

Friday, 30 June 2023

Dear Parents/Guardians

### **Year 7 Sports Pre-Season Training – Saturday, 9 September 2023**

The PE and Sport Department would like to invite your daughter to our pre-season training sessions on Saturday, 9 September at St George's. Across the day, there will be opportunities for pupils to participate in netball, lacrosse, swimming and football.

The pre-season training day is not compulsory, but will be an excellent opportunity for the girls to build fitness, work on sport specific skills and have match play experience prior to fixtures commencing.

On the day, pupils should arrive at 9:00am in the Main Car Park and should make their way to the sports pavilion. Pupils should be picked up from the Main Car Park from 3.30pm. Pupils will be provided with lunch on the day, but can bring their own if they wish, but all pupils should bring their own reusable water bottles, and any additional snacks they would like. Please ensure that any food items brought into school should not contain any nuts. Sun cream and a sun hat should be brought by the girls if the weather is warm; equally, they may need additional layers and waterproof clothing should the weather be cold and wet.

Pupils will need to wear their School PE kit and bring all the necessary safety equipment required, such as shin pads, otherwise they will be unable to participate. All the equipment required for each session is listed below. If pupils do yet have any of the equipment listed in the kit list, please contact me in advance so we can ensure we can provide additional equipment if necessary. For each of the games sessions, girls will need to have all jewellery removed and their hair tied up. In addition to the equipment, girls may also want to wear a St George's baselayer, midlayer or rain jacket if the weather is cold or wet.

Please ensure all pupils bring any medication they require throughout the day, such as inhalers and epipens.

We would like pupils to be involved with as many sessions throughout the day as possible and hope that they will want to stay for the full day. If your daughter would not like to participate for the full day, we would like her to attend half the day and she can be dropped off or picked up at lunchtime.

Timings	Session	Equipment
9.30-10.30am	Swimming	St George's swimming costume and swimming hat, goggles and towel.
11.00am-12.00noon	Lacrosse	St George's top and skort or shorts, games socks and boots. Pupils should also bring their lacrosse stick, mouth guard and goggles.
<b>Lunch - 12.00-1.00pm</b>		
1.00-2.00pm	Netball	St George's top and skort or shorts, white socks and trainers.
2.30-3.30pm	Football	St George's top and skort or shorts, games socks, shin pads and boots.

In order for your daughter to attend preseason training, [please fill out the Google Form](#) to confirm her attendance.

We look forward to welcoming your daughter(s) to the sessions in September. [If you have any questions, please contact me by email.](#)

Yours sincerely



Miss S Appleby  
Director of Sport