

May 2019

Dear Parents/Guardians

Re: Years 11-13 Pre-Season Hockey Training 2019-2020; 'Save the Date'

I am writing to all Years 10-12 girls to invite you to pre-season hockey training. The times and dates for pre-season training are below. Hockey is the main sport for girls in the Michaelmas Term and is open to all students. The girls in the teams take great pride in representing the school and are dedicated to training and matches. As a result, a number of our teams have achieved success in county and national competitions.

Please note that pre-season is open to every student. There will be a large number of students coming into New Hall who have no or little experience of playing hockey, whilst some may be part of a hockey club already. Therefore, it is important that you try and attend the pre-season training sessions to maximise your development opportunities. There will be a number of coaches at the sessions and students will be divided into small groups based on their previous hockey experience.

We are also lucky to be attending a team building event at Farm Fitness on Thursday 29 August 2019. This is a great opportunity for the girls to be given hockey specific strength and conditioning ahead of the season. For more details of what Farm Fitness offers, please see the following link <https://www.farmfitness.co.uk/>.

We also are hoping to have a special guest coach on Friday 30 August 2019 who will be in to deliver a skills session to all the girls.

Although these sessions are not compulsory, we would hope that all students will do their utmost to attend. Could you please confirm your daughter's likely attendance by completing the form below so that we are able to plan each session accordingly.

The aim of pre-season is for the players:

- To develop core technical skills
- To work on positions, tactics and set plays
- To be physical prepared for the season
- To get to know their coach for the season ahead
- To be as prepared as possible for the start of the regular season

Date	Time	Training
Wednesday 28 August 2019	9.00am-1.00pm	1st, 2nd , 3rd XI Training
Thursday 29 August 2019	10.00am-3.00pm	1st, 2nd , 3rd XI Training Farm Fitness Trip
Friday 30 August 2019	10.00am-2.00pm	1st, 2nd , 3rd XI Training
Sunday 1 September 2019	All Day	U16 & U18 Indoor and Outdoor vs Framlingham

Students should bring their PE or Games shirt, skort, astroturf trainers, socks, shin pads and gum shield to every training session. They will also need plenty of fluids. It is expected that students will have their own hockey stick as they will be playing the sport for the whole of the Michaelmas Term at the very least.

On Saturday 8 September there are 1st XI & 2nd XI team fixtures versus Forest School. There are fixtures most Saturdays for both 1st XI and 2nd XI and midweek fixtures for the 3rd XI. These are available to view on the school sports website www.newhallschoolsport.co.uk. Please can I ask that students make a note of these dates to ensure they are available to play.

Finally, if you have any queries at all regarding girls' hockey at New Hall then please do not hesitate to contact me via: g.ward@newhallschool.co.uk.

Yours sincerely

Mr Grant Ward
HEAD OF HOCKEY

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- Wednesday 28 August 2019: 9.00am-1.00pm
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Name: _____ Date: _____