

SOCCER CAMPS

Soccer Camps are M.R.F.A.'s perfect introduction to football. Players have fun whilst learning new skills and socialising with children from other schools in the local area with the same interests.

Camps are every school half-term for girls and boys aged between 5 & 14. With more than 1,000 different children attending our camps in the last year, it is one of our most popular activities!



"They have excellent coaches who control the children but at the same time they have amazing fun and learn new skills."

- PARENT (FROM M.R.F.A.'s CUSTOMER SURVEY)

WHAT YOU NEED TO KNOW

ARRIVAL TIME: 8:30am - 9:15am
EARLY DROP OFF IF REQUIRED (8AM)

PICK UP TIME: 3:00pm - 3:30pm
LATE PICK UP IF REQUIRED (4PM)

WHAT TO BRING:

- Trainers & football boots
- Shin pads
- Water bottle
- Packed lunch
- Spare clothing
- Sun lotion (if the sun is out!)

• PLAYERS USE THE LATEST & BEST TRAINING EQUIPMENT

• OFSTED REGISTERED

• PRIZES & AWARDS TO BE WON

• PHOTOGRAPHER ON SITE TO CAPTURE YOU IN ACTION



FOLLOW US ON SOCIAL MEDIA TO GET THE LATEST UPDATES AND SPECIAL OFFERS

BOOKING FORM

MOULSHAM HIGH SCHOOL, CHELMSFORD

5th - 9th August 2019
29th & 30th August 2019

FLITCH GREEN COMMUNITY CENTRE

2nd & 3rd August 2019
12th - 14th August 2019
19th - 21st August 2019

Shooters, Epping

2nd & 3rd August 2019
12th - 14th August 2019
19th - 21st August 2019

Book online now or fill in and return this form

CHEQUES MADE PAYABLE TO M.R.F.A. OR VIA BANK TRANSFER:

Sort code: 40-12-03
Acc no: 51661532

Please return this form to Unit 1, Nevilles Farm, Mill End Green, Great Easton, Essex, CM6 2DW



ATTENDEE DETAILS

Child's full name:

Child's school year:

School attended:

Medical requirements: Yes No

Parent/carer's full name:

Parent/carer's email:

Emergency contact 1:

Emergency contact 2:

I consent to emergency medical treatment as necessary. I accept the organisers and their employees are not under any liability whatsoever in any respect to injury, loss or damage whilst on the course, other than by law.

I also consent for my child's photo to be taken during the course and maybe used for future marketing purposes by M.R.F.A.

Signed parent/carer:

Print name:

info@mrfa.co.uk | 01371 829 216

DEVELOPMENT GROUPS

DUNMOW DEVELOPMENT GROUP
Monday's | 18:00 - 19:15
Great Dunmow Leisure Centre

CHELMSFORD DEVELOPMENT GROUP
Wednesday's | 17:45 - 19:00
Chelmer Park, CM2 8RL

SKILLS CENTRE (5-11)
Wednesday's | 17:00 - 18:00
Great Notley Discovery Centre, Braintree

FUTSAL CENTRE (5-11)
Thursday's | 18:00 - 19:00
Stewards Academy, Harlow CM18 7NQ

FUTSAL CENTRE (5-11)
Thursday's | 17:45 - 18:45
Notley High School, Braintree

PRE-ACADEMY
Saturday's | 9:00 - 9:45
Flitch Green Community Centre

* Training does not occur during school half term

"Drills are delivered in an expert way every time. All coaches at M.R.F.A are approachable and my son's confidence has grown with each session."

- PARENT (FROM M.R.F.A.'s CUSTOMER SURVEY)



SUMMER



info@mrfa.co.uk | 01371 829 216



Saffron Walden County High School

Summer 2019 Multi Sports Activity Week



**Monday 22nd July – Friday 26th July
2019**

School Years 4, 5, 6, 7 and 8
Booking forms/info available from
jmillership@swchs.net
bsindell@swchs.net

2019 Multi Sports

There will be a variety of activities available during the week, these activities will include a range of Football, Hockey, Rounder's, Tag Rugby, Trampolining, Belly Rounder's, Dodgeball, Athletics, Basketball, Fitness, Cricket etc.

Equipment

Your child will need to bring the following to each day:

1. A packed lunch
2. Small amount of money for sweet shop
3. Sun hat and sun cream if necessary
4. Change of clothing (and footwear)
5. Plenty of drink!!
6. Any medication (with instructions of use)

Booking Form

Childs name:

Address:.....

Medical conditions:.....

Date of Birth:.....

Parent/Carer Name.....

Contact Number.....

Email.....

School attending.....

Current school year

I would like my child to attend on (Please select):

MON TUE WEDS THUR FRI

Prices

Daily Rate (9am-4pm) £25

All cheques should be made payable to Saffron Walden
County High School and returned to:

Mr B Sindell

SWCHS

Audley End Rd

Saffron Walden

Essex

CB11 4UH

The Staff

All leaders are experienced professionally qualified PE
teachers who are First Aid trained and DBS checked.

Contact details

bsindell@swchs.net

jmillership@swchs.net

Natural Flair Coaching Presents...
DISCover The Inner You!
Confidence & Transition
Workshop



This fun and interactive workshop is for children in years 5 and 6 and specifically aimed at getting your child reading for the transition into secondary school.

Together we will explore and learn tips and tools to improve self-confidence, resilience and self belief. We also explore the fascinating world of personality styles in order to understand ourselves and others. Each child will take home their own specific personality profile sheet.

Our Incredible Kids Workshops are fun and interactive, focusing on areas such as building resilience, mental health, well-being, and emotional regulation enabling children to feel confident emotionally.

Saturday 29th June DISCover The Inner You - Confidence and Transition workshop is suitable for School Years 5 and 6

Delivered by;



Award winning coach Sharon Lawton of Natural Flair Coaching

Sharon is a DISC profiling specialist

When:

Saturday 29th
June 2019

From:

9.45 am to 12noon

Price:

Special offer: £15

Offer ends 19th June

Full price tickets £25

Where:

The Emmaus
Centre

Church Lane,

Bishops Stortford

CM23 4BE

To Book Contact:

Natural Flair
Coaching Ltd

01992 446 051

admin@natural-
flair.com