



8 September 2023

Dear Parents,

U12 & U13 Sports Team Strength and Conditioning Sessions – Autumn 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 now run for Year 7 & 8 students throughout the autumn term.

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 12 September and every Tuesday or Wednesday up to and including Wednesday 13 December 2023. N.B. There won't be any sessions during the October half-term break on Tuesdays 17 & 24 or Wednesdays 18 & 25 October 2023.

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

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

Cost: There will be a £4 charge per session. If you would like to pay in advance, it will cost £40 for the twelve Tuesday or Wednesday sessions before Christmas.

If you would like your child to participate in strength and conditioning sessions during the autumn term, please can you pay via ParentPay **by 9am Monday 11 September 2023**.

Please also complete the strength and conditioning Google Form to finalise your registration:
[Strength and Conditioning 2023/24 Booking Form](#)

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