



17 April 2026

Dear Parents,

Year 7 and Year 8 Sports Team Strength and Conditioning Sessions – Summer Term 2026

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 continue for Year 7 and 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: Sessions will focus on speed, agility, power and plyometrics.

Students will be allocated by age group. Year 7 are on Wednesdays and Year 8 are on Tuesdays

Tuesday Y8 Only Dates:

Tuesday 21/4 - 7.15am - 8.15am
Tuesday 28/4 - 7.15am - 8.15am
Tuesday 5/5 - 7.15am - 8.15am
Tuesday 12/5 - 7.15am - 8.15am
Tuesday 19/5 - 7.15am - 8.15am
Tuesday 2/6 - 7.15am - 8.15am
Tuesday 9/6 - 7.15am - 8.15am
Tuesday 16/6 - 7.15am - 8.15am
Tuesday 23/6 - 7.15am - 8.15am
Tuesday 30/6 - 7.15am - 8.15am
Tuesday 7/7 - 7.15am - 8.15am
Tuesday 14/7 - 7.15am - 8.15am

Wednesday Y7 Only Dates:

Wednesday 22/4 - 7.15am - 8.15am
Wednesday 29/4 - 7.15am - 8.15am
Wednesday 6/5 - 7.15am - 8.15am
Wednesday 13/5 - 7.15am - 8.15am
Wednesday 20/5 - 7.15am - 8.15am
Wednesday 3/6 - 7.15am - 8.15am
Wednesday 10/6 - 7.15am - 8.15am
Wednesday 17/6 - 7.15am - 8.15am
Wednesday 24/6 - 7.15am - 8.15am
Wednesday 1/7 - 7.15am - 8.15am
Wednesday 8/7 - 7.15am - 8.15am
Wednesday 15/7 - 7.15am - 8.15am

Venue: Sports Hall and Gym. Please still bring Warm clothes

Cost: The cost of the Program is **£40 for the Term** for 11 hours of strength and conditioning.

If you wish your child to attend, please log onto [ParentPay](#) using your username and password to pay **£40 by Friday 1 May 2026**. If you need a copy of your activation details or are unable to access Parentpay, please email parentpay@swbgs.com.

Please also complete the strength and conditioning [Google Form here](#) to finalise your registration:

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

Yours faithfully,

Tom McCarthy
Director of Hockey