



Dear Teacher

Please find attached(application form & parental consent) outlining details of a new programme – **Fit 4 Youth** - that we are launching this October in conjunction with Cork ETB and Cork City Council.

This 6 week programme will take place in two venues in Cork commencing Monday Oct 1st:

Programme 1: **Mardyke Arena Track UCC** (Mondays 7.00pm – 8.00pm) Starting Oct 1st

Programme 2: **CIT Athletics Track** (Tuesdays 4.15pm – 5.15pm) Starting Oct 2nd

It is aimed at students in your school who may have no involvement in formal or team sport or physical activity or students looking to sample running for the first time. The participants will be led by coaches and athletes throughout the six weeks and will be shown how to warm up and cool down correctly. Each student will participate at their own level and ability of fitness and will set their own personal goals for the programme. We also may host a culminating event at the end of the 6 weeks also.

I would appreciate it if you can advise your students of this programme and if they are interested please copy the parental consent form for them which they must bring with them on the first night.

I would appreciate it if you can advise me prior to the 14th of September if you are aware of students attending so that we have an indication of numbers. If you have any questions/queries please do not hesitate to contact me or charrington@corksports.ie

Yours sincerely

Craig Harrington
Athletics Development Officer



School Name:			
Address:			
School Contact:		Phone:	
E-mail:		Mobile No:	

Programme Criteria:

(Please tick boxes to indicate you can meet programme criteria)

- Designated school contact that will identify students interested in participating in programme (1st – 4th year)
- Ensure that parental consent (using enclosed form) is granted for those participating
- Ensure payment of programme prior to commencement (€10/participant)

Programme Option (Please circle preferred)	Prog 1: CIT Athletics Track (Tuesdays 4.15pm – 5.15pm) or Prog 2: Mardyke Arena Track UCC (Mondays 7.00pm – 8.00pm)
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No of students to take part in the programme: e.g. 10 1st years (5boys, 5girls) _____

Boys: _____ **Girls:** _____

Age Profile of participants: _____

*Please note that **each programme** is limited to **40 participants**. Therefore inclusion on the programmes above is based on a first come first serve basis and on receipt of payment.*

Programme Cost:	This programme is heavily subsidised by Cork Sports Partnership, Cork ETB and Cork City Council. The cost for students for inclusion on this programme is €10. Schools will be invoiced prior to the programme commencing for agreed number of participants.
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Signed: _____ **Date:** _____

Please return completed form by Friday 14th September to: Craig Harrington, Cork Sports Partnership, C/O Motor Tax Office, Model Business Park, Model Farm Road, Cork.