



We are inviting you to come, try a new sport, and get involved in our

FREE School Holiday Sports

(20th April – 24th April 2015)

Choose from; Tennis, Fencing, Hockey, Dragon Boating, Croquet, Bicycle Speedway racing, Basketball, Taekwondo, Dancing, Baseball, Rugby Union, Soccer, Gridiron, Cricket, Calisthenics, Golf and Netball

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 13th April 2015.**

You are now able to enrol online at the following link:

<http://aus.evanced.info/charlessturt/lib/eventcalendar.asp?Lib=6>

*** You will need to go to April to find the activities.**

- (4) An automated email will be sent to you on registration and a reminder email 2-3 days prior to the activities commencing. **Please ensure you include your email address on registration, you will not receive a confirmation without this.** If you enrol online you will not be able to enrol if the session is full.
- (5) If you require assistance to complete the form, need additional forms or further information **please contact** Lisa Will on 8408 1117; 0408633444 lwill@charlessturt.sa.gov.au or visit www.charlessturt.sa.gov.au/holidaysports

*** Please note sports such as; Gymnastics, Canoeing, Golf, Roller Skating and Dancing, will be booked out within 2-3 weeks of registrations opening.**

Registrations Close Monday 13th April 2015

Monday 20th April 2015

Activity	Time	Age	Club, Venue & other instructions
☐ Croquet	10am – 12noon	7-12	Woodville Croquet Club – 14 Koolunda Ave, Woodville. Bring sports shoes, drink and hat
☐ Cricket	10am – 11am	8-12	Woodville South Cricket Club, 108 Ledger Rd, Woodville South. Bring sports shoes and drink.
☐ Calisthenics (Dance, Flexibility)	10am – 11.30am	8-10	Seaton Baptist Hall, 183 Trimmer Pde, Seaton. Bring shorts or leotard, drink.
☐ Hip Hop Dance	10.30am – 11.15am	7-10	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Hip Hop Dance	11.30am – 12.30pm	11-15	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Taekwondo	6.30pm – 7.30pm	8-17	First Taekwondo, St Margarets Anglican Church Hall, Corner of Woodville and Port Roads, Woodville. Bring comfortable t-shirt and shorts.

Tuesday 21st April 2015

Activity	Time	Age	Club, Venue & other instructions
☐ Soccer	9am – 10am	6-8	White City FC, Frank Mitchell Park. Todville St, Woodville West. Bring sports shoes and drink.
☐ Gridiron Skills & Game Simulation	9am – 10am	10-17	Port Adelaide Spartans – Flinders Park Football Club, Hartley Rd, Flinders Park. Bring sports shoes and drink.
☐ Fencing	9am – 10.30am	5-9	Charles Sturt Fencing Club – 4d River Street, Hindmarsh. Bring long pants, closed shoes and drink.
☐ Dragon Boats	10am – 11.45am	10-17	Adelaide Sea Dragons – Aquatic Reserve, Cnr Old Port Rd & Bower Road, West Lakes. Bring clothes that can get wet, plastic shoes, water.
☐ Hockey	10am – 12noon	6-14	Grange Royals Hockey Club – Fort Street, Grange. Bring sports shoes and drink.
☐ Soccer	10.30am – 11.30am	9-12	White City FC, Frank Mitchell Park. Todville St, Woodville West. Bring sports shoes and drink.

☐ Tennis	11am – 12noon	8-12	Orion Tennis Club – 109 Woodville Rd, Woodville, next to St. Clair Recreation Centre. Bring sports shoes, hat and drink.
☐ Lacrosse	4pm – 5pm	8-14	Woodville Lacrosse Club – Drummond Ave, Findon. Bring sports shoes, drink.
☐ Girls Soccer	6.30pm – 8pm	7-11	Adelaide Jaguars Girls Soccer Club – Jubilee Reserve, Sansom Rd, West Lakes Shore. Bring sports shoes and drink.

Wednesday 22 April 2015

Activity	Time	Age	Club, Venue & other instructions
☐ Fencing	9am – 10.30am	10-17	Charles Sturt Fencing Club – 4d River Street, Hindmarsh. Bring long pants, closed shoes and drink.
☐ Surf Life Saving	10am – 12noon	8-14	West Beach Surf Life Saving Club – Cnr West Beach Rd and Seaview Rd, West Beach. Bring bathers, hat, drink, towel, rash top.
☐ Croquet	10am – 12noon	7-12	Woodville Croquet Club – 14 Koolunda Ave, Woodville. Bring sports shoes, drink and hat
☐ Dragon Boats	10am – 11.45am	10-17	Adelaide Sea Dragons – Aquatic Reserve, Cnr Old Port Rd & Bower Road, West Lakes. Bring clothes that can get wet, plastic shoes, water.
☐ Tennis	11am – 12noon	8-12	Orion Tennis Club – 109 Woodville Rd, Woodville, next to St. Clair Recreation Centre. Bring sports shoes, hat and drink.
☐ Top 40 Dance	11.30am – 12.30pm	11-15	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Gridiron Skills & Game Simulation	4pm – 5pm	10-17	Port Adelaide Spartans – Flinders Park Football Club, Hartley Rd, Flinders Park. Bring sports shoes and drink.

