



## Back by popular demand - SPONSORED 24 HOUR BOUNCE

Velocity are holding a 24 hour sponsored bounce starting at 8am on Sunday 21<sup>st</sup> July and finishing at 8am on Monday 22<sup>nd</sup> July. All members are welcome to take part. This includes anyone who regularly participates in any of our trampoline, gymnastics, pre-school, disabilities, adult classes or pay & play. In accordance with British Gymnastic Guidelines, all children under the age of 8 must have a parent/guardian with them while taking part and any children under the age of 12 wishing to stay overnight must have a parent/guardian stay with them. We have divided the 24 hours up into 3 hour slots and ask that if your child would like to take part you commit by ticking the appropriate box when you would like to come. Children are welcome to do more than one slot. The full 24 hours will be supervised by qualified coaches.

Our tuck shop will run as usual with the addition of fresh fruit available for a small charge. We are also offering hot food options available to pre book as it is vital that your child eats appropriately and drinks sufficient. Hot food options include cereal, bacon sandwich, jacket potatoes and pizza. These can be booked on the separate form.

For your child or children to take part in this you will need to pay £20 participation fee per family **BEFORE** it starts which will be refunded once £20 sponsorship has been returned to the club. We have attached a sponsor form for participants to seek sponsorship from friends and family. We have also set up a JustGiving page ([www.justgiving.com/crowdfunding/velocity](http://www.justgiving.com/crowdfunding/velocity)) to make collecting sponsorship easier however you must make sure that it is recorded on your sponsor form to count towards your total.

If you have any questions please do not hesitate to contact Clare Jackson on 07974355848.





Sponsored Bounce July 2019

Please tick the slot(s) that you would like to attend

<b>Sun 21<sup>st</sup></b>	
8am - 11am	
11am - 2pm	
2pm - 5pm	
5pm - 8pm	
8pm - 11pm	
<b>Mon 22<sup>nd</sup></b>	
11pm - 2am	
2am - 5am	
5am - 8am	

### Meal Options

Parents and siblings are welcome to join us for meals

Cakes, fresh fruit and our usual tuck shop will be available throughout the 24 hours. Please put down the number you want in the box next to the food item.

Breakfast 8 am-10.30pm Sunday 21<sup>st</sup> July £1.50

Toast/Cereal	
Bacon Sandwich	

Lunch served from 12-1.30 £2.50

Jacket Potato with Cheese	
Jacket Potato with beans	
2 Hot Dogs	

Tea served at 6.30pm Price varies

Pizzas from Hungry Jacks

Please pre order, menus are in club

Breakfast served from 6am to 8am Monday 22<sup>nd</sup> July £1.50

Cereal/Toast	
Bacon Sandwich	

Total cost of meals £\_\_\_\_\_

CONSENT (each child must be named)

I \_\_\_\_\_ parent of

\_\_\_\_\_

Give consent for my child to take part in the 24 hour sponsored bounce on Sunday 21<sup>st</sup> and Monday 22<sup>nd</sup> July 2019. My child is \_\_\_\_\_ years old. In emergency I can be contacted on

\_\_\_\_\_.

I enclose the £20 family deposit to take part (must accompany this form) plus the cost of pre-booked meals.

Signed \_\_\_\_\_ Date \_\_\_\_\_



