



Cirque Du Novice

Fund Raising Aerial Arts Competition

Raising money for FREESTYLE FITNESS

Thank you for your interest in taking part in our 'Cirque Du Novice' event.

Places for the event are limited, and will be given on a first come, first served basis.

Participants are required to raise £50 of sponsor money prior to the start of training.

All Training sessions will be held at the Freestyle Fitness Studio, Louth on Monday evenings 7.20-9pm and Thursday mornings 10-11.30pm, you can attend either one of these sessions or both of them. Starting **Monday 1st October 2018**. During these training sessions participants will learn some aerial arts basics on various equipment and then select an apparatus they would like to focus on and will work to building a short performance routine on this apparatus.

To confirm your place in our competition we require a completed and signed Health Screening Form (page 2 of this pack) and a signed copy of the terms and conditions (page 6) for each competitor.

Please ensure you are available on Sunday 16th December 2018 to take part in our competition before returning the forms to us.

You can either return these forms to us by scanning and emailing them to info@freestyle-fitness.co.uk or by posting them (or by bringing them in person) to:

Emma Nicholls
Freestyle Fitness
Optimum Academy
Warwick Road
Louth
LN11 0YB

If you require any more information or have any questions please give us a call on 07919133355.

Thanks again

Emma



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HEALTH SCREENING QUESTIONNAIRE

Name:

Date:

Address:

Postcode:

Tel No:

Email:

Gender: M F

Date of Birth:

Regular physical activity has many health benefits, however, some people should check with their doctor before they start. If you are planning to undertake more physical activity than you are used to at present, start by answering the questions below. If you are in any doubt you should check with your doctor before you start.

- | | | |
|----|--|--------|
| 1. | Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? | YES/NO |
| 2. | Do you feel pain in your chest when you do any physical activity? | YES/NO |
| 3. | In the past month, have you had any chest pain when you were not doing physical activity? | YES/NO |
| 4. | Do you lose your balance because of dizziness or do you ever lose consciousness? | YES/NO |
| 5. | Do you have a bone or joint problem that could be made worse by a change in your physical activity level? | YES/NO |
| 6. | Is your doctor currently prescribing any medication for your blood pressure or a heart condition? | YES/NO |
| 7. | Do you know of any other reason why you should not do physical activity? | YES/NO |

If you have answered YES to any of the above questions your trainer will provide you with a medical clearance form. Talk with your doctor BEFORE you start to exercise. The medical clearance form will ask for any advice from your doctor about activities that you may or may not be able to participate in.

If you have answered NO honestly to all questions you can start to become more physically active. The safest way is to start slowly and build up gradually. Your trainer will be able to give you advice on how to begin.

Please notify your trainer prior to any exercise sessions of any change to your health or if you are taking any medication.

I have understood and answered all of the above questions honestly. I understand that I should not exercise if I feel unwell and that if my health changes I should inform my trainer.

Signature:

Date:



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Training Schedule

All Training sessions will be held at the Freestyle Fitness Studio, Louth on Monday evenings 7.30-9pm and Thursday mornings 10-11.30am, you can attend either one of these sessions or both of them. Starting **Monday 1st October 2018**. Each session will start with a warm up and recap of previous weeks and will finish with a cool down and stretch.

Please contact your instructor giving 48 hours notice if you can not attend any sessions.

Week 1 - Introduction, safety instructions, transitions, moving around the equipment, working with music.

Week 2 - Basic mounts, climbs, poses.

Week 3 - Basic trick progressions, more advanced poses and mounts, climbs.

Week 4 - Strength moves, Music Choice, Starting/finishing a performance.

Week 5 - Constructing a performance. Floor work. Strength Moves and progressions.

Week 6 - Routine work.

Week 7 - Routine work.

Week 8 - Improvising (what to do if you forget your routine!)

Week 9 - Practice

Week 10 - Practice.

You are permitted to attend other aerial sessions held at the studio but these will need to be paid for. Additional aerial sessions are £6. We will also aim to offer private sessions to competition participants at the reduced rate of £10 an hour.

