

5 September 2025

Dear Parents/Carers

GYM MEMBERSHIP 2025/26 - YEARS 9-13

The Gym will be open from the start of the Autumn Term with membership available for all pupils in Years 9 – 13.

For those involved in competitive sports at RGS, the Athletic Development programme is designed to introduce 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 a discounted price of **£60** for boarders, and is available to purchase via ParentPay. All monies from the membership is reinvested for future development of the Gym.

At the start of term, pupils will be provided with a gym timetable, so they are aware of their allocated slots each day. If a pupil has been invited to a scheduled Gym session for their Core Sport (cricket, hockey or rugby) they are not required to purchase a Gym membership for those particular sessions. If they wish to use the Gym anytime outside those scheduled sessions, they will require 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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