



We are inviting you to come, try a new sport, and get involved in our
FREE School Holiday Sports
(14th April – 17th April 2014)

Choose from; Tennis, Fencing, Hockey, Dragon Boating, Surf Life Saving, Roller Skating, Croquet, Indoor Rowing, Bicycle Speedway racing, Gymnastics, Lacrosse, AFL Football, Golf, Rugby, Basketball, Soccer

How to register:

- (1) Complete your registration, contact details and the medical & consent section.
- (2) Tick (✓) the session (s) you wish to attend (**NOTE: due to limits on numbers for some activities please only register for events that you are sure you can attend**).
- (3) Return your completed registration, consent and medical form (**complete 1 form per child**) to Lisa Will, City of Charles Sturt, 72 Woodville Road, WOODVILLE SA 5011 or fax to 8408 1122 **by Monday 7th of April 2014.**
- (4) A letter will be sent to all registered participants prior to the School Holiday Sports commencement to confirm session and attendance details. There are limited available spaces for each activity and your letter will confirm which sessions you have been successful in registering for.

If you require assistance to complete the form, need additional forms or further information **please contact** Lisa Will on 8408 1117 lwill@charlessturt.sa.gov.au or visit www.charlessturt.sa.gov.au

Registrations Close Monday 7th April 2014



Australian Government
Australian Sports Commission

**Active After-school
Communities**

Helping kids and communities get active

Monday 14th April 2014

Activity	Time	Age	Club, Venue & other instructions
<input type="checkbox"/> Indoor Rowing	9am – 10am	10-15	Rowing South Australia – 100 Military Road, West Lakes Shore, Indoor rowing centre, eastern side of building, Lake front. Bring sports shoes and drink)
<input type="checkbox"/> Tennis Skills	9.30am – 10.30am	4-7	Woodville Glengarry Tennis Club – Oval Ave, Woodville South. Bring drink, hat, sports shoes.
<input type="checkbox"/> Soccer Skills	9.30am – 10.30am	5-10	Vipers Football Club – St. Clair Oval, Actil Ave, St. Clair. Bring sports shoes or soccer boots, shin pads, drink.
<input type="checkbox"/> Tennis Skills	10.30am – 11.30am	8-12	Woodville Glengarry Tennis Club – Oval Ave, Woodville South. Bring drink, hat, sports shoes.
<input type="checkbox"/> Surf Life Saving	10am – 11.30am	6-12	Henley Surf Life Saving Club – Henely Square, Henley Beach. Bring Bathers, towel, drink.
<input type="checkbox"/> Dragon Boating	10am – 11.45am	10-18	Adelaide Sea Dragons – Aquatic Reserve West Lakes – Corner Old Port Rd & Bower Road (wear clothes that can get wet, plastic shoes, drink)
<input type="checkbox"/> Bicycle Speedway Racing	11am – 1pm	4-15	Findon Skid Kids – Reserve Parade, Findon (Bring long sleeve top / no shorts or thongs, helmet if possible, drink)
<input type="checkbox"/> Basketball Skills	1pm – 2pm	5-16	Western Magic Basketball Club – St. Clair Recreation Centre, 109 Woodville Road, Woodville. Bring sports shoes and drink
<input type="checkbox"/> Basketball Skills	2.30pm – 3.30pm	5-16	Western Magic Basketball Club – St. Clair Recreation Centre, 109 Woodville Road, Woodville. Bring sports shoes and drink
<input type="checkbox"/> Taekwondo (Martial Arts)	7.15pm – 8.30pm	8-17	First Taekwondo – St. Clair Recreation Centre, 109 Woodville Road, Woodville. Bring loose clothing and drink.

