

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 to also to welcome your child to Pangbourne College. The students have a wide range of opportunities at Pangbourne College to take part in physical activity and competitive team sport. We give students some more flexibility in the Sixth Form with their sporting options but nonetheless, students will be expected to take part in three games sessions per week.

In the Michaelmas Term the major sport is rugby for the boys and hockey for the girls. We run a range of teams in both, catering for all abilities including non-contact rugby for those who prefer that. We encourage all students to take part in team games at some point across the year and given the range that we offer, there should be something available for everyone. We also run a fitness programme for those who feel the major sport in that term is not for them. Rowing mainly runs across the Lent and Summer Terms, but those who are particularly focused on rowing, will also train throughout the Michaelmas Term.

If your son or daughter is interested in one of our Michaelmas Term major sports, then I would encourage them to attend pre-season training. Please get in touch if you would like some information regarding this.

Those who do choose to play competitive team sport will be expected to represent the College in fixtures, when selected. Whilst there are unforeseen circumstances that can sometimes prevent this, we expect students and parents to honour this.

Sport is timetabled throughout the school day with two 1 hour 45 minute sessions per week, an additional 1 hour athletic development session on Wednesday afternoons, extra 1st team training on Thursday 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.

When taking part in any games sessions, whether on the field, astro, court, river, or gym, students are expected to wear Pangbourne College sport kit. Those who are not will be asked to return to

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their Division to put some on and then return to their games session. Furthermore, appropriate kit and equipment will be required for rugby or hockey, such as gum shields for both, or boots for rugby and Astroturf trainers for hockey.

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. However, in the meantime, if 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

