

Dear Parents

Pre-season rugby training for next year's **U11, U12 and U13 (Y6, 7 and 8)** teams will run on **Thursday 30th and Friday 31st August**. The sessions are open to all playing levels. We would ideally like boys to treat it as a training camp and attend both sessions 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 training

Boys will require

- Training kit (doesn't need to be Bedford School kit), including boots, gum shield and any other protective equipment
- Water
- Snack

There will be medical provision for the sessions but please let your coach 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