

Dear Parents

Rugby pre-season training for next year's **U10, U11, U12 and U13 (Y5 - 8)** teams will run on **Thursday 29th and Friday 30th 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 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**

9.30 am – Langham Pavilion changing rooms opened

10.00 am – 12.00 pm training

### **Boys will require**

- Training kit (doesn't need to be Bedford School kit), including boots, gumshield 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 can or cannot attend. However, please do not hesitate to contact me if you have any queries.

Yours faithfully

James Hinkins

Director of Rugby