

PANGBOURNE

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Dear Parents and Guardians

MICHAELMAS TERM SPORT

I am writing to introduce myself as the Director of Sport & PE and also to welcome your daughter to Pangbourne College. The girls will have the opportunity to take part in a range of sports across the year, the Michaelmas Term's major sport is hockey.

The first planned fixtures are on Saturday 6 September 2025. Weekly training will focus on hockey skill development, fundamental movement skills, tactical understanding, and ultimately, all pupils enjoying playing hockey.

Sport is timetabled throughout the school day with two 1 hour 45 minute sessions per week, an additional 1 hour extra training on Wednesday afternoons and fixtures on Saturdays. The school calendar (My Portal or Pangbournesport.com) will show fixtures, venues and timings. Team sheets are emailed to all selected pupils and parents 48 hours before the game in most cases. This provides the final details for the fixture. If your child is not selected for a Saturday match, then we run a programme of strength and conditioning in the gym or badminton in the sports hall from 10:00 - 12:00.

Your daughter will also need to wear Pangbourne College kit for each session, including a school shirt, shorts and socks. She will also need a hockey stick and gum shield. I would advise that they have Astroturf trainers alongside regular running trainers. These will need to be clean as mud can damage the Astro surface. A water bottle is a worthwhile investment, as it is likely to be warm in early September.

After the first leave weekend (Friday 26 September) the pupils will have the opportunity to select rowing as a full time sport in place of hockey. This is expected to be a three term commitment. They will have a further opportunity to select rowing from the start of the Lent Term, where they will be expected to commit to this in the Summer Term.

The [school website](#) outlines the full sporting offer across the year. Please follow the links from the homepage to the sport heading.

I hope that I will have the opportunity to meet many of you during the first few weeks of the new school year, either on the touchline or at a match tea which is served after every home game in the



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Mess Hall. However, in the meantime, should you have any questions please do not hesitate to contact me at sam.hewick@pangbourne.com.

Yours faithfully

S. Hewick

Sam Hewick
Director of Sport & PE
