

Dear Parents

The Sports Department will be running pre-season training at the end of the summer holidays to prepare the teams for their forthcoming fixtures in the Autumn Term. The sessions will look at fitness, attacking and defending strategies, individual skills and team play. All are expected to attend.

Pupils will be required to bring their games kit as well the following additional items listed below:

- Hockey players – hockey stick, shin pads, gum shields and trainers
- Football players – football boots, trainers and shin pads.

The following sessions will run on the dates and times listed below:

Thursday 31st August 2023

Hockey (Girls) and Football (Boys)

U12 - Year 7 from September 2023 (13:00 - 14:30)

U13 – Year 8 from September 2023 (14:30 – 16:00)

Friday 1st September 2023

Hockey (Girls) and Football (Boys)

U14 and U15 – Years 9 and 10 from September 2023 (13:00 - 14:30)

1st and 2nd XI (Senior) and U16 – Years 11, 12 and 13 from September 2023 (14:30 - 16:00)

Please email the Director of Sport, Mr Casey caseys@lingfieldcollege.co.uk if your child is **unable** to attend.

Yours sincerely



Mr S Casey

Director of Sport and Co-Curricular Activities