



Dear Parent/Carer

21 January 2019

West Lancashire College – ‘Sport & Exercise Challenge’ Event

We are pleased to inform you that your son/daughter has been selected to attend West Lancashire College ‘Sport & Exercise Challenge’ event on 12 February 2019.

During this day students will be able to take part in a series of challenges:

Session 1

Challenge the Champions (Sports Science workshop) - students will compare themselves against elite performers.

Session 2

Practice skills in injury treatment and rehabilitation techniques, similar to those undertaken by elite performers.

Session 3

Learn strategies used by sports psychologists to prepare elite athletes for competition.

Students must come to school in their PE Kits. Transport will be provided to and from West Lancashire College and, lunch will also be provided.

As students will be taken out of school for the day lessons will be missed but, they will receive additional support in school to help them catch up on any work missed. Please complete and return the attached consent form no later than Friday 1 February 2019 to secure your son/daughters place.

Thank you for your support.

Yours sincerely

Mrs J M Galbraith
Headteacher

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Please return the attached consent form to Ms Paxton by Friday 1 February 2019

I give permission for my son/daughter _____ to attend the ‘Sport & Exercise Challenge’ event on Tuesday 12 February 2019.

Parent/Carer Signature: _____

Date: _____

