

ENTRY FORM FOR INDIVIDUAL SPORTS COMPETITIONS

Name.....
 Date of Birth.....
 Address (incl postcode).....

 Tel number(s) incl. emergency.....

 Email address.....
 Nature of disability.....

 Relevant health and safety information (eg medication)*.....

 *This information is required to help ensure the safety of participants on the day. It will be held confidentially
 Parent/carer signature..... Date.....

The organisers will be taking photographs and video footage to record, promote and celebrate the enjoyment and achievement of competition participants and for no other purpose. Please tick box to provide photo/video consent.

Tick sport competitions you wish to enter (you may tick up to **one** morning and/or **one** afternoon competition)

Morning	Tick	Afternoon	Tick
Boccia		Athletics	
Football		Badminton	
Table tennis		Cricket	
Trampolining		Tennis	

Please tick one statement best describing your experience level in your chosen sport(s)

Morning sport: Not played it before Play it occasionally Regular player

Afternoon sport: Not played it before Play it occasionally Regular player

Please return to:

Ian Ford, Leisure Link, North Point, North Street, Horsham,
RH12 1RL by no later than **Friday 16 September**

Entries will be confirmed by email/post shortly after 16 September along with the rules for each competition

ENTRY FORM FOR TEAM-BASED SPORTS COMPETITIONS



Team Name.....
 Team Organiser Name.....
 Address (incl postcode).....

 Tel number(s).....
 Email address.....

Tick sport competitions you wish to enter
(you may tick up to **one** morning and/or **one** afternoon competition)

Morning	Tick	Afternoon	Tick
Football 8-12 year olds		Cricket 11-18 year olds	
Football 13-18 year olds			

Any individual footballer or cricketer who is keen to play but is not in a team that is intending to enter should contact Ian Ford on ian.ford@horsham.gov.uk or 01403-215634 to register their interest and we will investigate the possibility of linking him/her into a team

Please return to:

Ian Ford, Leisure Link, North Point, North Street, Horsham,
RH12 1RL by no later than **Friday 16 September**

Entries will be confirmed by email/post shortly after 16 September along with the rules for each competition.



THE SUSSEX REACHING HIGHER GAMES

Sports competitions and come-and-try-it sport/art opportunities for young disabled people aged 8 to 18 years old of all ability levels



Sunday 2 October
Christ's Hospital School, Horsham



INTRODUCTION

Horsham District Council's Leisure Link team and other partners in the Horsham area have been running a number of inclusive junior sport and art programmes in recent years funded by the Aiming High scheme.

We want to celebrate the success of this initiative, showcase the talents of the young people involved and embrace a wider Sussex audience by running a Reaching Higher event at Christ's Hospital School, one of the county's most prestigious venues.

KEY INFORMATION

Organisers	Horsham District Council
Venue	Christ's Hospital School, near Horsham, RH12 0YP See map on page 4
Date & Time	Sunday 2 nd October, 10am to 4pm. Morning registration 9.30am. Afternoon registration 1pm
Cost	FREE to enter
Care needs	The organisers are not able to provide for any participant's general care needs although dedicated changing space and disabled toilets will be available to support parents/carers. First aiders will be available. The swimming pool has a hoist.
Siblings	Non-disabled siblings will be welcome to participate in come-and-try-it activities but not the formal competitions
Activities	A mixture of sport competitions and come-and-try-it sports/arts opportunities - see tables on next page. Come and try it activities are for other family members (eg siblings) and children that prefer to be non-competitive
Eligibility	See competition sports table on next page for age ranges on each sport. Note that age should be taken as age on the day of the event. Age ranges stated are inclusive. Events are open to children and young people with physical and learning disabilities. The organisers reserve the right to be flexible, where it is felt to be appropriate and in keeping with an inclusive spirit, in how events are formatted
Sport rules	Sport competition rules will be issued to participants/ teams in advance just after the entry deadline
Multiple entry	It is possible to enter up to one morning competition and one afternoon competition
Equipment	All equipment will be provided but participants may bring their own where relevant (eg table tennis bats)
Clothing	Participants should be dressed appropriately for activity in their chosen competition
Awards	Trophies and certificates will be available to win
Wet weather	In the event of very wet weather we will implement an indoor contingency plan that will bring all activities except football and cycling indoors
Refreshments	There is a café in the sports centre. People may bring a packed lunch if they prefer.
Further info	Ian Ford 01403 215634 (a/p). ian.ford@horsham.gov.uk www.horshamleisurelink.co.uk (Menu Option: Inclusive Activities-Reaching Higher Games)
Booking	It is essential that sport competition entrants pre-book by the entry deadline of Friday 16th September using the forms on the back pages. All competitions have maximum capacity thresholds so please book early to avoid disappointment. Come-and-try-it activities DO NOT require pre-booking.

