





BOOKING FORM

Please complete the below forms and email <u>participation@lansw.com.au</u>. The LAPS Coordinator may contact you to organise a coaching program to suit your needs.

Please Note:

- LAPS is not a Sporting Schools Program. LANSW cannot guarantee you will able to access Sporting Schools funding for LAPS
- Schools may choose the standard 10 week program, 5 week "Express Session", individualized program or Combo (express session + extra events)
- LAPS cost is a minimum payment of \$200 (up to 3hrs coaching time) per coach. \$50 per hour per coach thereafter
- Group sizes cannot exceed 30 students per coach at any time & a teacher MUST accompany each group
- Each coaching session is 30-45 minutes in duration
- No large time gaps between each session (except for lunch/recess), otherwise general hourly rates may be charged
- LANSW strictly insists that all schools requesting high jump and Long jump follow the DET Guidelines:

https://app.education.nsw.gov.au/sport/page/1063?returnpageid=1114;

School:		Phone:						
Address:					Post Code:			
Contact Perso	n Name:							
Mobile				Email				
No of Weeks_		_Requested Date	e/s:					
Coaching Start Time:Finish		Time:**Lunch time:			**Recess time:			
PROGRAM OF	PTIONS: []	eed with minima 10 Week Progra oached for your	am []Exp	oress Session 5	Week Pro	gram [] Indiv	vidualised Sc	
K-2: Athletics	Based Moto	or Skills; Primary	: Sprints,	Relays, Shot P	ut, Long Ju	mp, Hurdles, D	iscus, High .	Jump
The scho	ool must have	appropriate High J	ump bags an	d a safe, maintain	ed Long Jum	p pit if they inten	d to conduct th	nese events.
	Pleas	e complete tabl	e below fo	r each class th	at is partic	ipating	1	
Class Name	numbers	Class Name	numbers	Class Name	numbers	Class Name	numbers	
Do you have an	undercover	area where sessio	ns can cont	inue in the case	of wet wea	ther?	[] Yes []	No
Are we able to give you some information to advertise in your school newsletter?							[] Yes [] No	
Do you agree for a local LA Centre representative to get in contact with you?							[] Yes []	No
Do any students	s have any sp	ecial requirement	s /disabiliti	es we should be	aware of:_			
Any additional i	nformation:							
Office Use Only Coach/es:					Program prepared Agreement sent			
Local LAC:					Agreement returned Invoice and paperwork sent			







Requested Coaching Schedule

Please complete the below table to indicate the times you would like programed for your classes. Please ensure:

- Indicate lunch and recess times
- You allow sufficient time at the beginning & end of the day for class movement (ie roll call and packing up)
- All sessions must proceed with minimal time between each session outside lunch and recess times

The below table is an example of an all-day timetable.

Date	Time	Class / Year	
	9.00am	School Starts	
	9.10am-9.40am	K	
ANY	9.45am-10.15am	1	
- VM11	10.20am 10.50am	2	
CHI	11.00am-11.30am	RECESS	
יכ	11.30am-12.15pm	3	
Term 2 Wednesdays	12.15pm-1.00pm	4	
	1.00pm-1.50pm	LUNCH	
	1.50pm-2.30pm	5	
	2.30pm-3.10pm	6	
	3.20pm	School Finishes	

Please complete your desired program times. Our aim is to fulfill your times requested as best as possible, however cannot be guaranteed.

Date	Time	Class / Year		
		School Starts		