

### Years 7-13: Friends of Cricket Registration

The RGS Friends of Cricket Year Group reps share most cricket-specific communication. If you're yet to do so, please email [rgsfoc@gmail.com](mailto:rgsfoc@gmail.com) with your son's name and year group, and select a parental mobile number to be added to the appropriate year's WhatsApp group to stay informed and hear about training, events, and fixtures.

### Years 11-13: Pre-Season Training

From Monday 16 January, pre-season training will take place on Mondays and Fridays, 7.15am - 8.15am.

Mondays will see specialist groups (i.e. batters/keepers/pace/spin) invited to provide specific skill-based training. Boys not involved in the Sports Hall will complete a gym session.

Fridays will be open sessions for all boys to attend where a combination of performance and development nets will be in place. To attend the Friday sessions, boys should have been participating in the morning gym sessions since September and will have attended the Tuesday session (unless they've spoken to Mr Fletcher specifically).

### Years 7 – 13: Pre-Season Observation

Year Group	Forms	Training Days (Tuesday & Friday)	Session information
7	KE & BA	17/01 & 20/01	<ul style="list-style-type: none"> <li>• 3.45pm - 5.00pm in the Sports Hall</li> <li>• RGS PE kit or suitable clothing (no whites)</li> <li>• Please bring your own batting equipment. This is stored in school at your own risk.</li> <li>• Do not leave kit in the Sports Hall, Pavilion, or surrounding areas during the day.</li> <li>• Please use Changing Room 8.</li> <li>• If your sessions clash with another school activity, please attempt to attend at least one session.</li> </ul>
	WI & SJ	24/01 & 27/01	
	SA & BU	31/01 & 03/02	
8	KE, BA & WI	07/02 & 10/02	
	SJ, SA & BU	21/02 & 24/02	
9	AM, CG, CR & EB	28/02 & 03/02	
	FC, PH & RG	07/03 & 10/03	
10	All Forms	14/03 & 17/03	
11, 12 & 13	All Forms	21/03, 24/03 & 28/03	