



# Bishop Wordsworth's School

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Head Master: Dr S D Smallwood BSc (Hons) PhD NPQH

08 July 2019

Dear Parents/Guardians

With the new rugby a little over 2 months away preparations are well underway for another successful season with the small matter of Japan in the meantime.

I write to let you know of the basic outline for senior pre-season which will run for four days from the **Tuesday 27<sup>th</sup> August** through to **Thursday 29<sup>th</sup> August** and will culminate in the South Coast Kings Rugby Tournament on **Sunday 1<sup>st</sup> September** for the rugby team.

We will stay in school overnight on Tuesday until Thursday and stay in the sports hall. While in school we will utilise both our facilities onsite as well as Britford Lane. Over the duration we will have guest speakers and coaches in to discuss teamwork, leadership, injury prevention and nutrition.

We will also go out to the New Forest Water Park as part of a team bonding exercise one evening. Boys should come prepared for this along with their training kit and casual clothes for evenings

The rough days and timings are below, but are yet to be finalised, but to cover the cost of pre-season I am asking each player to pay £25 towards the cost.

**Tuesday 27<sup>th</sup> August 0930** Meet at BWS Sports Hall

**Thursday 29<sup>th</sup> August 1700** Depart BWS Sports Hall

**Sunday 1<sup>st</sup> September 0800** Meet at BWS for U18 Rugby Tournament, KES Southampton

**Monday 2<sup>nd</sup> September 1230** Meet at BWS for Year 7 Intro Day

Boys need to budget £20 maximum for their food while staying in school – which they will be responsible for sourcing and cooking using the school cookery room.

The boys already have gym programmes and will also have running work they have been doing and it will be essential this is maintained and built upon throughout August when we do not have contact time until the end. If they can get a month's gym membership this would be beneficial, alternatively all exercises can be done as body weight exercises. I attach information of a discounted membership at myGym in Salisbury.

Last season was fantastic and I want to build on this as we move forward with a new generation of BWS Sportsman, building their own legacy.

## **PAYMENTS:**

To pay please visit the BWS website and click the link for the WisePay finance portal or alternatively follow the WisePay link shown below. If you have any issues accessing WisePay please email [Trips@bws.wilts.sch.uk](mailto:Trips@bws.wilts.sch.uk), Parents/Guardians who may find it difficult to meet the deadline for payment should contact the Finance Office on ext 260.

WisePay:- <https://www.wisepay.co.uk/store/generic/template.asp?ACT=nav&mID=310816>

Your son will be covered by the school's insurance during this trip, a copy of which is available on the school website. Please ensure that we have current emergency contact details and details of any medical conditions and that your son takes all necessary medication with him on this trip. These details can now be checked through the Insight Parent Portal, otherwise please contact Mrs Sarah Hayward [sah@bws.wilts.sch.uk](mailto:sah@bws.wilts.sch.uk) to update your son's information.

Best wishes

Richard Demain-Griffiths  
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