

Dear Parents and Guardians,

I am writing to invite your child to pre-season training for the Autumn Term 2023. Please see the details below for Girls' Hockey, Boys' Rugby, and Boys' Football. (Where a preseason crosses a lunchtime, please ensure your child has a lunch pack with them as we have no catering onsite during this time)

Girls' Hockey

Thursday 31st August 2023 @ LWC:

- Junior and 3rd form 9.30am-12.30pm at the main astro, main school site.
- 4th form/5th form/L6th/U6th 1.00pm-3.30pm at the main astro, main school site.
- 1st XI squad invite only 3.30-6.30pm at the main astro, main school site.

Friday 1st September 2023 @ LWC

- Junior and 3rd form 9.30am-12.30pm at the main astro, main school site.
- 4th form/5th form/L6th/U6th 1.00pm-3.30pm at the main astros, main school site.
- 1st XI squad leave to Nottingham-main car park 8.00am. Details on separate email from Mr Singh.

Sunday 3rd September 2023 @ LWC

- Girls' 1st XI return from Nottingham 8.30pm- main school car park. All details on a separate email from Mr Singh

I would be grateful if all Parents/Guardians could please complete the form by July 31st to give us a better understanding of the numbers attending. Thank you.

Boys' Rugby

U12s, U13s, U14s, U15's

- Friday 1st September 2023 at main School on main rugby pitches 9.30-3.30pm.

U16B Rugby

- Friday 1st September 2023 at main school on the main rugby pitches 9.30-3.30pm

U16A Rugby (invite only from Mr Battison and Mr Fisher)

- Wednesday 30th-Friday 1st September 2023

1st XV

- Wednesday, 30th September 2023 training at LWC 9am-4pm
- Thursday 31st August 2023, leave for Macclesfield. See separate email from Mr Starbuck.
- Saturday 2nd September 2023 return from Macclesfield 8.00pm main car park.

I would be grateful if all parents/guardians could please complete the form by July 31st to give us a better understanding of the numbers attending. Thank you:

Boy's Football

1st XI and seniors

- Friday 1st September, Sutton pitches 9.30am-12.30pm main school site.

U16s

- Friday 1st September Sutton pitches 1.00pm-3.30pm

I would be grateful if all Parents/Guardians could please complete the form by July 31st to give us a better understanding of the numbers attending. Thank you.

Mr Murtagh will also email the boys directly.

U14s

- There is no preseason for this year group, as the first two weeks of term is spent working out who is assigned to football.

Mouthguard fitting on Friday 1st September 2023

There will also be an opportunity for players to get a new mouth guard fitted if they require one. Please put your order in here by July 31st, 2023

[https://titanmouthguards.com/lord-wandsworth-college-order-form/.](https://titanmouthguards.com/lord-wandsworth-college-order-form/)

Weekly sports schedules.

Please note all this information will be on the VLE/Firefly on the very first page under "sports weekly schedules" as of next week. Please refresh your Surface, or computer to get the most up to date information. The weekly schedules are best for the daily training sessions and fixtures during term time as well.

SOCS

You will all have your own SOCS login- this is best for fixtures and team sheets. Again, these do change, so please refresh to get the most up-to-date information.

Pre-Season Basic kit requirements:

Hockey

- School training and playing kit. If you do not have school kit by this time, then anything sporty can be worn.
- Astros/shin pads/mouthguards/sticks- if you do not have these, then we can provide a temporary mouthguard for £10.00 and a stick.
- Wet and warm weather gear- a tracksuit should be enough.
- Drinks bottle/snacks as required.

Rugby

- School training and playing kit. If you do not have school kit by this time, then anything sporty can be worn.
- Rugby boots and trainers.
- Mouthguards- if you do not have these then we can provide one temporary one for £10.00.
- Wet and warm weather gear- a tracksuit should be enough.
- Drinks bottle/snacks as required.

Football

- School training and playing kit. If you do not have school kit by this time, then anything sporty can be worn.
- Football boots and trainers.
- Shin pads.
- Wet and warm weather gear- a tracksuit should be enough.
- Drinks bottle/snacks.

Preseason training support

The following is a simple plan that can be followed by any pupil without the need for a gym or track. If you need any more help, please email me on singhs@lordwandsworth.org

Running sessions early summer break- four weeks:

- Run at 60 - 70% of your maximum speed for 30-40minutes.
- Run hard for 15 minutes @ 80- 90% of your max speed / Rest 15mins and then do the hard 15-minute run again.
- Cycle/ or Row for 30-60 minutes, followed by the circuit below.
- 2 x 800m- so if it takes you 2 minutes to complete 800m then take double that time to do the next one- after this do 4 x 400m- taking double the rest. You are trying to do each 800m run within the same time as the other- and then the 400m in the same time as each other.
- 6x 400m- aim to run them the same time each time- rest for one and half times what it took you to complete- so if it takes you 1 minute to complete, take 1 minute and 30 seconds rest before each one.

Running sessions late summer- focus on shorter, sharper work-four weeks:

- Run hard for 5 minutes, rest for 5 minutes and repeat the hard five-minute run. At the end of the four weeks, repeat and complete three hard runs.
- A “pitch run”-use a hockey/rugby/football pitch. Run to the nearest major line and run back to the start; repeat to all the major lines on the pitch. Once you have completed the whole pitch, then rest for the time it took you to complete the full pitch. After resting do the whole thing again.
- On an athletics track- complete 3x200m/3x100m/5x50m/5x30m/5x20m – your rest is the walk back to the starting point.
- Speed -20-30-minute jog sprint between two points as and when. So, sprint from one lamppost to another, a post box to a bus stops etc. Do not stop moving during this one- continue to walk, jog, run in between your sprinting.
- Use two points/markers 10m apart. Run as fast as you can between them for 20 seconds, rest for 30 seconds and repeat 10 times. Rest for the time it took you to complete the set, then repeat the whole set again. (This will improve your short and turning speed)



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Legs x 3 per week: (adding weights or reps will help your conditioning)

- Seat Squats (30 reps) repeat 3 -4 times)
- Step-ups 30 repeat 3 times.
- Burpees 30 reps repeat 3 times.
- Full star jump - touch the ground jump up into a star position- go back and touch the ground - 15reps repeat 3 times.
- One-legged squat 3x15
- Lunges alternate legs- 3x20.

Upper body x 2 per week-increase reps as you see fit:

- Press-ups 12-20 reps repeat 3 -4 times)
- Pull-ups body weight (7-15 reps) repeat 3 -4 times)
- Tri cep dips 10-20 reps repeat 3 times.
- Bicep curls 15 reps repeat 3 times.
- Plank 3 x45 seconds with 30 seconds rest between each.

If you have any questions or queries, please do get hold of me on singhs@lordwandsworth.org.

Best wishes

Mr Singh
Director of Sport
Lord Wandsworth College



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