HH Junior Squad Training
Saturday May 10th 2014
Cassiobury Park

Where:
Following on from the Saturday event at Cassiobury Park on Saturday morning, we will be holding a training session in the afternoon – a chance to bring a picnic after taking part in the morning, then do some extra training.
We will meet on the grassy area near where the morning's event takes place – you can leave your car in the event car park at Fullerians Rugby Club. If you are only coming for the afternoon session, please park in the main Cassiobury Park car park, at the end of Gade Avenue near the bottom of Cassiobury Park Avenue (WD18 7LG and WD18 7LH are the nearest postcodes). Then meet at the other side of the open area, north of the car park, past the paddling pool area and across the main pathway.

When:
1.00 till 3.00 on Saturday 10th May

What:
We will be using Cassiobury Park for our training. There will be some exercises in the park and some short training courses to be run.

What to bring:
Wear clothes & shoes suitable for running in. Bring a change of shoes & socks and waterproof & extra warm clothing if it is a cold & wet day.

You must bring a signed medical/consent form if you have not already done one for 2014 training

Cost:
Free

Equipment:
All maps & compasses will be provided but if you have your own compass, and dibber, please bring them. Activities & games will be suitable for the age & experience of the participants.

Parents are welcome to attend, join in and help out.

Please email Frances Goldingay (hgoldingay@aol.com) to confirm attendance at this event

Name:

Will be attending the 10th May training

Contact email for any other details:

Names of parents who are coming to help on 10th May