



TRINA GULLIVER MBE

TEN TIME WORLD DARTS CHAMPION

Darts Coaching Courses and Application

Coaching Courses Available

Package One: £300.00 (Two-hour 1:1 Advance Coaching Session)

One 2-hour, 1:1, Advanced Darts Coaching session at the Trina Gulliver MBE coaching venue. The aim is to increase your score averages and checkout percentage. This course is designed for the advanced players. To include:

- ✓ Preparation with an exercise routine to warm up the muscles.
- ✓ Advice on stance, throwing technique and equipment review.
- ✓ A short WhatsApp video showing stance and throw, and advice to improve.
- ✓ Scoring session / Checkouts / Combinations shot review.
- ✓ A series of Advanced practice routines to help you progress and improve your game beyond the coaching session.
- ✓ Mindset and body language.
- ✓ 6 weeks aftercare (up to a maximum of 3 calls) for advice and to discuss your progress.

Package Two: £100.00 per hour (Min One Hour, Max Two Hours 1:1 Coaching Session)

Up to 2 hours, 1:1, Darts Coaching session at the Trina Gulliver MBE coaching venue. Designed for new to intermediate players. To include:

- ✓ Preparation with an exercise routine to warm up the muscles.
- ✓ Advice on stance, throwing technique and equipment review.
- ✓ A series of tailored and practice routines to help you progress and improve your game beyond the coaching session.
- ✓ Mindset and body language.



Package Three £360.00 (Two-hour Group Session)

One 2-hour Group Darts Coaching session at Trina Gulliver MBE coaching venue. Your group can be up to 6 players maximum. To include:

- ✓ Preparation with an exercise routine to warm up the muscles
- ✓ Group advice on stance, throwing technique and equipment
- ✓ Individual player review of stance and throwing technique with feedback to help improve.
- ✓ A series of practice routines to help you progress and improve your game beyond the coaching session
- ✓ Mindset and body language

*** Please note that the same price applies to a group of fewer than 6. Please provide a complete list of player names when making the application.**

Application

The preferred and easiest way to apply for a coaching course is to use the [online coaching application form](#). However, you may use this PDF application form version if you prefer.

Saving and returning the PDF form Application

You may have opened the PDF file via the link supplied on my website. You now need to save it to your PC.

Use the saved version to complete the form in the areas indicated, then save the file as a new file using 'save as', adding your name at the end of the file. This will make it easier for us to find your application.

Example: ' Trina-Gulliver-MBE-Darts-Coaching-Courses-and-Application-YOURNAME.pdf.

Please, return the completed file to me at the following email address: trina@trina-gulliver.com / webmail@trina-gulliver.com

Coaching days usually take place on Wednesday evenings and are subject to availability. Other days, times, including daytime coaching, are available. However, on Mondays and Thursdays, the venue is used for local league darts matches and competitions. Please indicate your preferred date(s) and time within the application below.

The primary contact must be 18 years or over and either be the sole player or part of the playing group. Groups should not exceed six players; this is to ensure all receive a fair coaching session. Currently, all players who make up a group party must be 18 years or over. Coaching packages for minors may follow in due course,



All areas of the form must be completed. If applying for a group coaching package, the primary contact must ensure the details of others are correct and that all who are to attend provide the necessary details for the application.

Basic medical details are required to ensure a safe coaching day, and in the event of a medical emergency, the information can be given to trained medical staff. If you have any issues, don't hesitate to get in touch.

Application form (Part One)

Primary Contact (Your Name)	
Contact Telephone / Mobile No.	
Your Email Address:	
Your Home Address:	
Coaching Package:	
Preferred Date:	

Please add alternative dates/areas of focus / special needs. Plus any Additional Group information (if Applicable):

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Primary Contact Medical Details (Part Two)

Please complete the medical questionnaire regarding yourself and any others who may be part of the group coaching section.

Name (Primary Contact) (Player 1):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:



If you are applying for either a Coaching Package One or Two, and have completed the above, including the medical questionnaire and have read and agree to the terms and conditions of the application, you may proceed to send your saved completed form to me. I try to reply within 24-48 hours of receiving any requests.

If you are applying on behalf of a group, please proceed to 'Part Three' and enter the details of each group member before sending your application. Applications for group coaching can only be accepted once all the group attendees' details have been supplied.

Group Applications (Part 3)

This area only needs to be completed if you are applying for a group coaching session. Otherwise, leave blank.

Name (Player 2):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:

Name (Player 3):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:



Name (Player 4):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:

Name (Player 5):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:

Name (Player 6):		
Any Medical Conditions? E.G. Asthma, Allergies, Heart Conditions, etc. Please state:	YES	NO
Do you carry a medication for your medical use?	YES	NO
Do you have any Disabilities? Please state:	YES	NO

If you answered Yes to any medical question, please provide further details:

Terms and Conditions / General Information



The information you provide is treated confidentially and is only used for this single application. The basic medical information will only be shared with trained medical staff in the case of a medical emergency. If you have any questions, please get in touch with Trina before submitting a formal application.

Your preferred application date and time are not guaranteed, as others may have booked before you.

Upon receipt of your online or PDF email application, your booking date and time will be reviewed and confirmed. Until your booking is confirmed, please do not make further arrangements to travel to the venue, just in case your preferred coaching date can not be fulfilled.

Once the date and time have been confirmed, payment will be requested. Payment for a coaching package must be made prior to the coaching day.

If we agree on a date and you are unable to attend, a 48-hours notice must be given. Cancellation may incur a cancellation fee of 50% of the booking fee. An alternative coaching date may be arranged. If, however, you fail to turn up without notice, you will forfeit your booking fee.

If, for unseen circumstances, Trina or the venue has to cancel the agreed time and date, you will be offered an alternative date or a full refund if payment has been made at this point.

Players attending a coaching session should come dressed appropriately for a dart coaching session.

By agreeing to the terms and conditions, you also agree to the [Code of Conduct](#).



TRINA GULLIVER MBE 'GOLDEN GIRL' 10 TIME WORLD DARTS CHAMPION, 6 TIME WORLD MASTERS, 8 TIME BRITISH OPEN CHAMPION, 7 TIME ENGLAND OPEN CHAMPION, 7 TIME WELSH OPEN CHAMPION, 5 TIME DUTCH OPEN CHAMPION, PLUS OVER A HUNDRED OTHER SINGLES, PAIRS AND TEAM TITLES. THE GREATEST FEMALE DARTS PLAYER OF ALL TIME.

