

Dear Parent,

I am writing to inform you of the planned pre-season training this year, which will take place from Wednesday 19th to Friday 21st August.

The sessions will be held at the school ground from 2pm until 5pm. The training will focus upon skill development and unit and team skills. It is hoped that all Rugby players will attend this training. If your son wishes to attend I would ask that he confirm his attendance by e-mailing enquiries@tga.org.uk by Monday 10th August.

Once the term starts we will offer junior pupils Twilight training every Wednesday after school at Accies. In the event of inclement weather the sessions will be held at Windyedge.

Strength and conditioning training will be offered every Tuesday and Thursday lunchtime. This training will improve performance on the pitch and there is also research to suggest that this type of training minimises the risk of injury to players. A consent letter will be issued at the start of term for completion should you wish your son to participate.

Should you have any questions please feel free to contact me at School.

Yours sincerely

Alan. A Campbell