Tuesday 15th April 2014

Activity	Time	Age	Club, Venue & other instructions
<input type="checkbox"/> Indoor Rowing	9am – 10am	10-15	Rowing South Australia – 100 Military Road, West Lakes Shore, Indoor rowing centre, eastern side of building, Lake front. Bring sports shoes and drink)
<input type="checkbox"/> Rugby League Skills	9am – 12noon	8-12	Henley Raiders Rugby League Club – Henley Beach Primary School, 38 Hazel Tce, Henley Beach South. Bring sports shoes and drink
<input type="checkbox"/> Soccer Skills	9.30am – 10.30am	5-10	Vipers Football Club – St. Clair Oval, Actil Ave, St. Clair. Bring sports shoes or soccer boots, shin pads, drink.
<input type="checkbox"/> Foam Fencing	9am – 11am	6-10	Charles Sturt Fencing Club - 4d River Street, Hindmarsh. Bring sports shoes, long pants and drink.
<input type="checkbox"/> Lacrosse come and try	9am – 11.30am	6-14	Eagles Lacrosse Club – Charles Cane Reserve, Churchill Rd, Prospect. Bring sports shoes and drink.
<input type="checkbox"/> Hot Shots Tennis	9.30am – 10.30am	3-12	Flinders Park Tennis Club – Grant Place, Flinders Park. Bring sports shoes, hat, drink. Coffee & Tea will be provided for parents.
<input type="checkbox"/> Tennis Skills	10am – 11am	6-12	Orion Tennis Club – 109 Woodville Road, Woodville, St. Clair Recreation Centre. Bring sports shoes, hat, sunscreen, drink.
<input type="checkbox"/> Hockey Skills	10am – 12noon	6-14	Grange Royals Hockey Club – Fort Street, Grange. Bring sports shoes, hat, drink.

<input type="checkbox"/> Gymnastics introduction	10.30am – 11.30am	5-10	Gym West – Harvey Street, Henley Beach. Bring sports shoes (water only)
<input type="checkbox"/> Golf Skills	10.30am – 12noon	7-15	Grange Golf Club – Whitesands Drive, Grange. Bring sports shoes, hat, drink.
<input type="checkbox"/> Hockey Skills	10am – 12noon	6-14	Grange Royals Hockey Club – Fort Street, Grange. Bring sports shoes, hat, drink.
<input type="checkbox"/> Tennis Skills	11am – 12noon	13-16	Orion Tennis Club – 109 Woodville Road, Woodville, St. Clair Recreation Centre. Bring sports shoes, hat, sunscreen, drink.
<input type="checkbox"/> Gymnastics introduction	11.30am – 12.30pm	5-10	Gym West – Harvey Street, Henley Beach. Bring sports shoes (water only)
<input type="checkbox"/> Hot Shots Tennis	11am – 12noon	3-12	Flinders Park Tennis Club – Grant Place, Flinders Park. Bring sports shoes, hat, drink. Coffee & Tea will be provided for parents.
<input type="checkbox"/> Bicycle Speedway Racing	11am – 1pm	4-15	Findon Skid Kids – Reserve Parade, Findon (Bring long sleeve top / no shorts or thongs, helmet if possible, drink)
<input type="checkbox"/> Rugby League Skills	12.30pm – 1.30pm	8-12	Henley Raiders Rugby League Club – Henley Beach Primary School, 38 Hazel Tce, Henley Beach South. Bring sports shoes and drink
<input type="checkbox"/> Hot Shots Tennis	1pm – 2pm	3-12	Flinders Park Tennis Club – Grant Place, Flinders Park. Bring sports shoes, hat, drink. Coffee & Tea will be provided for parents.
<input type="checkbox"/> Hot Shots Tennis	11am – 12noon	3-12	Flinders Park Tennis Club – Grant Place, Flinders Park. Bring sports shoes, hat, drink. Coffee & Tea will be provided for parents.

Wednesday 16th April 2014

Activity	Time	Age	Club, Venue & other instructions
<input type="checkbox"/> Indoor Rowing	9am – 10am	10-15	Rowing South Australia – 100 Military Road, West Lakes Shore, Indoor rowing centre, eastern side of building, Lake front. Bring sports shoes and drink)
<input type="checkbox"/> Tennis Skills	10am – 11am	6-12	Orion Tennis Club – 109 Woodville Road, Woodville, St. Clair Recreation Centre. Bring sports shoes, hat, sunscreen, drink.
<input type="checkbox"/> Hockey Skills	10am – 12noon	6-14	Grange Royals Hockey Club – Fort Street, Grange. Bring sports shoes, hat, drink.
<input type="checkbox"/> Tennis Skills	11am – 12noon	13-16	Orion Tennis Club – 109 Woodville Road, Woodville, St. Clair Recreation Centre. Bring sports shoes, hat, sunscreen, drink.
<input type="checkbox"/> Croquet	10am – 12noon	8-16	Woodville Croquet Club – Koolunga Ave, Woodville, at Woodville Oval. Bring sports shoes and drink.
<input type="checkbox"/> Hockey	2pm – 3pm	6-13	Woodville Hockey Club – Robert Haigh Reserve, Cnr Park Ave & Northgate St, Woodville North. Bring sports shoes, mouth guard, drink.
<input type="checkbox"/> Netball Skills	4pm – 6pm	5-17	Northern Woodville Youth Association – Corner of Hamilton Rd and Adele St, Woodville North. Bring sports shoes and drink.

