

23 May 2025

To Parents and Guardians of Pupils in First Year to Lower Sixth

Dear Parents and Guardians

Please find the details of the summer pre-season programme for Rugby and Lacrosse. Although not compulsory, attendance at pre-season is highly recommended for all pupils to prepare themselves for the coming sporting opportunities of the term. Alongside the physical, sporting aims of the pre-season it also serves as a fantastic opportunity for pupils to re-connect/meet with their peers after the long summer break.

Please note:

1. All pupils are welcome to attend pre-season.
2. Pre-season does not serve as trial or part of a team selection although it is likely that those who attend will be better prepared for competition when the term starts.
3. Pupils should wear school sports kit to pre-season (shorts/skort, games top) and necessary sport specific equipment (gumshield, boots, goggles).
4. If you are new to the school a gumshield and a water bottle are essential pieces of equipment.

## Rugby

<b>Sixth Form (UI6/UI8's/ Seniors) Main School site</b>	<b>Meet</b>	<b>Session 1</b>	<b>Finish</b>
Tuesday 26 August, Wednesday 27 August, Thursday 28 August, Friday 29 August <i>Sessions will be on field and in the performance gym.</i>	12:30pm	1:00pm	4:00pm
<b>Fourth Year (UI5's) Main School site</b>			
Tuesday 26 August, Wednesday 27 August, Thursday 28 August,	11:30am	11:45am	1:00pm
<b>Third Year (UI4's) Main School site</b>			
Tuesday 26 August, Wednesday 27 August, Thursday 28 August,	10:00am	10:15am	11:30am
<b>Second Year (UI3's) Main School site</b>			
Tuesday 26 August, Wednesday 27 August, Thursday 28 August,	8:30am	8:45am	10:00am
<b>First Year 'Welcome To'</b>			
Saturday 6 September	8:30am	8:45am	10:00am

## Lacrosse

<b>Sixth Form &amp; Fifth Year (UI8's/Seniors/UI6s) Main School site</b>	<b>Meet</b>	<b>Session 1</b>	<b>Break</b>
Tuesday 26 August, Wednesday 27 August <i>Sessions will be on field and in the performance gym.</i>	10:45am	11:00am	1:30pm
<b>Fourth Year (UI5's) Main School site</b>			
Tuesday 26 August	10:45am	11:00am	1:00pm
<b>Third Year (UI4's) Main School site</b>			
Wednesday 27 August	8:30am	8:45am	10:45am
<b>Second Year (UI3's) Main School site</b>			
Tuesday 26 August	8:30am	8:45am	10:45am
<b>First Year 'Welcome To'</b>			
Saturday 6 September	8:30am	8:45am	10:00am

N.B Please note that the school is hosting Tripple Arrow Lacrosse Camps for pupils who would like additional training run by England Lacrosse. <https://www.tripplearrowlacrosse.com/caterham-school>

If you need any further information, please reach out to the appropriate Head of Sport.

### Heads of Sport

Alex Fieldhouse - [alex.fieldhouse@caterhamschool.co.uk](mailto:alex.fieldhouse@caterhamschool.co.uk)

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Yours sincerely,

Felicity Sewell  
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Caterham School