



Dear Parent / Carers,

The 'Ready, Set, Go' club will run on a Monday and Friday morning 8am – 9am and is free of charge. The head coach and owner from Inspire Sports Coaching, Wayne Williams, or one of the Inspire coaching team, will conduct a different type of fitness or sports session each week and this will be followed by breakfast and a chat about the health benefits – both physical and mental – of exercise and good nutrition. The club will be offered to **Years 4-6** for this half term.

Wayne has a military background and has been sports coaching and personal training children and young people since he left his work with the Royal Navy in 2013. Staying active and promoting a healthy lifestyle is a passion of his and he also has his own personal training business. Inspire Sports Coaching are very passionate about promoting their core values across the Manchester area and are always looking for new challenges. They are very excited to work with Dowson on this project and hope to share their passion for sport and a healthy lifestyle with the pupils chosen for this group.

The first Ready Set Go session will be on Monday 24th February and will run each Monday and Friday thereafter, the last session will be Friday 3rd April. Children should arrive at school in their sports/P.E. kit and bring their uniform to change into for the beginning of the school day once they have eaten breakfast.

If you would like your child to take part in this exciting club, please complete the slip and return to school by the end of day on Friday 7th February. You will be notified via text message if your child has a place. If your child is offered a place on this club and would normally attend Dowson's Den, you will need to make Dowson's Den aware before we break for half term to ensure they can adjust their registers.

If you have any queries you'd like to make regarding this offer, please do not hesitate to ask.

Yours Sincerely

Mrs. K. L. Thornburn
Principal

'READY, SET, GO' CLUB YEARS 4-6 SPRING II

I give permission for my child _____ Class _____ to take part in the Ready, Set, Go club starting on Monday 24th February at 8am.

I will ensure they arrive at school in their sports kit with their uniform to change into after the session and ready for the start of the school day.

Signed _____ (Parent /Carer)