

10 September 2020

Dear Parent/Carer,

Gym Membership, Years 9-13

We are delighted to be able to open the RGSHW Gym for the 2020/21 school calendar year. Over the summer, we have developed areas of the Gym floor and added equipment, so there is an improved space for the pupils to work in as well as integrating numerous types of training.

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. For leisure Gym users, it is a fantastic space to enhance general health & fitness levels, as well as all round well-being.

For those involved in competitive sports at RGS, the Athletic Development programme at RGS 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.

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

The 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](#) or [Direct Debit](#) from Monday 14th September. All monies from Gym memberships will be reinvested for its future development.

Leisure members have been allocated the following times to access the Gym.*

- Monday lunch 1, 11:40am - 12:25pm & after school
- Tuesday lunch 1, 11:40am - 12:25pm & after school
- Wednesday lunch 1, 11:40am - 12:25pm & after school
- Thursday lunch 2, 1:45pm - 2:20pm & after school
- Friday lunch 1, 11:40am - 12:25pm

*If you have been invited to a scheduled Gym session for your core sport – cricket, hockey, rowing or rugby – then you are not required to purchase a Gym membership. 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
Head of Rugby

Royal Grammar School
Amersham Road
High Wycombe
Buckinghamshire
HP13 6QT

Telephone
01494 524955
Facsimile
01494 551410

Email
admin@rgshw.com
Website
www.rgshw.com

Headmaster
Philip Wayne
Registered No. 07492198