



16 December 2022

Dear Parents,

U14, U16 & U18 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 9, 10, 11, 12, 13 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 students in a performance environment. Joe Southwell will be the lead coach on Monday afternoons.

Content: Monday lunchtime sessions will focus on strength, power and plyometrics.

Dates: Commencing Monday 9 January and every Monday up to and including Monday 27 March 2023. N.B. There won't be a session during the February half-term break on Monday 13 February 2023.

Venue: High Performance Centre in the old gym.

Times: 1.45-2.25pm every Monday lunchtime.

Cost: There will be a £3 charge per session. If you would like to pay in advance, it will cost £30 for the eleven Monday 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