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Dear Parents/Guardians

Now into the Summer term and also approaching the exam season, I wanted to give you a quick update on the tour.

Firstly I will be in touch once everything is finalised and will arrange a final meeting with you all to give out kit, contact details and a confirmed itinerary. This meeting will be at the start of July.

In the meantime I am busy finalising various bits and pieces and putting things in place to ensure the tour is a resounding success on and off the pitch. This has been aided by the team of parents and boys who have worked behind the scenes to raise an incredible amount of money that will go towards the boys while away and 10% of which will go to our designated charity this year, Wings for Life. A huge debt of thanks to all that have helped and gained sponsors, it will make what is already a fantastic trip even more fantastic!

Some of you may be aware that Mr Gilmour is no longer touring with us, which is a huge shame, not least as our translator, but also as my right hand man for the last three tours. However I hope to have confirmed his replacement by the end of this week, and have full confidence in his replacement to bring the necessary qualities and experience to the trip.

I have also assigned the boys gym programs and begun fitness training on a Tuesday and Thursday after school. This training will form the basis of the boy's fitness for tour and the season beyond. Sessions do not last more than an hour and should be seen and used as a welcome respite from the rigours of work and revision. This is alongside their stretching routines that can be done while watching TV or relaxing in the evening.

The addition of exercise when working has been proven to increase performance levels and reduce stress and so I would hope you encourage the boys to take time away from their desks to put in their training. Not only will this prepare us adequately for the rigours of tour, but also aid them in their studies.

If boys do not have access to a gym, they can do body weight exercises and if they cannot make the after school fitness sessions I am posting all sessions to them within their tour WhatsApp group. This preparation is vital as we take on some of the best teams in Australia and Hong Kong mid-way through their season and also so we may hit the ground running against Sherborne on 9 September.

Formal tour training will begin week beginning Monday 26 June, after school days to be decided, but certainly a Wednesday afternoon 1.30-3.45pm.

As the departure date approaches the excitement of what is in store will build, I know I can't wait having experienced Australia in 2013. Before this time however there are jobs to be done regarding fitness training and of course exams. I'd like to wish all boys the best over the next few months and look forward to seeing everyone on the other side in our final preparations to take on the Aussies!

Best wishes

Richard Demain-Griffiths
Director of Sport