



Junior Jog Scotland Leader Training

Where? Monquhitter School, Cuminestown

When? Thursday 24th September 2009, 4.15p.m – 6.00p.m

How much does it cost? Free through Active Schools!

Who can come? Anyone over 16 years of age with an interest in helping Monquhitter Primary children and families get more active before, during and after School.

Active Schools, in conjunction with Jog Scotland have arranged a workshop for Monquhitter School to encourage staff and parents to exercise with their children.

The Junior Jog Leaders course will enable parent volunteers to run exercise activities and simple fun games for and alongside their children by taking it in turns to lead activities after school. The training course is a fun two hours where you will learn to use the Junior Jog Scotland Leaders pack, an easy to use pack that requires minimum equipment, just enthusiasm and some energy to burn!

It is hoped there will be enough parent volunteers to run a regular club for children and parents after school. The games and exercises are so much fun I guarantee you will want to stay involved, why should kids have all the fun?!

Please complete and return the attached application form to Kevin Davies by Friday 18th September 2009

Kevin Davies
Active Schools Coordinator

Junior Jogscotland – Monquhitter Leaders Course Application Form

Name: _____ Age: _____

D.O.B: _____ M/F _____

Address: _____

_____ Post code: _____

Tel nos: (Home) _____ (Mobile) _____

Course Venue Attending: _____ Date: _____

Experience /Coaching Qualifications if any: _____

Do you assist with any schools/groups at present?

Name of school or group: _____

Position within group: _____

** The Junior Jogscotland Leaders Course consists of theory and practical session. Please come prepared to take part with suitable footwear and clothing for indoors & outdoors.

Participant's declaration:

I am in good health and I consider myself capable of taking part in the training course above. I consent that, in the case of any illness/accident, any necessary treatment can be administered, which may include the use of anaesthetics. I also understand that whilst the coaches/Tutors will take every precaution to ensure that accidents do not happen, they cannot necessarily be held responsible for any loss, damage or injury I may suffer.

Participants Signature: _____ Date: _____

Please Print _____

