



Tadcaster Grammar School

'A Culture of Excellence'

May 2019

Dear Parents

Pre-season Football Coaching Camp – St George's Park – Sunday 8 September 2019

To prepare the students for the new football season as well as to help them with their football development and knowledge, it is my intention to organise a visit to the National Football Centre at St George's Park.

The St George's Park £105m facility, set in 330-acres of Staffordshire countryside, is the home to England's 24 national teams. With 13 outdoor pitches, including a replica of the Wembley surface, a full-size indoor 3G pitch, a suite of rehabilitation and sports science areas, and an indoor futsal sports hall, St. George's Park provides world-class facilities for all England teams ahead of international fixtures.

The students will live the day as an international footballer - letting an FA licensed coach put them through their paces at the home of England's national teams. The cost of the day is £74.50 and includes the following:

- A tour of the National Football Centre
- Use of an elite changing room
- A dedicated FA licensed coach
- Use of an indoor or outdoor 3G pitch for the session
- A 60 minute FIFA 11+ warm up and dynamic movement session on the running track. A complete warm-up programme that reduces injuries as well as teaching correct posture and good body control
- A 90 minute fun-based football activity, designed to be fully bespoke for the students. Includes technical, tactical, psychological and physical challenges.
- A 60 minute hydrotherapy session taking the students through the same routine as a professional footballer. After some stability and recovery work in the vario pool, students will also experience the physiological benefits when using the hot and cold contrast pools
- Return school coach transport
- Comprehensive Travel, Medical and Sporting Insurance cover

Provisional Itinerary

Sunday 8 September 2019

0730	Depart from school
0930	Arrive at St George's Park
1000	Football Camp begins
1230	Lunch
1530	Football Camp finishes and depart for school
1745	Arrive back at school

As you will see from the above, this football camp is aimed at the serious footballer – one who attends the football club at school and/or plays outside of school and has a strong interest in football. Places are limited and will be allocated initially on attendance at the football club practice at school and your child's attitude and approach in Physical Education lessons. If you wish your child to be considered for selection for the above, please log on to

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ParentPay and pay the deposit of £24.50 by **Monday 4 June 2019**. The outstanding balance of £50.00 must be paid by Wednesday 27 June 2019. Please check your diary for this date and ensure your child does not have a football match for their club on this date (or they are prepared to miss it) as no payments can be refunded. If your child is unsuccessful in securing a place on this visit, there will be further opportunities to go on similar visits in the future. If you require any additional information please do not hesitate to contact me.

Yours sincerely

Mr R Solk
Faculty Leader: Physical Education