Thursday 23rd April 2015

Activity	Start	Age	Club, Venue & other instructions
☐ Soccer	9am – 10am	6-8	White City FC, Frank Mitchell Park. Todville St, Woodville West. Bring sports shoes and drink.
☐ Gridiron Skills & Game Simulation	9am – 10am	10-17	Port Adelaide Spartans – Flinders Park Football Club, Hartley Rd, Flinders Park. Bring sports shoes and drink.
☐ Jazz Dance	9.30am – 10.15am	7-10	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Baseball	10am – 11am	8-15	Woodville Baseball Club – Don Klabebe Reserve, Drummond Ave, Findon. Bring hat and drink.

☐ Surf Life Saving	10am – 12 noon	8-14	West Beach Surf Life Saving Club – Cnr West Beach Rd and Seaview Rd, West Beach. Bring bathers, hat, drink, towel, rash top.
☐ Croquet	10am – 12noon	7-12	Woodville Croquet Club – 14 Koolunda Ave, Woodville. Bring sports shoes, drink and hat
☐ Soccer	10.30am – 11.30am	9-12	White City FC, Frank Mitchell Park. Todville St, Woodville West. Bring sports shoes and drink.
☐ Jazz Dance	10.30am – 11.30am	11-15	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Hockey	2pm – 3pm	6-14	Woodville Hockey Club – Cnr Park Ave & Northgate street, Woodville North. Bring sports shoes, drink and mouth guard.
☐ Golf	2pm – 3.30pm	10-15	West Lakes Golf Club, 26 Lochside Drive, West Lakes. Bring sports clothing, sports shoes, hat and drink.
☐ Lacrosse	4pm – 5pm	8-14	Woodville Lacrosse Club – Drummond Ave, Findon. Bring sports shoes, drink.
☐ Girls Soccer	6.30pm – 8pm	7-11	Adelaide Jaguars Girls Soccer Club – Jubilee Reserve, Sansom Rd, West Lakes Shore. Bring sports shoes and drink.
☐ Taekwondo	6.30pm – 7.30pm	8-17	First Taekwondo, St Margarets Anglican Church Hall, Corner of Woodville and Port Roads, Woodville. Bring comfortable t-shirt and shorts.

Friday 24th April 2015

Activity	Start	Age	Club, Venue & other instructions
☐ Imagination workshop Dance	9.30am – 10am	4-6	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Tennis	9.30am – 10.30am	4-7	Woodville Glengarry Tennis Club – Oval Ave, Woodville South. Bring racquet if possible, sports shoes and drink.
☐ Tennis	10.30am – 11.30am	8-12	Woodville Glengarry Tennis Club – Oval Ave, Woodville South. Bring racquet if possible, sports shoes and drink.
☐ Musical Theatre Dance	11.30am – 12.30pm	11-15	Fame Train, 56 Woodville Road, Woodville. Bring water, enclosed footwear, comfortable clothes.
☐ Rugby Union	1pm – 3pm	5-10	Woodville Wasps Rugby Union Club – Gleneagles Reserve, Ailsa Ave, Seaton. Bring sports shoes and drink.
☐ Basketball	1pm – 2pm	5-13	Western Magic District Basketball Club – 109 Woodville Rd, St. Clair Recreation Centre. Bring sports shoes and drink.

☐ Basketball	2.30pm – 3.30pm	5-13	Western Magic District Basketball Club – 109 Woodville Rd, St. Clair Recreation Centre. Bring sports shoes and drink.
☐ Netball	4.30pm – 5.45pm	5-17	Northern Woodville Youth Association – Cnr Hamilton and Adele St, Woodville North. Bring sports shoes and drink.

REGISTRATION, CONSENT & MEDICAL FORM

First name: _____ Surname: _____ Gender: _____

Name: _____

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

Suburb: _____ Post code: _____

Parents Home Ph: _____ Parents Mobile: _____

Email address: _____

I consent to _____ Age: _____ taking part in the **April 2015 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: _____

CALESTHENICS

Calisthenics are a form of exercise consisting of a variety of exercises, often rhythmical movements, generally without using equipment or apparatus. They are intended to increase body strength and flexibility with movements such as bending, jumping, swinging, twisting or kicking, using only one's body weight for resistance



RUGBY UNION

A form of football, played between two teams of 15 members each, that differs from soccer in freedom to carry the ball, block with the hands and arms, and tackle, and is characterized chiefly by continuous action and prohibition against the use of substitute players.



GRIDIRON

The game involves teamwork, tactics and set plays to trick the opposition and get the ball down the field to score. Gridiron really does have positions that suit everyone's skills from throwing long passes, taking catches and dodging opponents to laying tackles and pushing opponents around. Know also as American Football.



LACROSSE

