

# **COACHING FOR BEGINNERS**

**We have an excellent course as compiled by the English coaching association**

It consists of one two hour session each week for four weeks. It covers everything from choosing your equipment, rules and regulations, playing for leagues, and competitions etc. indoor and out but most importantly.

## **HOW TO BOWL.**

The cost is £30 paid in advance, which covers rink fees, hire of shoes and bowls and £5:00 towards expenses for the coach. However when you have completed the course and received your certificate, should you decide to join the club £25 will be deducted from your joining fee.

Grey trousers (skirts) and white tops are the custom, but any sensible clothing will be accepted during the course.

Courses are on days to suit the beginners and at the convenience of the coaches. Please fill in the form below.

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## **APPLICATION FORM FOR COACHING COURSE**

**IF YOU WOULD LIKE TO HAVE OUR FOUR SESSION COACHING COURSE, PLEASE FILL IN THE DETAILS BELOW. PLEASE SEND YOUR FORM TO BIBC KINGS PARK CENTRAL DRIVE, KINGS PARK BMTH' DORSET BH7 6JD, YOU WILL THEN BE CONTACTED ASAP TO MAKE FINAL ARRANGEMENTS.**

Name .....Age.....

Address.....

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Telephone :.....

Any previous bowling experience.....

How many in your party for coaching together/or just yourself.

Give details.....

The following times ARE available and other times may be arranged to suit both coaches and pupils

**SAT 10-12, TUES 2-4, 4-6, WED 12-2, 4-6 and 6-8**

Coaching Fee Paid (£30:00) on ..... Cash/Cheque/Card

Coach Taking the Course ..... Start Date .....

Follow Up .... JOINED / Contacted – Result .....