

Dear Parents

Rugby pre-season training for next year's **U14 and U15 (Fourth and Remove forms)** teams will run from **Wednesday 29th August to Friday 31st August**. The sessions are open to all playing levels.

Please save the dates. We would ideally like boys to treat it as a training camp and attend every session so we can make the necessary progress as playing squads prior to the season starting.

Timings

9:30am – Langham Pavilion changing rooms opened

10:00am – 12:00pm Session 1

12:00 – 1:30pm Lunch. None will be provided and boys can leave the school site in small groups if required. Please be aware that we cannot take responsibility for the boys unless they remain on the school site.

1:15 – 2:45pm Session 2

There may be a training game on Friday 31st Sept (yet to be organised) if not then normal training

Future fixtures in holidays

The U15s (Remove form) will have a pre-season tournament on **Sunday 2nd September** (South Coast Kings Tournament). They also have the residential tournament (Langley Festival) on the first weekend of the October half term, **Saturday 20th and Sunday 21st October 2018**.

Boys will require

- Training kit (doesn't need to be Bedford School kit), including boots, gumshield and any other protective equipment
- Water
- Lunch (money if buying lunch in the town)

There will be medical provision for the sessions but please let me know of any necessary medical information upon arrival.

There is no cost for this and you do not need to let me know if you cannot attend.

Please do not hesitate to contact me if you have any queries.

Yours faithfully

James Hinkins

Director of Rugby