What about the parents ?

We are looking for opportunities to put together activities for parents who might like to play sport and would welcome any ideas. If any parent who is not a member of the gym at Premier Racquets wishes to use the facility in the New Year while their child(ren) are at coaching they would be welcome to do so at a charge of £5. Just speak to Reception.

Hunstanton Eagles Swimming Squad

Jennifer Savage will be known to many as a local swimming coach working within schools and privately. We are delighted that Jennifer will be joining us at Easter to run a swimming team as part of The Eagle Sports Academy to enter galas within the region and eventually nationally. This 'elite' squad will be by invitation to Jennifer's current pupils and we would welcome interest from children who are of a high standard for their age and are not taught by her (for more information please email us on info@eaglesportsacademy.co.uk). Arrangements for training at Smithdon and Glebe House will be announced shortly.

Half term coaching

During the February half term holiday between 10am & 3pm each day over three days we are offering coaching, based at Glebe House and Premier Racquets in Sedgeford, in groups according to age and previous experience. Each day will focus on two sports for two hours in the morning and the same in afternoon. We have tried to pair sports with a similar appeal.

Tuesday 17th February

Wednesday 18th February

Thursday 19th February

Football and Rugby or Netball

Hockey and Cricket

Tennis and Squash

We aim both to introduce beginners to the sports, while in more advanced groups to provide expert coaching to develop skills learnt and to apply new ideas.

Each day's tuition is offered at £15 with the full three days at £40.

Packed lunches will be required and gum shields/shin pads as necessary. We anticipate heavy demand and we want to keep the groups to low numbers so we advise early booking.

The future

We are always looking to extend the activities of this major opportunity for youth and hopefully in the future adult sport, please keep looking at our website for updates or speak to Darren Gill at Premier Racquets or phone 01485 532809 and speak to John Crofts.

Booking forms (please detach & return)

Please complete a separate form for each child and return to the office at Glebe House School or to Reception at Premier Racquets. Further copies of this leaflet are available to download from our website (www.eaglesportsacademy.co.uk) or give the same details on a separate piece of paper. Please cross out any element that doesn't apply to your child(ren). Please return this form by Friday 9th January.

Child's Name

Address

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Postcode

Telephone No

Email Address

Date of Birth

Parental Signature.....

Saturday Mornings (from 17th January)

My son/daughter would like to participate in and
on Saturday mornings in the Spring Term. (Please choose two activities from : Squash, Indoor
Cricket, Hockey and Tennis)

Midweek ESA Club Night

My son/daughter is interested in the ESA Club Night and will attend the trial night on
Monday 19th January at 4.00pm YES/NO

Golf

I wish to enroll my son/daughter in the Sunday morning Golf at Searles Yes/No

