Clevedon Athletic Club

Introduction to Running Course
Enrolment Form

Please complete with as much detail as possible, leaving the shaded grey areas blank. If needed use additional sheet(s) of paper and attach them to this form.

Full name	
Prefer to be called	
Gender	**Date of birth**
Contact email This will give you access to the club newsletter	
Contact phone number(s)	Main
	Alternative
Emergency contact details	
Name	
Relationship to you	
Contact number	

Stage of athlete development	
Group	Comments
Number	
Leader	

Please give brief details of any previous sporting history
For example: played football for ten years 1980-1990, Karate black belt but stopped in 2010, etc.

Would you consider your normal day Active Desk-based Driving
With your present lifestyle how many days per week could you have available to train?
What is your main reason for taking part in this course?

Put an "X" for your current weekly activity, including all relevant exercise, not just running. For running please include estimated total daily miles in the next column.

Activity	**Running**	**Miles**	**Cycling**	**Swimming**	**Circuits, etc.**	**Other (list)**
Monday*						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

* Enrolment on this course will give you access to the Clevedon AC Monday evening bootcamp at the Clevedon School Gym. The cross training will complement your running, and increase your strength & endurance base. Ask the head coach, Paul Bird, for more details if you are interested.

Do you have an injury, or are you just starting to train after an injury?
If “yes”, please give details on your rehabilitation or imitations on fitness. Use additional paper if required.

I (full name) _____ do not know of any reason why I should not be able to take part in endurance-based running activities. If under 16 then the signature of a guardian is required.

Signed	Date
Date reviewed	By

Please return this form to Mike Andrews (mikeandrewshome@gmail.com)