

Dear Parent,

I am writing to inform you of the planned pre-season training this year. The sessions will start on Monday 29th June 2009 and will run every Monday, Wednesday and Friday until Friday 14th August 2009.

This year the sessions will be held at Lower Windyedge and will begin at 10am and finish at 1pm. The sessions will cover Rugby game skills together with speed and cardiovascular fitness work. Strength and conditioning work will take place in the weights room at New Anniesland. These sessions are designed to give pupils the best possible preparation for the start of the season. The sessions are not compulsory but attending as many sessions as possible will have a positive effect on performance.

On Monday 17th August the preparations will intensify before our first matches. This year the sessions will be held at the school ground, rather than at Inverclyde. The sessions will run from Monday to Friday inclusive from 10am to 1pm and will focus upon skill development and unit and team skills. It is hoped that all Rugby players entering S4, S5 and S6 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 senior pupils Twilight training on Mondays after school in addition to their Games afternoons. Strength and conditioning training will be offered after the Twilight training each Monday and after the Games afternoon each Wednesday. This training will improve performance on the pitch and there is research to suggest that this type of training minimises the risk of injury to players.

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

Yours sincerely

Alan. A Campbell