



May 2022

Dear Parents and Guardians,

Year 9 Rugby Pre-Season Training Camp (Current Year 8)

Your son is invited to attend a school rugby pre-season training camp on **Tuesday 30th August and Wednesday 31st August 2022.**

On **Tuesday 30th 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 31st 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; please note we will finish at **1.00pm** on this day and students can be collected from the sports hall car park at this time or from **1.30pm** if students are staying for lunch.

Lunch will be provided on **Tuesday 30th August** and lunch can be provided from **1.00pm** on **Wednesday 31st August**. Please indicate on the reply form if there are any specific dietary or medical requirements.

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.

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.

I would be grateful if you could complete and submit the attached form to Martin Kaye, Head of Rugby mkaye@ratcliffecollege.com

Yours sincerely

M Kaye

Mr M. Kaye

Head of Rugby

Year 9 Pre-Season Rugby Training - to be returned to Martin Kaye, Head of Rugby

Name of Student.....

	Attending (Please tick)	Not Attending (Please tick)	Lunch required on Wednesday 31st August (Please tick)
Tuesday 30 th August			
Wednesday 31 st August			

Contact tel. no.

Specific Medical information.....

Dietary requirements.....

Print Name..... (Parent)

Signed (Parent)

Date