



16 December 2022

Dear Parents,

U12 & U13 Sports Team Strength and Conditioning Sessions – Spring Term 2023

The demand for strength and conditioning in sport is ever increasing and athletes at all levels are becoming faster, quicker and stronger. In line with this, and to develop our students athletically, we are pleased to announce that the strength and conditioning programme will run again for Year 7 & 8 students throughout the spring term. These sessions are highly recommended for anyone that plays sport at the school.

Coach: Sessions will be run by qualified strength and conditioning coaches that have experience working with younger students in large groups

Content: Tuesday or Wednesday morning sessions will focus on speed, agility, power and plyometrics. Students will be allocated either Tuesday or Wednesday mornings to maximise coaching input.

Dates: Commencing Tuesday 10 January and every Tuesday & Wednesday up to and including Wednesday 29 March 2023. N.B. There won't be any sessions during the February half-term break on Tuesday 14 or Wednesdays 15 February 2023.

Venue: School Astro - please bring plenty of warm clothing during the winter months.

Times: 7.15am to 8.15am every Wednesday morning before school.

Cost: There will be a £3 charge per session. If you would like to pay in advance, it will cost £30 for the eleven Tuesday or Wednesday sessions before Easter.

If you would like your child to participate in strength and conditioning sessions during the spring term, please can you pay via ParentPay **by Friday 6 January 2023**.

Please also complete the strength and conditioning Google Form below to finalise your registration.

https://docs.google.com/forms/d/e/1FAIpQLSdvGHCskIfw7F328vtGd5iDxB6e7_V9gB6tCM6lgAdzBs-OO/viewform?usp=sf_link

If there are any further questions or queries, please do not hesitate to contact Nathan Monk via nmonk@swbgs.com.

Yours faithfully,

Nathan Monk
The PE Department