



Argyle Community Trust
Home Park, Plymouth, PL2 3DQ

Central Park Hub Fit & Fed Project 2021

Dear Parent/Carers,

Argyle Community Trust is delighted to be holding the fit and fed project during the Summer holidays from the 2nd Until 27th August at Central Park Hub for children age 6 to 14, who are eligible for pupil premium funding. The days will run from **9am until 3pm** and will consist of a variety of different sporting activities and will include some nutritional activities where the children will spend some time learning about the importance of a healthy lifestyle. Children who attend the course will be provided with lunch each day however it is recommended that children bring plenty of fluids with them which can be taken outside when participating in the sporting activities.

Numbers are strictly limited to only **44 spaces** and will be offered on a first come first serve basis. When booking onto the course you will be able to select which weeks you would like to book your children on to using the drop down menu at the top of the booking form or if you would like to book onto all 4 weeks, this option is also available.

If you would like your child to take part, then please book into this via the below link:
<https://argylecommunitytrust.co.uk/soccer-roadshows/in-plymouth/>.

The bookings are password protected and you will need to use the password FITFED to book.

All children who attend the course must have a parent/carer sign them out after each session, coaches will not let children leave the premises unless a signature has been obtained, so please expect a telephone call if you have not signed for your child.

Children will need to bring suitable clothing for the weather including coats if it is raining as the sporting activities are likely to take place outside. All sessions will align the safety measures put in place from the Government and the FA during the Covid 19 period.

Our coaches are CRB checked, hold a UEFA coaching qualification and have Emergency First Aid Training. If you have any questions or queries, please do not hesitate to contact me at the ground on **01752 562561 Ex 4** or Email: Dom.Luongo@pafc.co.uk

Kind Regards,
Dom Luongo
Plymouth Argyle Community Trust
Schools and Participation Officer



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