



Pre-Season Training, Years 7-13, Boys and Girls

Girls' Hockey / Boys' Rugby – Years 7, 8, 9, 10, 11, 12, 13

Senior Girls' Netball – Years 11, 12, 13

Tuesday, 26th August; Wednesday, 27th August; Thursday, 28th August

Dear Parents, Carers and Guardians,

The Sports Department are already planning ahead to Autumn Term 2025, and the girls' hockey, boys' rugby and senior girls' netball pre-season training programme.

Pre-season training is an important part of our preparation for our competitive fixture lists, and we are really looking forward to welcoming new and current students to the College on **Tuesday, 26th August; Wednesday, 27th August; Thursday, 28th August.**

How to Sign Up for Pre-season

To allow us to plan the three days, we will need an indication of the numbers attending in each year group. Please follow the instructions below:

All you need to do to register a place for your child is to click on the correct **Microsoft Forms** link below and complete the questions. This will give us all the information we need to be able to plan a fantastic pre-season programme to support all our students as we transition to our Autumn Term team sports in September 2025.

Girls' Hockey Pre-season – Microsoft Forms sign-up sheet

<https://forms.office.com/e/AzdwDzv5rm>

Boys' Rugby Pre-season – Microsoft Forms sign-up sheet

<https://forms.office.com/e/093WsX9hci>

Girls' Senior Netball Pre-Season – Microsoft Forms sign-up sheet

<https://forms.office.com/e/HTEpy6SgTV>

Please register your attendance as soon as possible!



What are the aims of our Autumn Term pre-season training programme?

- To create excitement and foster enjoyment for the season ahead
- To build connections between players, coaches and year groups in order to create a player-centred environment in which to grow and learn together
- To introduce and develop core technical, mental, and physical skills to focus on during the term
- To ensure that all groups have a clear introduction to the standards associated with Seaford Sport and how the Seaford Sport core values are to be upheld throughout the College

GIRLS' HOCKEY – PRE-SEASON DATES & TIMES (The timings are subject to change)

	Theory/Fitness/Skills, Units, Team	Drop-off and Pick-up Zone	Training Areas
Tuesday, 26th August, 2025	Year 12/13 – 08:30-16:00 Year 11 – 08:30-16:00 Year 10 – 09:00 - 14:30 Year 9 – 09:00 -12:00 Year 8 – 09:00-12:00 Year 7 – 09:00-12:00	Astro car park or slopes	AstroTurf / Tennis Courts / Springfield / Classroom / Johnson Centre Gyms
Wednesday, 27th August, 2025	Year 12/13 – 08:30-16:00 Year 11 – 08:30-16:00 Year 10 – 09:00-14:30 Year 9 – 09:00-12:00 Year 8 – 09:00-12:00 Year 7 – 09:00-12:00	Astro car park or slopes	AstroTurf / Tennis Courts / Springfield / Classroom / Johnson Centre Gyms
	INTERNAL COMPETITIVE GAME PLAY		
Thursday, 28th August, 2025	Year 7/8 – 08:30-10:00 Year 9 – 10:15-11:45 Year 10 – 12:00-13:30 Year 11/12/13 – 13:45-15:15	Astro car park or slopes	AstroTurf



BOYS' RUGBY – PRE-SEASON DATES & TIMES (The timings are subject to change)

	Theory/Fitness/Skills, Units, Team	Drop-off and Pick-up Zone	Training Areas
Tuesday, 26th August, 2025	Year 12/13 – 08:30-16:00 Year 11 – 08:30-16:00 Year 10 – 13:00-16:00 Year 9 – 13:00-16:00 Year 8 – 09:00-12:00 Year 7 – 09:00-12:00	Opposite slopes pitches, Music block or coach park	Oval Oval Slopes Slopes Slopes Slopes
Wednesday, 27th August, 2025	Year 12/13 – 08:30-16:00 Year 11 – 08:30-16:00 Year 10 – 13:00-16:00 Year 9 – 13:30-16:00 Year 8 – 09:00-12:00 Year 7 – 09:00-12:00	Opposite slopes pitches, Music block or coach park	Oval Oval Slopes Slopes Slopes Slopes
	INTERNAL COMPETITIVE GAME PLAY		
Thursday, 28th August, 2025	Year 7 – 08:30-10:15 Year 8 – 08:30-10:15 Year 9 – 10:45-12:30 Year 10 – 10:45-12:30 Year 11 – 13:00-15:00 Year 12/13 – 13:00-15:00	Opposite slopes pitches, Music block or coach park	Slopes Slopes Slopes Slopes Slopes Oval

