



Bishop Wordsworth's School

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6 July 2018

Dear Parents/Guardians

With the new rugby and football season a little over 2 months away, preparations are well underway for another successful season.

I write to let you know of the basic outline for senior pre-season which will run for four days from **Wednesday 29 August** through to **Friday 31 August** and will culminate in the South Coast Kings Rugby Tournament on **Sunday 2 September** for the rugby team.

We will travel away overnight on Wednesday until Friday and stay under canvas (boys to provide tents etc) in Pimperne at R Lukins Fitness. While there we will be utilising their indoor and outdoor gym as well as local training facilities run by ex-BWS 1st XV member and former Wales RU S&C Coach Angus Hogg.

The rough days and timings are below but are yet to be finalised. To cover the cost of pre-season I am asking each player to pay £50 towards the cost of using the facilities while away and would be grateful if this could be paid online via www.scopay.com by 20 July 2018.

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| Wednesday 29 August | U13-U18 0930-1100 Britford Lane U18 1230 Depart for Pimperne two days overnight (more details to follow) |
| Friday 31 August | U13-U18 1130-1430 Britford Lane – U14, U15, U16 Rugby v Sir Thomas Rich |
| Sunday 2 September | U15 & U18 South Coast Kings Rugby Tournament, KES Southampton |
| Monday 3 September | U16 & U18 1300 Sports Hall - Intro Day (Rugby, Football & Basketball) |

Boys who come away will need to budget £20 maximum for their food while away – which they will be responsible for sourcing and cooking.

The boys already have gym programmes as well as the 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 of the month. If they can get a month's gym membership this would be beneficial, alternatively all exercises can be done as body weight exercises.

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

Best wishes

Richard Demain-Griffiths
Director of Sport/MiC Rugby
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