SIR WILLIAM BORLASE'S GRAMMAR SCHOOL
West Street, Marlow, Buckinghamshire, SL7 2BR
enquiries@swbgs.com
Telephone: 01628 816500
Headteacher: Mr E Goodall

4 September 2026

Dear Parents and Carers,

Year 7 and Year 8 Strength and Conditioning Sessions – Autumn 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.

The sessions will be run by the Borlase hockey staff who are experienced with understanding fundamental movements required for multi sport excellence.

Content: Sessions will focus on speed, agility, power, co-ordination and plyometrics.

When:
Year 7 - Wednesdays 7.15am - 8.15am
Year 8 (*And Year 7 Boys playing Indoor Hockey*) - Tuesdays 7.15am - 8.15am
All sessions start week commencing 7 September 2026

Venue: The sessions are predominantly outside. Please ensure your child has suitable clothing.

Cost: The cost of the programme is **£45 for the Autumn term**

If you wish your child to attend, please log onto ParentPay using your username and password to pay **£45 by Monday 21 September 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