## GO GIRL! ANMELDUNGSFORMULAR

BADMINTONVERBAND RHEINHESSEN-PFALZ

Oliwia Zimniewska

# BADMINTON PROJECT MADE BY GIRLS FOR GIRLS

### 0176/34485181 oliwia.zimniewska@b-v-r-p.de Full name of participant: My daughter will participate in GO GIRL! Autumn Workshop U11 / U17 01-03.11.2019 in Kaiserslautern. For the duration of the camp we assign the task of personal care to the responsible coaches and It is the first time for my daughter to stay supervisors of the BVRP according to JuSchG § 1 away from home: Abs. 1 Nr. 4 (Jugendschutzgesetz). A possible absence (e.g. by illness) will be communicated Yes No immediately after becoming known. Allergies? Yes No Place, Date Which? signature of the legal guardian

#### ADDITIONAL INFORMATION

| Address:                            |
|-------------------------------------|
| Club / Association:                 |
| Date of birth:                      |
| Spoken Language:                    |
| Size of T-shirt:                    |
| Is daughter taking any medicaments? |

During all Go Girl! Activities, we will take photos and short videos, which will be used to promote project on BVRP website, Facebook and other social media. Please make sure to let us know, if you don't agree.

#### IMPORTANT INFORMATIONS:

Please, make registration until 18.10.2019!

Send the filled registration form to Oliwia Zimniewska (<u>oliwia.zimniewska@b-v-r-p.de</u>)

Let us know how your daughter manages staying away from home
so we will be able to support her in the best possible way.

#### Bring with you:

Insurance card, Badminton equipment (min. 2 racket), bottle to refill water, notebook and pen, pyjamas, Sanitary products (toothbrush, Shampoo etc.), sport clothes, clothes to change, Foam Roller and mini band (if possible).

\*If player is taking any medicaments, please make sure, that she brings them with her. Please write the dosage on a paper. Medicaments has to be handed over to the coaching staff immediately after arrival.

#### Please note that during Go Girl! Autumn Workshop:

- we promote the idea of a healthy lifestyle through diet and physical activity. It means that it is not possible to bring food like: sweets, sweet drinks or chips. All kinds of healthy food will be available for the participants during the camp. There is no need to bring your own water, the water in the tap is drinkable.
- ➤ We put a big focus on teambuilding, tolerance and sharing experiences between girls from different clubs and countries. In order to achieve this goal, girls will have limited time for using their phones. They will have access to their phones every day after lunch. Apart from this time, all phones will be safely stored by the coaching staff. Although all coaches will have phones with them, for the case of an emergency.