



# CATERHAM SCHOOL

8 July 2011

To Parents and Guardians of pupils in the First, Second, Third, Fourth, Fifth Years and Lower Sixth

Dear Parents and Guardians

I am writing to inform you of the pre-season sports training dates in August and September. We understand that some pupils will still be on holiday on these dates but we expect pupils to attend these sessions if they are able to.

The dates are:

Tue	30 August	10.00am - 4.00pm	Senior Rugby Training (packed lunch required)	
Wed	31 August	10.00am - 4.00pm	Senior Rugby Training (packed lunch required)	
Wed	31 August	10.00am - 12.00pm	Rugby Training U16	
Wed	31 August	10.30am - 12.30pm	Pre Season Lacrosse and Netball Training U15, U14, U13	
Wed	31 August	1.00pm - 3.00pm	Rugby Training U15	
Wed	31 August	2.00pm - 4.00pm	Pre Season Lacrosse Training Seniors, U16	
Wed	31 August	3.00pm - 5.00pm	Rugby Training U14	
Thu	1 September	9.00am	Opro Mouthguard Fittings Sports Centre	Stephen Smith Room
Thu	1 September	10.00am - 12.00pm	Rugby Training Seniors, U16	
Thu	1 September	10.30am - 12.30pm	Pre Season Netball Training Seniors, U16	

Thu	1	September	1.00pm - 3.00pm	Rugby Training U15, U14
Thu	1	September	1.00pm - 3.00pm	Rugby Training U14
Thu	1	September	2.00pm - 4.00pm	Pre Season Lacrosse and Netball Training U15, U14, U13
Fri	2	September	3.00pm - 5.00pm	Rugby Training U13
<b>Sat</b>	<b>3</b>	<b>September</b>	<b>2.00pm</b>	<b>Rugby - Trial Matches v Sevenoaks 1stXV, 2<sup>nd</sup> XV, U15A&amp;B (A) U16A&amp;B, U14A&amp;B (H)</b>
<b>Sat</b>	<b>3</b>	<b>September</b>	<b>9.30am - 11.00am</b>	<b>Netball Training Seniors, U16, U15</b>
<b>Sat</b>	<b>3</b>	<b>September</b>	<b>9.30am - 11.00am</b>	<b>Lacrosse Training U14, U13</b>
<b>Sat</b>	<b>3</b>	<b>September</b>	<b>11.30am - 1.00pm</b>	<b>Lacrosse Training Seniors, U16</b>
Mon	5	September	12.00pm - 2.00pm	Rugby Training U14, U13
Mon	5	September	1.30pm	Rugby Training U12
Mon	5	September	1.30pm	Lacrosse/Netball Training U12
Mon	5	September	4.00pm - 6.00pm	Rugby Training Seniors, U16

For any rugby players that want to get into the swing of things earlier I strongly recommend the 'Paul Hodgson Rugby Camp' that is being held in August at Dorking RFC. Paul is an England international and is captain of London Irish RFC. He will be visiting Caterham next term to take some sessions for our boys. I am coached by Paul at Dorking RFC and his sessions are always excellent. If you are interested in the camp, details can be found at [http://www.dorkingrfc.com/news\\_detail.php?news\\_id=169](http://www.dorkingrfc.com/news_detail.php?news_id=169)

I am pleased to inform you that Mr Henry Jones will be staying at the School next year. As well as coaching rugby, hockey and cricket, Henry will also act as our strength and conditioning specialist. He has already written conditioning programmes for the senior rugby squads and these are on the VLE. As well as working with our sports teams, he will be offering fitness and nutrition workshops for pupils throughout the year. Henry can be contacted on [henry.jones@caterhamschool.co.uk](mailto:henry.jones@caterhamschool.co.uk) should you wish to seek specific training ideas or injury rehabilitation programmes for your son or daughter.

I am also pleased to inform you that we have appointed a new Head of Swimming. Miss Rachel Hart joins us from Loughborough University where she has just completed her teacher training. Whilst at Loughborough Rachel represented the university swimming squad and was also a first team netball player.

With the departure of Miss Katie McHugh to St Pauls', I am pleased that we have found a lacrosse coach to replace her of equal caliber. Miss Kelly Quinlan joins us from Loyola University, Maryland, where she has played her lacrosse for the last four seasons. England international and Old Caterhamian, Anna Murch, and Old Caterhamian, Izzy Finlayson, will also be joining the girl's sports department in September.

With best wishes for a restful and enjoyable summer break.

Yours sincerely,

Rob Clarke

Director of Sport

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