

Thursday 4th October 2018

**Football fitness sessions**

We are looking to run some fun football fitness sessions for females aged 14 and above.

The idea is to allow you to get fitter, whilst learning about football. There will be some theory input so if you have ever wondered about the off-side rule, now is your chance.

The idea behind this is to encourage as many females to get involved in football as possible, whether it be kicking around in the park, running the line on Saturday, or becoming a coach or referee.

We will be supported by Herts FA who are keen to get involved with Bury Rangers.

Can you please complete the following and then send back to siobhankellett@btinternet.com or hand to your team coach.

1. Please indicate what evening you would be able to attend - **Monday, Tuesday, Wednesday, Thursday, Friday.**
2. What time would you be able to attend – **6pm-7pm, 7pm-8pm, 8pm-9pm, 9pm-10pm**

Once we have collated the results we will plan some sessions that suit as many people as possible.

Thank you for your time

Regards

Siobhan