GIRLS' SENIOR NETBALL – PRE-SEASON DATES & TIMES (The timings are subject to change)

	Theory/Fitness/Skills, Units, Team	Drop-off and Pick-up Zone	Training Areas
Tuesday, 26th August, 2025	Year 11/12/13 – 09:00-15:00	Johnson Centre car park or slopes	Sports Hall Courts / Outdoor Courts / Classroom / Johnson Centre Gyms
Wednesday, 27th August, 2025	Year 11/12/13 – 09:00-15:00	Johnson Centre car park or slopes	Sports Hall Courts / Outdoor Courts / Classroom / Johnson Centre Gyms
	INTERNAL COMPETITIVE GAME PLAY		
Thursday, 28th August, 2025	Year 11/12/13 – 13:00-15:00	Johnson Centre car park or slopes	Sports Hall Courts



What do the students need to bring with them?

- **Seaford sports kit** – appropriate footwear, socks, shorts, games shirt, tracksuit bottoms, fleece and waterproof (if you are a new student and your Seaford kit hasn't arrived yet, please just bring appropriate clothing for your sport)
- Named water bottle and nut-free snacks
- **Students will need to bring a packed lunch for the Monday and Tuesday sessions if they are with us all day (this only applies to some year groups) – lunch will not be provided!**
- **All students will be expected to bring appropriate safety equipment for their sport. Mouthguards, shin pads etc. If you don't have the correct equipment, you will not be able to play a full part in the sessions**
- A great attitude and lots of EFFORT, ENERGY and ENTHUSIASM!

What and how will the students learn?

Our aim as a team is to provide a “**student-centred environment that fosters enjoyment, hard work, creativity, competition, resilience, decision-making and reflection. Therefore, developing independent learners that can adapt to the constantly changing landscape of modern sport, ensuring they will achieve their own personal best inside and outside of the classroom.**”

The Seaford Sport Core Values and Learning Culture underpin the student athlete's skill development and learning experience while supporting our wider College community.



To develop all of our students' skill acquisition, game understanding and physical development, our sessions will be shaped around the following areas.



Mansion Skills – These are the core skills for each sport. The “FUNdamentals” will be touched on at every session.

Ship Skills – These are our “game understanding skills”, which are based around games-based scenarios. Applying the core skills within games while developing positional and tactical awareness is crucial for success in any sport.

Griffin Skills – These are our performance under pressure skills. Our team and individual “X Factor” skills. These will be developed in isolation or within high-speed games that target specific areas of the game.

AGE GROUP CONTACTS FOR PRE-SEASON

Please email the age group lead coaches directly for any enquiries!

Girls' Hockey Year 11, 12, 13 Miss Emma Teague eteague@seaford.org	Boys' Rugby Year 12 & 13 Mr Sean Thomson sthomson@seaford.org	Senior Girls' Netball Year 11, 12, 13 Miss Compton scompton@seaford.org
	Year 11 Mr Tom Cobb tcobb@seaford.org	
Year 10 Mr Jordan Palmer-Goddard jpalmergoddard@seaford.org	Year 10 Mr James Phimister jphimister@seaford.org	
Year 9 Mr Dom Barnes dbarnes@seaford.org	Year 9 Mr Matt Redman mredman@seaford.org	
Year 7 & 8 Mrs E Stace estace@seaford.org	Year 7 & 8 Mr Dom Barnes dbarnes@seaford.org	

Successful College sport is built upon strong partnerships between the students, parents and the College. We look forward to welcoming you to the College and thank you for your continued support of the Seaford Sport programme.

Kind regards,

Liam Doubler

Director of Sport & Co-Curricular