



PROMOTING RUGBY FOR ALL

September 2020

Dear Parent/Guardian



I am writing to inform you of the exciting Rugby course that will be running during the October half term at Warden Park Academy. **Pro-Star Rugby** will be running the course in conjunction with Mr Gentry, Mr Chappell and Mr C Turner of Warden Park Academy and Sussex Downs College. The course will run from **Tuesday 27th to Thursday 29th October**.

All measures will be taken to ensure we meet the current guidelines with regards to Covid-19. The course ran successfully during the summer holidays with drills and games adapted as required.

Students can attend on individual days if they are unable to attend the full 3 days. I anticipate that the course will be extremely popular and there are only 15 / 25 places available. Places will be allocated on a 'first come, first served' basis.

All students will have the opportunity to experience first class coaching delivered by qualified rugby coaches and PE teachers. The course will be designed to maximise the potential of each child and it will be an excellent opportunity for your son / daughter to improve existing rugby skills and make new friends. Boys and girls from years 1,2,3,4, 5, 6, 7, 8, and 9 are welcome. This is also an excellent opportunity to enhance fitness and this will focus more for this course.

What can your child expect from a typical day?

-  Skill drill sessions : **1-Kicking 2-Passing 3-Core fitness 4-Attacking play 5-Defensive play**
-  Kicking Competition

Rugby



Your son / daughter will be placed in a group that matches his / her age and skill level. The day will start with registration at **10.00am**. However, students can be dropped off from **9.45am to the rugby pitch**. The morning will consist of fun games, coaching, kicking competitions and the skill drill session. No food or drink will be available, therefore a packed lunch and drinks are required. After lunch conditioned games will take place. The day will finish at **2.30pm** and students will be dismissed when a parent or guardian collects them from Warden Park.

The course will cost £60 per week (3 days) or £20 per day. To book please use this link. The link will only allow you to book if there are spaces available. Payment must be made at the time of booking.

https://docs.google.com/forms/d/e/1FAIpQLSf8wMR8ju0YNoOHs2D67EOCfNvw_NsQRyBFqty6z6PS53ciWw/viewform?usp=sf_link

Bank Transfer: **Santander** – 09-01-27 – 10158573 – J Cailes-Gentry
Reference – Child's surname and RUG

I look forward to an excellent week of rugby coaching.

Yours faithfully

J Gentry

J S Gentry
PE teacher



COURSE DETAILS - 10.00am -2.30pm

Meet in the BOYS changing rooms, it will be signed, bring kit.

Waterproof clothing, warm clothes and a change of clothes would be advisable.

Contact –

Mr Gentry - 07900810738

jamesprostarsports@gmail.com

NEW for 2020 - Early bird drop of and late collection - separate booking form for this service
8.45am - 4pm. This will be £3 for either session or £5 for both per day.

https://docs.google.com/forms/d/e/1FAIpQLSehL6-ssW1GOeBA-cdHSjVIVHqKPKuzsh07tOZV80VBizPwqA/viewform?usp=sf_link

Rugby



Rugby

