

22 May 2026

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

Dear Parents and Guardians

Pre-Season 2026 details

Please find the details of the summer pre-season programme for Rugby for boys and Lacrosse/Hockey for girls. 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 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. Pupils should attend at the listed times below as pertaining to the year group they will be in during the 26-27 Academic Year.
2. All pupils are welcome to attend pre-season. It does not serve as a 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. Boys in Fifth Year or Sixth Form going on the senior rugby tour to the Basque Region at the end of August are not expected to attend these pre-season sessions. Boys in those years not going on the tour are welcome to attend. This tour is the reason the boys' pre-season dates this year are a week earlier than normal.
4. Second Year girls will follow the same Autumn Term programme as they did in their First Year and so are welcome to attend both hockey and lacrosse sessions. Third Year girls will be welcome at both Lacrosse and Hockey pre-season sessions, even if they have not selected it as their main sport in the Autumn Term.
5. Gumshield and a water bottle are essential pieces of equipment (note: fitted gumshields ordered online or through a dentist have a long lead time so please ensure you have these ready for pre-season) and should be brought to every session along with necessary sport specific equipment (boots, shin pads, goggles) and suncream.
6. Pupils should wear school sports kit to pre-season (Games top, black shorts, white socks for lacrosse or long stripy socks for rugby and hockey).

Boys - Rugby

	Meet	Start	End	Location
Fourth Year, Fifth Year & Sixth Form (U15/U16/SNR) Main School site				
Tuesday 18th August	11:15	11:30	13:00	Home Field (Optional SNR gym session in Performance Gym 10.00 - 11.00)
Wednesday 19th August	11:15	11:30	13:00	Home Field (Optional SNR gym session in Performance Gym 10.00 - 11.00)
Thursday 20th August	11:15	11:30	13:00	Home Field (Optional SNR gym session in Performance Gym 10.00 - 11.00)
Third Year (U14) Main School site				
Tuesday 18th August	10:00	10:15	11:30	Home Field
Wednesday 19th August	10:00	10:15	11:30	Home Field
Thursday 20th August	10:00	10:15	11:30	Home Field
Second Year (U13) Main School site				
Tuesday 18th August	08:30	08:45	10:00	Home Field
Wednesday 19th August	08:30	08:45	10:00	Home Field
Thursday 20th August	08:30	08:45	10:00	Home Field
First Year (U12) 'Welcome To Rugby Event'				
Saturday 5th September	08:45	09:00	10:30	Beeches Field

Girls – Lacrosse & Hockey

	Meet	Start	End	Location
Sixth Form & Fifth Year (U18's/Seniors/UI6s) Main School site				
Tuesday 25 August - LACROSSE	10:45	11:00	13:30	Performance Gym (meet here) & Home Field
Wednesday 26 August - LACROSSE	10:45	11:00	13:30	Performance Gym (meet here) & Home Field
Fourth Year (U15) Main School site				
Tuesday 25 August - LACROSSE	10:45	11:00	13:00	Home Field
Wednesday 26 August - LACROSSE	10:45	11:00	13:00	Home Field
Third Year (U14) Main School site				
Tuesday 25 August - HOCKEY	08:30	08:45	10:45	Astro
Wednesday 26 August - LACROSSE	08:30	08:45	10:45	Home Field
Second Year (U13) Main School site				
Tuesday 25 August - LACROSSE	08:30	08:45	10:45	Home Field
Wednesday 26 August - HOCKEY	08:30	08:45	10:45	Astro
First Year (U12) 'Welcome To Lacrosse and Hockey Event'				
Saturday 5th September - LACROSSE and HOCKEY	08:45	09:00	10:30	Beeches and Astro

N.B Please note that through the summer the school is hosting Triple Arrow Lacrosse Camps for pupils who would like additional training run by England Lacrosse [Dates — Triple Arrow Lacrosse Camps](#), as well as Hockey Academy Camps led by our own Hockey Academy Manager and Olympian Nick Page [Hockey Academy - Caterham school sports centre](#)

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

Heads of Sport

Mr Alex Fieldhouse – Head of Rugby – Alex.Fieldhouse@caterhamschool.co.uk

Miss Nina Sherwen – Head of Lacrosse – Nina.Sherwen@caterhamschool.co.uk

Mr Robert Mugridge – Head of Hockey – Robert.Mugridge@caterhamschool.co.uk

Peter Friend

Director of Sport