

## PRE-SEASON SPORTS TRAINING

Parktown Boys' High School will be running a pre-season summer sports training programme for the 2018 Grade 8 learners on the following 3 Saturday mornings from **09h00 to 11h00: 18<sup>th</sup> and 25<sup>th</sup> of November as well as Saturday 2 December 2017**. This programme is free of charge and is open to all 2018 Grade 8 learners.

The idea behind this is to identify and train the Rowers, Cricketers, and Water Polo players in advance of the 2018 season. The first fixtures of 2018 will begin two weeks after the commencement of the new school year, which leaves very little time to prepare our sporting teams. This pre-season concept is aimed at identifying our sportsmen and exposing them to sporting disciplines in advance, in order for them to try out all the summer sports. Our coaches will also be able to work with the boys before they begin at the school, ensuring that they are well prepared for the upcoming season. This is also a fantastic opportunity for the boys to become familiar with the demands of playing sport at Parktown, as well as the traditions, ethos and codes of conduct of the school – this will certainly make their transition from primary school into an all boys high school far easier.

We would like all parents and boys interested in participating in this programme to meet in the main Sports Pavilion on **Saturday morning 18 November 2017 at 09h00** for a short briefing and introduction, after which the first training session will begin.

On each of these days, once the summer sport sessions have concluded, we will immediately run both Rugby and Hockey sessions for the boys as well. Many of the boys many not have been involved in either of these sports and will be able to use this opportunity to try them both out before making a decision. Those who already know which of those sports they will play will start with skills coaching within those sports. These sessions will run from 11h30 – 13h30.

Boys must wear the following kit:

Cricket: black shorts, cricket shoes or takkies, white shirt and socks and bring their kit. If they don't have, they can share.

Water Polo: speedo and towel. If they don't own a speedo, then light shorts or swimming trunks.

Rowing: black shorts, takkies, white shirt and socks

Rugby: black shorts, boots or takkies or barefoot, white shirt and socks

Hockey: black shorts, hockey boots or takkies, white shirt and socks

All boys to bring sun block!

We hope that you will see the tremendous benefit of this system and ensure that your son is in a position to participate.

Regards

Remo Murabito  
Director of Sport