TABLE OF COMPETITION SPORTS

Sport	Age Groups	Format Overview	Notes
Morning 10am-12.15pm			
Boccia	8-12 yr olds / 13-18 yr olds	Individual	Sports hall
Football	8-12 yr olds / 13-18 yr olds	5-a-side teams	Grass pitches
Table tennis	8-12 yr olds / 13-18 yr olds	Individual	Sports hall
Trampolining	8-12 yr olds / 13-18 yr olds	Individual	Sports hall
Afternoon 1.30-3.45pm			
Athletics	8-12 yr olds / 13-18 yr olds	Individual	On red gra
Badminton	8-12 yr olds / 13-18 yr olds	Individual	Sports hall
Cricket	11-18 yr olds	6-a-side teams	On astroturf
Tennis	8-12 yr olds / 13-18 yr olds	Individual	Tennis courts

PRESENTATION TIMES

Presentations will be held in the gymnasium.
Morning - 12.15 - 12.30pm Afternoon - 3.45 - 4.00pm

TABLE OF COME-AND-TRY-IT ACTIVITIES

Sport	Notes
Morning 10am-12.15pm	
Low intensity sports	eg New Age Kurling, skittles
Outdoor activity zone	eg batak, crazy catch, bouncy castle
Samba Percussion	Learn some simple samba rhythms and play as part of a group. Great fun.
Swimming	11-12noon. Buddies available.
Urban rebounding	Guided fitness activity to music on mini-trampets
Afternoon 1.30-3.45pm	
Wheelchair Basketball	Specialist wheelchairs available
Cycling	Explore the extensive grounds of Christ's Hospital School with our qualified cycling coach. Some bikes available but bring your own if you can
Dance	Fun workshop, no experience necessary
Low intensity sports	eg New Age Kurling, skittles
Outdoor sports	eg batak, crazy catch, bouncy castle
Swimming	2-3pm. Buddies available.

LOCATION INFORMATION

To view a bigger location map and to see a site map visit www.horshamleisurelink.co.uk and click menu option **Inclusive Activities - Reaching Higher Games**

CHRIST'S HOSPITAL

Christ's Hospital
West Sussex RH13 0YP
Tel: 01403 211293 - Fax: 01403 211580
www.christs-hospital.org.uk

From M25 Junction 7

- Leave the motorway at junction 7 on to the M23 towards Brighton.
- At junction 11 and at the roundabout take the 3rd exit for the A24.
- At the Bawbush Manor Roundabout turn left continuing on the A264.
- Continue straight over next roundabout and at the Moorhead roundabout take the 1st exit to join the A24 towards Worthing.
- Continue straight over next roundabout and at the Great Daux roundabout take the 1st exit to join the A24 towards Worthing.
- Continue straight over next roundabout, and at the Hog Oast roundabout take the 1st exit to join the A24 towards Worthing.
- Turn left into Tower Hill just before the Boars Head Pub.
- Pass under the by-pass bridge and take the next turning on the right towards Christ's Hospital School.
- Turn left into the School and follow signs for the West (Visitors) Car Park.

From M27/A27

- Follow signs for the A24 towards Worthing.
- As you approach Worthing on the A24 follow signs for A24 towards Horsham and London.
- At the roundabout for the A24, for approx. 1.8 miles until you reach the Hog Oast roundabout, take the 3rd exit, signed B2237 Horsham & Christ's Hospital.
- Turn left into Tower Hill just before the Boars Head Pub.
- Pass under the by-pass bridge and take the next turning on the right towards Christ's Hospital School.
- Turn left into the School and follow signs for the West (Visitors) Car Park.

By Train

- The nearest station is Christ's Hospital, which is approximately a 10 minute walk from the school.
- There is a regular train service to and from London Victoria.