

29<sup>th</sup> April 2019

Dear Parent/Carer

### **PGL Football Weekend**

Please ensure you and your daughter read the guidelines below together with the attached sheet advising on what to bring on our PGL Football Weekend.

Your daughter will leave school on **Friday 10<sup>th</sup> May 2019** at **12pm** and will be travelling to Liddington Centre by coach. We will be returning to school on **Sunday 12<sup>th</sup> May 2019** at approximately **6.00pm**

### ***Football Programme***

### ***Activity Programme***

*Friday:*

- Arrive at Centre
- Dinner and Evening activities

*Saturday:*

- Breakfast
- Football coaching session 1
- Lunch time and free time
- Activities such as Rope sessions, Challenge course, Orienteering and Abseiling
- Dinner and Evening activities

*Sunday:*

- Breakfast
- Football coaching session 2
- Awards followed by lunch
- Activities such as Rope sessions, Archery, Orienteering and Abseiling
- Depart centre

If you have any queries please do not hesitate to contact me.

Yours sincerely

**Miss R Golightly**  
**Curriculum Leader PE/Dance**  
[rgolightly@suttonmail.org](mailto:rgolightly@suttonmail.org)

### **What to bring?**

- PE Kit including trainers (suitable for football)
- Shin pads
- Football boots
- T shirts
- Long sleeved tops
- Waterproof Jacket
- Jumpers
- Long trousers or leggings
- 1 old pair of trainers for day activities
- 1 or 2 sets of clothes for the evening (warm clothing)
- 1 pair of dry shoes for evening activities
- Underwear & socks
- Hair bands
- Spare clothes in case of wet weather and activities involving mud!
- Sleeping bag
- Pillow
- Nightwear
- Wash bag (including soap, shampoo, toothbrush and toothpaste etc)
- Towel
- Water bottle
- Bin bag for wet/ dirty clothing
- Small rucksack/bag