

9 September 2024

Dear Parents / Carers

## **GYM MEMBERSHIP 2024/25 - YEARS 9-13**

The RGS gym will be open at the start of the Autumn Term and memberships will be made available for pupils in Years 9 – 13.

For those involved in competitive sports at RGS, the Athletic Development programme is designed to introduce the pupils to the fundamental movement patterns, so that they are better able to then cope with the ever changing technical and tactical situations that they face within the various dynamics of their sport. Our philosophy is based around movement – being able to control your body and adjust and adapt movement to the different constraints of the environment and opposition. This is what enables performers to prevail in the dynamic context of their sport.

For leisure Gym users, it is a fantastic space to enhance general health & fitness levels, as well as all round well-being. All Gym members receive technical support from the Athletic Development Team, who are on hand to develop a tailored programme to help deliver individual long-term goals.

The membership is further enhanced by the TeamBuildr App, which allows all members to remotely access their goals, track progress, know their strength thresholds and interact with teammates. videos and leaderboards, as well as allowing better coach-athlete feedback.

Gym membership is again set at **£90**, with full boarders able to have a membership at a discounted price of **£60**. It will be available to purchase via **ParentPay** from Monday 9 September 2024. All monies from Gym memberships will be reinvested for its future development. Last year we invested in new exercise bikes and slam balls.

At the start of term, pupils will be provided with a gym timetable, so they are aware of their allocated slots each day.

If you have been invited to a scheduled Gym session for your Core Sport – cricket, hockey or rugby – you are not required to purchase a Gym membership for those particular sessions. If you wish to use the Gym anytime outside those scheduled sessions, you will be required to purchase a Gym membership.

All pupils in Years 9-13 have the opportunity to purchase a Gym membership. If you feel that the cost is prohibitive, please feel free to contact me in the strictest confidence, as there may be funding available.

Yours sincerely

**James Honeyben**

**Director of Sport and Head of Rugby**

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