



AMPLEFORTH
COLLEGE

Ampleforth College

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22 May 2026

Dear Parents,

RE: Y9&10 (from Sept 26) Rugby Pre-Season Training Camp

In preparation for the up and coming Ampleforth College rugby season, I am pleased to invite your child to our pre-season training camp, to be held on site at Ampleforth College. This is a great opportunity to get the ball rolling physically and socially ahead of the new academic year.

Pre-season training is a crucial foundation in any sports programme, and I hope this period with the players will allow the delivery of a challenging and engaging training programme to benefit the individual players, and the Rugby at Ampleforth as a whole. We will be looking at core skills, decision making, season planning, technical and tactical development and are seeking competitive opportunities to finish the camp.

- **Arrival: 11:00 at St Hugh's Boarding House on Saturday 5th September**
- **Departure: 17:00 on Sunday 6th September**

At this point students may return home or stay in their boarding house ahead of the start of term on Monday.

Please see the kit list for the training camp:

- Rugby kit, boots (broken-in if new)
- Gumshield
- Scrum cap
- A foam roller or massage gun would be ideal but not essential
- Running shoes, gym wear and swim kit
- Sports kit to wear in training
- Casual clothes for evenings
- Relevant toiletries and medication clearly labelled

The cost for the camp is £35 which covers accommodation, food, and social events. Please could you confirm via email to David.laventure@ampleforth.org.uk that your child will attend the camp and that we may add the fee to your school bill.

Your support for this camp allows us to prepare our players in the best possible way for the challenges of the coming season. We really hope that you will take advantage of this opportunity.

Kind regards,

David Laventure
Head of Sport