



June 2022

Dear Parent, **Year 10 Girls' Hockey Pre-Season Training Camp**

I am pleased to invite your daughter to attend the hockey pre-season training camp on **Tuesday 30th August and Wednesday 31st August 2022.**

Students are required to arrive at school on both days 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. Please note that training will finish at **1.00pm on Wednesday 31st August**; students can be collected from the sports hall car park at this time or from **1.30pm** if your child is staying for lunch.

Lunch will be provided on **Tuesday 30th August** and lunch can be provided from **1.00pm on Wednesday 31st August**. Unfortunately, there will be no residential facility available during the camp and therefore students must travel into School each day.

It is strongly advised that your daughter has 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 Astro Turf shoes as we may train inside and/or outside. Students must also bring their mouth guard and shin pads, together with other protective equipment they may wish to wear.

The camp will give the girls 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 girls carry out some fitness training over the summer holidays. This will enable them to gain a good level of fitness in the months prior to pre-season training, helping them to avoid injury and to peak for the start of the season. We will be creating Summer Training Program Schedules for each year group. These will be sent to you and your daughter for her to complete**

We will be following Government guidance in relation to Covid-19. If for any reason we have to cancel then we will inform everyone at our earliest opportunity.

I would be grateful if you could complete and submit the form by **Friday 17th June 2022** indicating if your daughter (including first and surname) will be attending and if so, on which days. Could you also state if lunch will be required on **Wednesday 31st August**.

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

Yours sincerely

D Willcock

Mr D. Willcock

Head of Hockey



Year 10 Pre-Season Hockey Training – Tuesday 30th August to Wednesday 31st August 2022
Please return to Mr Willcock no later than Friday 17th June 2022

Name of Student.....

	Attending	Not Attending	Lunch on Wednesday
Tuesday 30th August			
Wednesday 31st August			

Contact tel. no.

Medical Information

Dietary Requirements

Print Name (Parent)

Signed (Parent)

Date