



CATERHAM SCHOOL

2 June 2014

To Parents and Guardians of Fourth, Fifth and Lower Sixth Girls

Dear Parents and Guardians

Loughborough Lacrosse and Netball Tour: Thursday 30 October to Sunday 2 November 2014

I am writing to you with details of an exciting 'short-haul' sports tour that we have organised for the senior lacrosse and netball players in October 2014.

The aim of this tour is to build on the August pre-season training and the first half-term of training and fixtures. We are expecting the girls to have a very competitive season of sport next year and we have high hopes for success in both lacrosse and netball. It will also give the girls a great opportunity to bond as a squad of players, which is so important to the success of any team.

Loughborough remains the top University for sport in the country and it will be just a fantastic experience for the girls to be exposed to the kind of training and playing facilities that Loughborough students enjoy, as well as gaining an insight into some of the aspects of student life.

We will depart from school on the morning of Thursday 30 October and we will travel by minibus up to our accommodation on the Loughborough University campus. We will return on Sunday 2 November, with the exact time to be confirmed (late afternoon).

The finer details of the tour are still being put together, however some of the things the girls can expect are:

- Netball match v a Loughborough University team (Indoor Netball Centre).
- Lacrosse match v a Loughborough University team (on-site 3G pitch).
- A netball and/or lacrosse match v a local school team.
- Strength and Conditioning session with Loughborough University's Head of Strength and Conditioning, in the 'Powerbase' gym.
- Sports nutrition workshop.
- Sports psychology workshop (team building, communication, mental toughness, imagery).
- Tour of the University by a current Loughborough student athlete.
- Watching a Superleague netball team 'Loughborough Lightning' training session,

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followed by a Q&A with some of the players.

The cost of the tour will be £180 and includes the following:

- 3 nights bed and breakfast accommodation in campus rooms
- 3 x evening meals
- 4 x two course lunches
- Use of all campus facilities, including the swimming pool (if there is time!).

There are twenty places available on the tour and there will be a selection process based on the performance, work ethic and attitude that the girls have shown over recent seasons.

The tour is intended to be for the 1st XII and 1st and 2nd VII squads. However at this point we would like to encourage all girls, no matter which year they are in or which team they have previously been playing for, to express an interest in going on the tour.

If you would like your daughter to go on the tour please could you send a cheque for £180 along with the 'expression of interest' form to me by Wednesday 4 June. All cheques should be made payable to 'Caterham School'. All money will be returned to those pupils that express an interest but are not selected.

If you would like to discuss any aspect of the tour please do not hesitate to contact me.

Thank you in anticipation of your support.

Yours sincerely

Jaclyn Leach
Head of Netball
jaclyn.leach@caterhamschool.co.uk

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Please return to Miss Leach, Head of Netball, Caterham School.

Name of Pupil.....

Tutor Group.....

I would like to register my daughter's interest in the above trip and I have enclosed a cheque made payable to 'Caterham School' for £180. This is a non refundable deposit (unless your daughter is not selected for the tour).

I understand that the School reserves the right to withdraw a pupil from any trip.

If for any reason a pupil leaves Caterham School then they will not be able to be a member of the party. In this instance the deposit would be refunded.

Signed.....

Date.....

Please print name.....