

Friday 5 July 2024

Dear Parents and Students,

Back to Sport Autumn Term 2024

We are excited to invite you to our Football and Rugby Back to Sport sessions at Habs' Boys. Join us for an inclusive and engaging pre-season experience designed to prepare our teams for the upcoming season which starts at the beginning of the Autumn term. All students are welcome to join their age-appropriate session.

Football

The Back to Sport Football will include a carousel of football-specific technical and skills work, strength and conditioning, game-based practices, and matches. These sessions will be run by Habs' staff in charge of the invited teams and Tottenham Hotspur coaches, ensuring professional training, development and most importantly preparation, for all participants.

We look forward to seeing you there for an excellent start to our football season.

Schedule: All sessions are from **4pm to 6pm**

- **Wednesday 4 September 2024:**
 - Year 9
 - Year 8
- **Thursday 5 September 2024:**
 - Years 11 to 13
 - Year 10
- **Friday 6 September 2024:**
 - Year 7

Location: The football sessions will take place on **Penne's Pitches**. Meet at Penne's Changing Rooms.

Please refer to separate details sent regarding the Football Festival being held for students in Years 7 and 8. This is being held on Saturday 14 September and will include a parent talk and the opportunity to meet key members of the PE Department and coaching staff. The talks will be open for parents to attend regardless of their child's involvement in football and/or rugby and will address issues surrounding sport at Habs in its broadest context.



Rugby

This year, all of our rugby fixtures will be played mid-week with co-curricular sessions available to all students who wish to play rugby alongside other sports. It is hoped that students who enjoy rugby will choose rugby as their Autumn Term games option but flexibility regarding selection will also be afforded to those that attend co-curricular sessions only. The Back to Sport Rugby programme is an integral part of our preparations for the forthcoming season. Please meet at the cricket pavilion in front of Aldenham House with boots, trainers and water bottles. Mouth guards will be required from 9 September.

Schedule: All sessions are from **4pm to 6pm**

- **Wednesday 4 September:**
 - Years 10-13 Parks Pitches
- **Thursday 5 September:**
 - Years 7-9 Parks Pitches

- **Location:** The rugby sessions will take place on **Parks Pitches**. Meet at the Cricket Pavilion.

Rugby Club Day

- **Saturday 14 September**
 - Years 11-13: 11am to 1pm Parks Pitches
 - Years 7-10: 2pm to 4pm Parks Pitches

- **Location:** The rugby sessions will take place on **Parks Pitches**. Meet at the Cricket Pavilion.

MOUTHGUARDS

Parents can visit the OPRO website <https://opro.info/HabsBoys> to purchase a custom mouthguard using the discount code HabsBoys10 at checkout to receive 10% off. If your child is only taking part in rugby, then a mid-impact mouthguard will be sufficient. If your child will be playing hockey or any sport involving a hard ball, they should be looking at ordering a high-impact or pro-impact mouthguard.

Your faithfully,

Mr R McIntosh
Director of Sport