



Dear Parents/Guardians,

Current Year 6 and 7 - Girls' Hockey Pre-Season Training Camp - Tuesday 26th August and Wednesday 27th August 2025

Your daughter is invited to attend a school hockey pre-season training camp on Tuesday 26th August and Wednesday 27th August 2025.

On Tuesday 26th August, students are required to be at school at 9.45am for a prompt start at 10.00am, meeting at the sports hall changing rooms. We will finish at 4.00pm and students can be collected from the sports hall car park.

On Wednesday 27th August, students are required to be at school at 9.45am for a prompt start at 10.00am, meeting at the sports hall changing rooms. We will finish at 1.30pm and students can be collected from the sports hall car park at this time, lunch will be provided on both days.

On Wednesday 27th August parents are invited to attend a Sports Meet and Greet with Mr Cole, our Director of Sport, who can answer any sport related queries about the year ahead. This will be held between 1:30pm and 2pm, in the Old Ratcliffian Bar (on the first floor near the Fitness Suite).

It is strongly advised that students bring sun cream, extra snacks and plenty of water and re-hydration drinks, which should be taken at regular intervals throughout the day. It is important that students bring some spare training clothes each day, including wet weather items. Most importantly they must bring trainers as well as boots as we may train inside as well as outside. Students must also bring their mouth guard, together with other protective equipment they wish to wear.

We are pleased to partner with OPRO, the world's largest manufacturer of custom-fit mouthguards. If you visit: <https://opro.info/RatcliffeCollege>, then select the mouthguard you would like to purchase. Enter the discount code **RatcliffeCollege10** at checkout you will receive **10% off**.

The camp will give the students an excellent opportunity to get a head start in what will undoubtedly be a very competitive season and I would encourage all invited to attend. It is very important that the students carry out their own fitness training over the summer holidays which will enable them to gain good levels of sport specific fitness in preparation

for the coming season. We will be creating Summer Training Programme schedules for each year group that will be sent out to you and the students for them to complete.

At Ratcliffe College, student welfare both on and off the sports field is taken extremely seriously. Recently there has been growing concern over head injuries and concussion in sport. To ensure that we are providing gold-standard care to our students, the school has decided to partner with [Return2Play](#), the UK's leading sports medicine partners for schools. Feedback from other schools and parents utilising their expertise has been overwhelmingly positive. You should receive an email from Return 2 Play with more information at the start of the academic year.

I would be grateful if you could complete and submit this [booking form](#) by **Friday 4th July** indicating if your daughter will be attending.

Access to the school on the day is restricted to the hockey training outside only. Parent toilets are located on the Fitness Suite corridor only, which will be sign posted, access to other areas of the school is not permitted.

If you have any questions or queries, please do not hesitate to contact me at mcole@ratcliffecollege.com

Yours sincerely

Mr M Cole

Director of Sport and Co-Curricular Activities