



6th July 2016

Dear Parent/Carer,

The start of the rugby season is nearly upon us and I'm sure many of the children have already started pre-season fitness with their respective clubs. This year we want to hit the ground running as our first weekend fixtures start on the 10th September against St. Joes College, Stoke.

I am really excited about the prospects of this coming season. We have had the new Year 7 in for a taster session and the standard looks really high and we of course already know what talent the school currently has.

We are constantly trying to develop what we have at the school and this year we have managed to obtain the services of some high quality coaches to assist with the sessions during the week.

The coaching structure for the season 2016-2017 will be as follows: -

Year Group	Lead staff	When is it	Who is leading the training session
Year 7, who have little experience or new to the sport	Mr Atherton	Tuesday 3:15–4:45	Mr Atherton
Year 7, who have experience of rugby before	Mr Atherton	Wednesday 3:15– 4:45 Thursday 3:15 – 4:45	Sale Sharks Mr Atherton
All Year 8	Mr Barton	Tuesday 3:15-4:45 Thursday 3:15–4:45	Warrington Wolves Mr Barton
All Year 9	Mr Mason	Monday 3:15–4:45 Wednesday 3:15– 4:45	Sale Sharks Simon Verbickas RFU
All Year 10	Mr Thomas	Tuesday 3:15-4:45 Thursday 3:15-4:45	Mr Thomas
1 st , 2 nd & U16	Mr Pickles	Tuesday 3:15-4:45 Thursday 3:15-4:45	Mr Pickles

There has been a lot of time and effort put into getting not only the fixture list but the quality coaching staff into the school to keep us as one of the top comprehensive rugby schools in the country. We would hope that the players will put the same effort into keeping us at the top of our game. Fitness training over the summer followed by

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attendance at training sessions and games is the only way to do this. Each age group this year will be entered into either the Cheshire Cup or the National Cup and therefore is something for us to work towards.

As a school we are always looking for help and there has been a great tradition of parents coaching teams, refereeing or just helping the coach to set the pitch up, water bottles, etc. Parents have also been great in helping in the morning with the post-game refreshments. Please contact your child's coach at the start of next year if you are able to help with any of the match day jobs. Please contact myself or Jude Dowdeswell if you are able to help with Saturday morning refreshments.

Next year is looking exciting and together we can push the rugby at Lymm high school forward.

Yours faithfully,

Mr L. Pickles Head of Rugby lpickles@lymmhigh.org.uk