Thursday 17th of April 2014

Activity	Start	Age	Club, Venue & other instructions
<input type="checkbox"/> Indoor Rowing	9am – 10am	10-15	Rowing South Australia – 100 Military Road, West Lakes Shore, Indoor rowing centre, eastern side of building, Lake front. Bring sports shoes and drink)
<input type="checkbox"/> Lacrosse come and try	9am – 11.30am	6-14	Eagles Lacrosse Club – Charles Cane Reserve, Churchill Rd, Prospect. Bring sports shoes and drink.
<input type="checkbox"/> Fencing basics	9am – 11am	10-14	Charles Sturt Fencing Club - 4d River Street, Hindmarsh. Bring sports shoes, long pants and drink.
<input type="checkbox"/> AFL Football skills	10am – 11am	5-10	Woodville West Torrens Football Club – new St. Clair Oval, Actil Avenue, St. Clair. Bring sports shoes and drink.
<input type="checkbox"/> Croquet	10am – 12noon	8-16	Woodville Croquet Club – Koolunga Ave, Woodville, at Woodville Oval. Bring sports shoes and drink.
<input type="checkbox"/> Golf Skills	12.30pm – 2pm	7-15	Grange Golf Club – Whitesands Drive, Grange. Bring sports shoes, hat, drink.
<input type="checkbox"/> Roller skating	12.30pm – 1.30pm	5-17	St Clair Recreation Centre – 109 Woodville Road, Woodville. Bring drink.
<input type="checkbox"/> Hockey	2pm – 3pm	6-13	Woodville Hockey Club – Robert Haigh Reserve, Cnr Park Ave & Northgate St, Woodville North. Bring sports shoes, mouth guard, drink.

REGISTRATION, CONSENT & MEDICAL FORM

Name: _____

Disability: ☐ Yes ☐ No Age: _____ (5-17 yrs)

Address: _____

Suburb: _____ Post code: _____

Parents Home Ph: _____ Parents Mobile: _____

Email address: _____

Parent/Guardian to complete the following:

I consent to _____ Age: _____ taking part in the **April 2014 School Holiday Sports**

Emergency Number: _____ Alternate Emergency number: _____

Please list **any medical or other conditions** the coaching staff should be aware of (e.g. Allergies, breathing disorders, epilepsy, dizzy spells, etc.): _____

The City of Charles Sturt and all participating clubs take no responsibility for any death, injury or damage to any person or property occurring out of it, or in consequence of the School Holiday Sports Program. Should it be necessary for my child to have medical or dental treatment while attending the clinics, and if I cannot be contacted, permission is given for the coach or coordinator to use their judgement in obtaining the most appropriate treatment required.

☐ **I have read and understood the above.**

Parent/Guardian name: _____ Signature: _____

How did you find out about this program?

- ☐ School
 - School name _____
- ☐ Council Website
- ☐ Mail Out
- ☐ Facebook / Twitter
- ☐ Front Entrance Council display
- ☐ Messenger Newspaper
 - Portside / Weekly times _____
- ☐ Play and Go
- ☐ Library / Community Centre
 - Which Library / Centre _____
- ☐ Other _____

INDOOR ROWING



A rowing ergometer is a stationary machine that enables its user to experience watercraft rowing indoors. Indoor rowing offers a super aerobic workout. Rowing is a very natural motion. The Centre includes music and live racing screen to ensure it is a fun and enjoyable experience for every participant

TAEKWONDO



a Korean [martial art](#), a particularly aggressive form of karate, that utilizes punches, jabs, chops, blocking and choking moves, and especially powerful, leaping kicks.