



# GOING TO GREAT HEIGHTS FOR ST. MICHAEL'S HOUSE

## Croke Park Abseil (100ft)

### Sunday 13th October 2019

**\*\* TO SECURE YOUR PLACE \*\***

Complete the Below & Enclose Deposit of €110.00 *(non-refundable)*

**Print Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_

**Contact Number:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Unit/ Service You Wish to Donate to:**

*(All Non-Unit specific funds raised will directly benefit Childrens Services Supports)*

**Are you :** SMH Staff  An SMH Service User  Relative/ Supporter of SMH

Signed up to [www.everydayhero.ie](http://www.everydayhero.ie) for online sponsorship which goes directly to St. Michael's House? *(Most efficient way to gain support from your family and friends)* Yes  No

**Sponsorship card:** 30 Lines on each card. Number of Cards Required: \_\_\_\_\_

**St Michael's House T-shirt - Provided on the Day:**

Size - Small  Medium  Large  X-Large

**Please be Aware of the following Participant Requirements & Tick Box to confirm**

- Over 18years : Yes
- Max Weight 120kgs: Yes
- Agile : Yes
- Will Raise a minimum of €250.00 for St. Michael's House *(Excluding Deposit)* Yes
- I confirm that I have no known or knowable physical conditions that would affect my ability to participate in this event: Yes

Please note anyone with back problems, recent injury or are pregnant, must consult with their GP before taking part.

**Deposit :**

Cash  Cheque  Credit/ Debit Card

Card Details: \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_ Exp: \_\_/\_\_/\_\_ CVC: \_\_\_\_