



Dear Parents/Guardians,

Rugby Pre-Season Training, Wednesday 28 to Friday 30 August 2019

Rugby pre-season training for next year's **U14, U15, U16** and **U18 teams** (all Upper School year groups) will run from Wednesday 28 August to Friday 30 August 2019. 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. Please be aware that non-attendance to these sessions will not influence selection at the start of the year.

Timings

9.30am	Langham Pavilion changing rooms opened
10.00am to 12.00pm	Session 1
12.00pm to 1.00pm	Lunch. Lunch will not 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.
1.00pm to 2.30pm	Session 2

There may be a training game on Friday 30 September (yet to be organised). If not, then normal training.

Boys will require

- Training kit (does not need to be Bedford School kit) including boots, gum shield and any other protective equipment
- Water
- Lunch (or money if buying lunch in the town)

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

There is no cost for the training sessions and you do not need to let me know if your son can or cannot attend. However, please do not hesitate to contact me if you have any queries.

Future fixtures in holidays

The U18s will have a pre-season tournament on **Sunday 1 September 2019**. I am also looking to put a fixture in on the final Friday of the October half term holiday (to be confirmed), **Friday 1 November**.

The U15s have a residential tournament (Langley Festival) on the first weekend of the October half term, from **Saturday 19 to Sunday 20 October 2019**.

Yours faithfully,

James Hinkins
Director of Rugby