

PANGBOURNE

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Dear Parents and Guardians

MICHAELMAS TERM SPORT

I am writing to introduce myself as the Director of Sport & PE and to also to welcome your son to Pangbourne College. The boys will have the opportunity to take part in a range of sports across the year and the Michaelmas Term's major sport is rugby.

The first planned matches of the 2025 season for the incoming U14 squad are on the first Saturday of the term (Saturday 6 September 2025). These will be pre-season style fixtures and for those who are wanting to play contact rugby.

Weekly training will focus on rugby skill development, fundamental movement skills, tactical understanding, safe contact management and ultimately, all pupils enjoying playing rugby. Tackling and the 'contact area' is obviously an aspect of the sport which has received a lot of media coverage in recent months. Staff are trained to coach the boys how to be both effective and safe in these areas and this will be covered in detail during coaching sessions. Furthermore, there are opportunities for boys to take part in non-contact rugby, whilst still being able to represent the College and gain some of the key life skills associated with team games.

Sport is timetabled throughout the school day with two 1 hour 45 minute sessions per week, an additional 1 hour extra training on Wednesday afternoons, and fixtures on Saturdays. The school calendar (My Portal or [Pangbournesport.com](https://pangbournesport.com)) will show fixtures, venues and timings. Team sheets are emailed to all selected pupils and parents 48 hours before the game in most cases. This provides the final details for the fixture. If your child is not selected for a Saturday match, then we run a programme of strength and conditioning in the gym or badminton in the sports hall from 10:00 - 12:00.

After the first leave weekend (Friday 26 September) the pupils will have the opportunity to select rowing as a full time sport in place of rugby. This is expected to be a three term commitment. They will have a further opportunity to select rowing from the start of the Lent Term, where they will be expected to commit to this in the Summer Term. The [school website](#) outlines the full sporting offer across the year. Please follow the links from the homepage to the sport heading.

Your son will need to wear Pangbourne College kit for each session, including a school rugby shirt and gum shield. I would also advise that they have 3 different footwear options for rugby: trainers (early season), moulded studs, and traditional studs. As we know the pitches during the rugby

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season can change dramatically, and it is important from a safety perspective to have to correct footwear. A water bottle is a worthwhile investment, as it is likely to be warm in early September.

I hope that I will have the opportunity to meet many of you during the first few weeks of the new school year, either on the touchline or at a match tea which is served in the Mess Hall. However, in the meantime, should you have any questions please do not hesitate to contact me at sam.hewick@pangbourne.com.

Yours faithfully

S. Hewick

Sam Hewick
Director of Sport & PE

