

# application form

Please complete the application form below and return with full payment to:  
Green Shoots Pre-season Training, Hibernian Football Club,  
12 Albion Place, Edinburgh, EH7 5QG. For more info call Sue McLernon on 0131 656 7080.



# green shoots

PLAY + ENJOY + ACHIEVE SUMMER 2010 - PRE-SEASON TRAINING

COURSE REF: ..... VENUE: .....

DATE: ..... TIMES: .....

PARTICIPANTS NAME(S): .....

ADDRESS: .....

POSTCODE: ..... DOB (5-12 YEARS): .....

HIBS KIDS MEMBER (Y/N): .....

PARENT/GUARDIAN'S NAME: .....

DAYTIME TEL: ..... MOBILE: .....

E-MAIL ADDRESS: .....

Participants medical details (if applicable): .....

Please tick relevant box(s)

ENROLLING FOR A COURSE  TRANSPORT

I enclose fee of £: .....

(PLEASE MAKE CHEQUES PAYABLE TO 'HIBERNIAN FOOTBALL CLUB LTD' OR FILL IN CREDIT CARD DETAILS BELOW)

CREDIT CARD PAYMENTS ONLY:

NAME AS SHOWN ON CARD: ..... CARD No: .....

VALID FROM: ..... EXPIRY DATE: .....

ISSUE No (SWITCH CARD ONLY IF APPLICABLE).....

I accept the conditions of enrolment (see terms & conditions overleaf)

SIGNED (PARENT/GUARDIAN) : .....



## get into mint condition with green shoots...

It's time to get ready to join the first team squad for Pre-season Training at the Hibernian Training Centre this summer!

Hibernian's Green Shoots Training has now been running for an entire season, with holiday and after-school courses – but it all starts again, with the highly anticipated Pre-Season Training 2010.

Young footballing Hibeers aged 5-12 years have the chance to Play, Enjoy and Achieve at the World Class Hibernian Training Centre (HTC) - alongside the first team!

Pre-season training is the start point of the new season for all Hibernian teams – from the Academy squads, the Under 19's, right through to the elite First Team squad. As part of this footballing growth pyramid, the Club recognises the importance of providing youngsters with the opportunity to participate in fun-filled training at the Hibernian Training Centre and of learning to play football in the Hibernian style.

The Green Shoots Pre-season Training has been a major development for the Club with almost 600 kids having been through week long courses in season 2009/10.



## programme structure and timetable (Hibs Kids members prices are shown in brackets)

### Green Shoots Pre-Season Training @ HTC (Mixed boys and girls). Cost £65 (£60 HK)

|       |                                      |                               |
|-------|--------------------------------------|-------------------------------|
| PST 1 | Monday 19th - Friday 23rd July 2010  | (11am - 3.30pm Full day only) |
| PST 2 | Monday 26th - Friday 30th July 2010  | (11am - 3.30pm Full day only) |
| PST 3 | Monday 2nd - Friday 6th August 2010  | (11am - 3.30pm Full day only) |
| PST 4 | Monday 9th - Friday 13th August 2010 | (11am - 3.30pm Full day only) |

### Goalkeeping Course @ HTC. Cost £35 (£32 HK)

|       |                                     |                                   |
|-------|-------------------------------------|-----------------------------------|
| GKC 1 | Monday 19th - Friday 23rd July 2010 | (1.30pm - 3.30pm Afternoons only) |
|-------|-------------------------------------|-----------------------------------|

## TRANSPORT

Transport will be provided for participants from Easter Road Stadium for PST1, PST2, PST3 and PST4. The Green Shoots Bus will depart the Stadium at 10.30am and return at 4pm. Up to 30 places will be available on the Green Shoots Bus, on a first come first served basis, with only an advance weekly ticket available.

**Price (in addition to course costs above): Hibs Kids Members: £12 All other participants: £15**

### GREEN SHOOTS - TERMS & CONDITIONS

1. Payment of course fee will be considered as acceptance of conditions of enrolment.
2. All applications will be accepted unless otherwise advised.
3. Hibernian FC reserves the right to cancel or amend arrangements for any course. In this event, any participant unable to transfer to an alternative course will be given a discount voucher for future courses or, if required, a full refund.
4. Photographs may be taken for use in future Hibernian FC publications such as newspapers, Club e-newsletters, Match Day programmes, leaflets, Brochures and the Club website. I agree to grant the right without approval or compensation for the use of my child's name or photograph by Hibernian FC for use in Hibernian FC publications.
5. The participant agrees to abide by rules and policies laid down by Hibernian Football Club and coaching staff.
6. Places will be booked on a first come first served basis.
7. Refunds will not be arranged for non-attendees.
8. Please inform us in writing of any relevant medical conditions / special needs prior to participating and upon any change in circumstances.
9. The Club is covered by Public Liability Insurance, however this does not cover personal accident. Neither Hibernian FC nor Hibernian FC staff members are responsible for any injury or loss of personal belongings during the course.
10. Hibernian FC reserves the right to remove from courses, without refund, any participant who is found bullying, misbehaving or displaying disruptive behaviour.
11. Participants should bring along plenty drinks (non-fizzy) and a snack if required.
12. Participants attending full day courses should bring along a packed lunch in addition to other snacks as necessary.
13. Participants should bring along suitable clothing for cold or wet weather.
14. Trainers or moulded footwear should be worn – no metal studs please.
15. All participants are asked to wear shin guards for all courses and participation will not be permitted without appropriate protection.
16. Notwithstanding the provision of transport services by the Club, neither Hibernian FC nor Hibernian FC staff members are responsible for participants prior to daily course commencement or after daily course conclusion.
17. No parents, guardians or other attendees other than participants in the Green Shoots Pre-Season Training shall be allowed access to Hibernian Training Centre apart from access to car park pick-up and drop-off zones. Spectator access will not be permitted.

## the facilities... the hibernian training centre

**Dan McMichael, one of Hibernian FC's greatest Managers, once stated, "I don't need money to bring stars to Easter Road. Hibernian bring out their own stars." This ethos was very much at the forefront of the Club's development of The Hibernian Training Centre, opened in December 2007.**

The Hibernian Training Centre is where Football is Grown by Hibernian FC and Green Shoots is the start of that growth.

A wholly-owned landmark development for the Club, HTC extends to over 50 acres near Ormiston, East Lothian. It comprises five full size grass pitches and a floodlight outdoor FIFA Two Star synthetic pitch supported by state of the art changing, medical and sports science facilities within the training centre building which extends to 2,700 square metres.



The Hibernian Training Centre provides a home for all the professional football players and coaching staff at the Club. Having unrestricted access to dedicated facilities is just what the professional staff need and the benefits of this to the Club will be seen for the years to come.

The first class facilities are also used by players and coaching staff within the Hibernian Academy, growing tomorrow's Hibernian footballing stars. As part of the extension of HTC usage, the Green Shoots Pre-Season Training Programme provides a friendly environment for those aged 5-12 years who simply want to enjoy, play and achieve through football.

## the training... what you'll learn

Attendees on the Green Shoots Pre-season Training programme will be trained by fully qualified Hibernian FC Coaching staff and will experience a fun filled footballing week covering the following skills:

- **TEAM-BUILDING** – making new friends, finding out how to achieve more by working together as a team!
- **MOVEMENT** – get fit, create space, confuse the opposition!
- **FIRST TOUCH AND CONTROL** – love the ball, keeping it close!
- **PASSING** – keeping it simple, using your vision, the killer ball, the Hibe way!
- **FINISHING** – learn the net-bursting techniques of Stokesy and Riordan!
- **GAMES** – bring it all together for match-time with regular games every day!

