



NATIONAL ROAD RUNNING LEAGUE CHAMPIONS MELLIEHA AC LAUNCH THE ATHLETIC NURSERY

The Mellieha Athletic Club, now in its 18th year of successful operation, winning all major national road running events is stepping forward with an ambitious athletics' nursery project. The nursery will be managed by a special experienced task force set up from the club. The head coach will be the Dutch professional trainer Has Kesra who has been working closely with the Mellieha club for the past decade.

The aim of this nursery is to promote athletics in a professional way from a young age, to achieve the right bodily structure and mental attitude from a young age. This will offer athletes the right ambient to reach their maximum potential.

We will be holding a number of weekly sessions to accommodate all ages from 9 and above at all levels. We will also have special sessions for adults who want to start running. We will teach how to train efficiently, avoiding injuries and more. The training structure we will be implementing has a well renowned and scientifically approved method which the club has been benefiting from for some 15 years and being updated regularly.

All those interested to be part of the Mellieha Athletic Club nursery shall fill in the application form below:

Surname:			
Name:		Female	Male
Current address:			
Town:		Post code:	
Telephone:		Email:	
Date of birth:		Age:	
Name of school attending:			
<p>On registering our son/daughter, we, the undersigned, intend to be legally bound, hereby, to release any and all rights and claims we may have against the administrators and trainers of the Mellieha Athletic Club for any loss, damage or injury our child may sustain as a consequence of his/her participation in the Mellieha AC nursery events. We also declare that we have disclosed in a separate document, attached to this application, any medical condition or allergies that the administrators and trainers should be aware of.</p>		Signature of Parents:	
		Name & ID number:	
		Name & ID number:	
Please tick as appropriate:		Date:	
€125 November to July	<input type="checkbox"/>	Please make cheques payable to : Mellieha Athletic Club and send to: THE MELLIEHA AC NURSERY 17/ 19, Triq Il- Gnejna, Mosta MST 3621	
€50 per term (November-January)	<input type="checkbox"/>		
For further information please contact: Richard Borg on 9984 7025 or email: nursery@melliehaac.info			
Applications should reach the above address by: Friday 22nd October.			
The planned opening of the nursery is mid-November 2010.			