



Holiday Activities and Food Programme Christmas 2021

Dear Parent/Carers,

Shear Soccer is delighted to be delivering a 'Free Holiday course' named 'Fit and Fed' during the Christmas Holidays for children who are eligible for free school meals (FSM).

Venue: **Acorn Community Sports Centre, Torquay, TQ2 8ET**

Dates: **Monday December 20th to Thursday December 23rd (4 days)**

Times: **10.00am until 3.00pm**

Ages: **Boys and Girls Aged 5-14**

The days will consist of lots of football and a variety of different activities that 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 a cooked lunch each day, fruit and water, however it is recommended that children bring plenty of extra fluids with them which can be taken outside when participating in the sporting activities. We will provide a wide range of activities and entertainment including an invite to parents and families to a Christmas Dinner and entertainment on a specified day.

Numbers are strictly limited to only **50 spaces** and will be offered on a first come first served basis.

- There are an additional 3 days (**Wed Dec 29th, Thu Dec 30th & Fri Dec 31st**) at **Torbay Leisure Centre, Paignton, TQ4 5JR** if you would also like to book.

If you would like your child to take part, then please book into this via the below link:

www.shearsoccer.co.uk (Fit & Fed FSM)

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 some of 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/FA coaching qualification and have Emergency First Aid Training and Child Safeguarding Certification. All of our 'policies' are available on our website. If you have any questions or queries, please do not hesitate to contact me on 07967124844 or email: info@shearsoccer.co.uk

Kind Regards,

Adam Shearer
Shear Soccer



SHEAR SOCCER
COACHING, EDUCATION & TRAINING



**COME ALONG...
HAVE FUN AND ENJOY
THE WORLDS GREATEST
GAME WITH US!**