



Hockey, Netball & Rugby – Pre-season Training – August 2026

Years 7-13

Tuesday, 25th August, Wednesday, 26th August and Thursday, 27th August

Dear Parents, Carers and Guardians,

As we look ahead to the start of the Autumn Term, there is great excitement around welcoming students back to Seaford for our 2026 Autumn Pre-Season Programme. These sessions provide an excellent opportunity for students to reconnect with teammates, meet new students and staff, build confidence and prepare positively for the term ahead.

Designed to be inclusive and open to all abilities, the programme has one clear aim – to encourage as many students as possible to play, perform and participate throughout the Autumn Term. Alongside developing sport-specific skills and fitness, the value of team sport in creating connection, enjoyment, resilience and shared experiences remains hugely important as students begin the academic year together.

Across hockey, netball and rugby, students will have opportunities to develop technical understanding, game awareness and physical preparation within a positive and supportive environment led by our coaching staff. As the term begins, there will also be opportunities for students to engage in a breadth of sporting activities across the wider co-curricular programme.

Particularly within the Senior Girls programme, students are encouraged to participate in both hockey and netball as part of the Seaford Sport experience. Any students wishing to be involved in both sports are warmly encouraged to do so and should contact Miss Compton directly so appropriate arrangements and support can be put in place throughout the pre-season period.

Throughout all sessions, our Seaford Physio and Medical Team will be onsite to support player wellbeing and ensure students can train safely and confidently across the programme.

How to Sign Up for Pre-Season

To help us plan effectively across the three days, families are asked to complete the relevant Microsoft Forms sign-up as soon as possible. This allows staff to prepare appropriately for group sizes, coaching provision and the overall experience for the students.

Please complete the relevant form below for your child's chosen sport:

[Girls' Hockey Pre-Season](#)

[Girls' Netball Pre-Season](#)

[Boys' Rugby Pre-Season](#)



Attendance is strongly encouraged where possible. The sessions are designed to support every student, whether returning to a team environment, trying something new or simply looking forward to getting active again before the start of term.

There is always a special energy around the beginning of a new sporting year, and it will be fantastic to see the pitches, courts and astro busy once again. The strength of Seaford Sport continues to be built on the partnership between students, staff and parents, and your encouragement, flexibility and support throughout the year is hugely appreciated. It genuinely makes a difference to the opportunities and experiences we are able to provide for the students.

Over previous years, during the Pre-Season period, we have opened our Uniform Recycling Shop. This has proved very popular with families wishing to purchase any last-minute items of uniform or sports kit ahead of the start of term. This year, the shop will be open on both Wednesday, 26th August and Thursday, 27th August with exact timings to be confirmed and shared with you in due course.

Looking ahead, there will also be an open event, “An Evening with Seaford Sport”, during the first half of the Autumn Term. Further details will be shared at the start of the academic year, and we hope many of you will be able to join us.

All specific timings, venue information, equipment requirements, programme details and our Seaford Sport values can be found overleaf within the full Pre-Season Programme schedule.

We look forward to welcoming both returning and new students and staff to campus for what promises to be an energetic, positive and enjoyable start to the term.

Yours in sport,

Christian Head, Director of Sport
chead@seaford.org



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, 25th August, 2026	Year 11/12/13 – 10:00-15:00* Year 9 & 10 – 11:00-13:00 Year 7 & 8 – 09:00-11:00	Drop off at the Astro Car Park Pick up at the Coach Park *Drop off at JC car park	Astro Johnson Centre (JC) Gym SPC classroom
Wednesday, 26th August, 2026	Year 11/12/13 – 10:00-15:00* Year 9 & 10 – 11:00-13:00 Year 7 & 8 – 09:00-11:00	Drop off at the Astro Car Park Pick up at the Coach Park *Drop off at JC car park	Astro Johnson Centre (JC) Gym SPC classroom
	COMPETITIVE GAME PLAY	Drop-off and Pick-up Zone	Training Areas
Thursday, 27th August, 2026	Year 7 & 8 – 09:00-10:30 Year 9 – 10:30-12:00 Year 10 – 12:00-13:30 Year 11/12/13 – 13:30-15:00	Drop off at the Astro Car Park Pick up at the Coach Park	Astro

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

	Theory/Fitness/Skills, Units, Team	Drop-off and Pick-up Zone	Training Areas
Wednesday, 26th August, 2026	Year 11/12/13 – 10:00-15:00	JC Car Park	Sports Hall SPC Courts Johnson Centre (JC) Gym
Thursday, 27th August, 2026	Year 11/12/13 – 10:00-15:00	JC Car Park	Sports Hall SPC Courts Johnson Centre (JC) Gym
	COMPETITIVE GAME PLAY		
Friday, 28th August, 2026	Year 11/12/13 – 11:30-13:00	JC Car Park	Sports Hall SPC Courts



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, 25th August, 2026	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 7 – 09:00-12:00 Year 8 – 09:00-12:00	Drop off at the Coach Park Pick up at the Coach Park	Oval Oval Slopes Slopes Slopes Slopes
Wednesday, 26th August, 2026	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 7 – 09:00-12:00 Year 8 – 09:00-12:00	Drop off at the Coach Park Pick up at the Coach Park	Oval Oval Slopes Slopes Slopes Slopes
	COMPETITIVE GAME PLAY		
Thursday, 27th August, 2026	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	Drop off at the Coach Park Pick up at the Coach Park	Slopes Slopes Slopes Slopes Slopes Oval

Equipment and Kit Requirements

To help students get the very best from the pre-season programme, please ensure they arrive prepared for the sessions each day with the following:

- Full Seaford sports kit, including appropriate footwear, socks, shorts/skort, games shirt, tracksuit bottoms, midlayer/fleece and Seaford waterproof layer. New students who are still awaiting kit delivery should simply bring suitable clothing for their chosen sport.
- A named water bottle along with nut-free snacks to help stay fuelled and hydrated throughout the sessions.
- Year 11 and Senior players will need to bring a packed lunch for the longer training days, as lunch will not be provided during these sessions.
- All students must bring the appropriate safety equipment required for their sport, including items such as mouthguards and shin pads where applicable. Students without the correct protective equipment may not be able to take a full part in certain activities.

Most importantly, students should arrive ready to contribute positively to the environment with plenty of effort, energy and enthusiasm. A willingness to work hard, support others and fully engage will go a long way in making the experience enjoyable and rewarding for everyone involved.



Values and Culture

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 underpins the student athlete’s skill development and learning experience while supporting our wider college community.



To develop all of our student’s 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 “How we play and 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.