

Dear Parents

Rugby pre-season training for next year's **U10, U11, U12 and U13 (Years 5, 6, 7 and 8)** teams will run on **Tuesday 31st August and Wednesday 1st September**. 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. However, please be aware that non-attendance to these sessions will not influence selection at the start of the year and we understand that boys may have other commitments for one or both days.

Timings

9:30am Langham Pavilion changing rooms open
10:00am – 12:00pm 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 son's coach know of any necessary medical information upon arrival, e.g. injuries.

There is no cost for this and if you would like your son to attend, please complete the Microsoft Form:

[Pre-season rugby training form U10-U13](#)

Yours faithfully

James Hinkins
Director of Rugby