

# JUDO FOR YOUTH.



Dear parent/Guardian,

We at Judo for youth, are delighted to announce a judo course is due to start at your school.

Dates as follows :Follows :

Friday 18<sup>th</sup> Sept 3:15—4:15 pm  
Friday 25<sup>th</sup> Sept 3:15—4:15 pm  
Friday 2<sup>nd</sup> Oct 3:15—4:15 pm  
Friday 9<sup>th</sup> Oct 3:15—4:15 pm  
Friday 16<sup>th</sup> Oct 3:15—4:15 pm  
5 fun packed weeks of coaching for  
£20

Judo for youth provides schools the opportunity to offer their pupils the chance to experience the Olympic sport of judo. Judo is one of the best sports for young children to participate in and it is ideal for the athletic A,B,C's – agility, balance and coordination, judo promotes strength and fitness development, improves self-confidence/discipline and develops respect for others.

On completion of the course each child will be given contact information of local judo clubs within the area.

Price includes

Judo suit hire

Certificate of achievement

Weekly trophy presentation for best pupil

Weekly certificates for various awards

1 free introductory session at your local judo club

Note: please come along in normal PE kit and bring a drink with you

Coaches are fully qualified and hold their upto date coach award with the British judo association-the official governing body for judo in the UK. Coaches are first aid certified had have been CBR checked.

Places on the course are offered on a first come first served basis with a maximum class size of 32,so it is important to send your reply as soon as possible to avoid disappointment of missing out.

..... Tear off .....

YES, I would like my child to take part in the judo course. Please complete details below and return to school.

Childs full name \_\_\_\_\_ class \_\_\_\_\_

Contact number \_\_\_\_\_ school \_\_\_\_\_

Medical information (please record any medical conditions that we should be aware of)

parent/guardians full name \_\_\_\_\_ signed \_\_\_\_\_

Please make cheque payable to judo for youth or send cash and return to school with reply slip.

Tel :01942 713866 Mobile :07850 226669

email judoforyouth@hotmail.com