

Application Form

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|--------------|--------------------|
| Forename(s): | DOB: |
| Surname: | Tel (Home): |
| Address: | Tel (Mob): |
| | Fax: |
| | Email: |
| Post code: | Emergency phone: |
| School: | Emergency contact: |

Your parent or guardian will be asked to sign a form to give you permission to participate

Sports played – please list and rank 1 (Poor) – 5 (Good) your level of success

| Sport | Times per week | Level 1-5 | Date started |
|-------|----------------|-----------|--------------|
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Other information:

Height (cms): _____ Weight (Kgs): _____

List any other data about you and/or your sporting achievements – eg 50m freestyle time, 100 or 1500m time, school / county performances / records or other sporting achievements etc:

Parents/guardians will be required to complete a membership application for KRC which will require strict adherence to the Club's safety requirements and due observation of the principles of the ARA Water Safety Code. Applicants agree to accept the organiser's selection criteria and decisions as final. *Girls in this age group are encouraged to apply now to be considered for a Knight Frank Scholarship for girls, which will be offered later in 2005.

Return this form by 11 February 2005 to:
The Knight Frank Rowing Scholarship,
 Kingston Sports & Recreational Services,
 Royal Borough of Kingston upon Thames,
 Guildhall 2, Kingston, KT1 1EU.
 Or by fax: 020 8547 5213

Kingston Regatta is on Saturday 9 July 2005, why not join us for the Knight Frank Scholarship race and much more on the Thames above Kingston Bridge. www.kingstonregatta.co.uk

81 High Street, Wimbledon
 London SW19 5EG
 020 8946 0026
 email: info@knightfrank.com
www.knightfrank.com



The Knight Frank Rowing Scholarship for boys* under 14

“In search of local excellence”

Supporting partners:
www.knightfrank.com
www.kingstonrc.co.uk
www.kingston.ac.uk
www.kingston.gov.uk



*see reverse for information on girls project

Rowing Scholarship for boys* under 14

To support the opening of a new branch in Kingston during 2005, Knight Frank, the leading international property consultants, are supporting the development of young talent at Kingston Rowing Club.

This exciting and demanding sport is at the forefront of Britain's Olympic success. Members of this local club, one of the oldest in the world, have gone on to win gold and silver medals at the last two games... it wants more... now read on!

The opportunity

We wish to find and develop young athletes new to the sport of rowing. Applicants will need to be under 14 on 1st September 2005, of athletic profile and have already shown a reasonable level of sporting success - particularly at power or endurance sports such as rugby, swimming, running, cycling or skiing.



The Programme

Selection will take place in Feb/March 2005 and the coaching programme will begin on 29th March - during the Easter holidays. Candidates need to be available for the **FULL** week Tuesday 29th March to Saturday 2nd April. Successful athletes will then join the KRC training programme on Tuesday and Wednesday evenings, Saturday afternoons and Sunday mornings until the summer holidays.

The programme will culminate in a prize race at Kingston Amateur Regatta on Saturday 9th July 2005. All four boys will race in singles for the Knight Frank Scholarship Trophy. In addition to all coaching and membership fees being paid, all four will receive an initial package of kit and accessories. A prize of £250 will be awarded to the race winner's school for future coaching initiatives and all four will receive £50 worth of training kit.

Selection will begin in February and you will need to return your application form **BY FRIDAY 11th Feb**. We anticipate 100+ applicants - 30 of which will be invited for pre-selection tests at Kingston Rowing Club on Saturday 26th



February. These tests will consist of running, ergometer, flexibility and general athletic performance. A final 10 boys will be invited to Kingston University's sports performance laboratory during the first two weeks of March for more in-depth physiological testing.

The final four boys will be announced before Easter on 14th March ready to start an intensive training camp 29th March.

Key information:

- Applications returned by 11th February
- Acceptance for Pre-selection test notification - 14th February
- Pre-selection testing at KRC - 26th February
- Announcement of last ten for physiological testing - 28th Feb
- Physiological testing at Kingston University - w/c 7th March
- Announcement of final four - 14th March
- Training camp at KRC - 29th March - 2nd April
- Knight Frank Scholarship race - Kingston Regatta 9th July

Selection criteria

Boys must either live, or attend school, within a five mile radius of Kingston town centre. They must be under 14 years of age on 1st Sept 2005.

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Royal Borough of Kingston upon Thames, Guildhall 2, Kingston, KT1 1EU.
Or by fax: 020 8547 5213

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