



PERFORMANCE TRAINING - SUMMER TRAINING PROGRAMME - BOOKING FORM

Name _____ Age _____

Address _____

Tel _____

E mail _____

All camps will run from 6.30 – 7.45 on Tuesday and Thursday's * from July 31st to August 30th , and will be based at the Powys Sports Academy at Coleg Powys in Brecon. Participating athletes will need to download and sign a consent and medical form prior to participating. The cost of each day is £30, and payment is required prior to the camp.

*(please note that in the week Aug 13th to 17th the sessions will run on Monday(13) and Wednesday (15th) for that week only)

Cheques should be made out to All-Pro Performance, and returned to the address below.