



24 May 2021

## WINTER SPORT - RUGBY/HOCKEY DRILLS AND CONDITIONING

Dear Parents,

As per an announcement made by the Department of Basic Education (DBE) and the news of the impending release of a new Government Gazette, regulations have forced the suspension of winter sport matches at schools.

However, according to our understanding of the DBE media release and draft gazette, non-contact drills and conditioning training remains permitted and, as such, after consultation with the Hockey and Rugby management we have decided to continue in this vein. All forms of contact matches and contact training will remain suspended.

We maintain our stance that sport is a safe environment for boys and very little evidence has been produced to the contrary. We do acknowledge the serious nature of the current spike in COVID-19 numbers and we will ensure our safety protocols reflect that. I have included a research paper done on spread of COVID during contact sport (in particular rugby) for your perusal: <https://www.medrxiv.org/content/10.1101/2020.11.03.20225284v1.full>

We would like to encourage all boys to attend these sessions as it will ultimately benefit them from a health, mental, emotional and skills development point of view and will continue to have a positive impact on their academic performance. From a Hockey perspective Mr. Hillock has published a slightly altered schedule and will continue to do non-contact drills in squads until further notice (see below). Rugby non-contact drills training will occur in squads (two per age group) roughly made up of an A/B squad and a C/D/E squad - the training schedule remains unchanged with juniors (U14 and U15) having their main training days on Monday and Wednesdays and seniors (U16 and Opens) on a Tuesday and Thursday. The A/B squads will have a third session they will use and this will be communicated directly with the boys.

The main objectives of training are:

- To keep the boys active whilst exercising outside in a safe environment and maintaining a motivation to keep working hard. To keep the boys positive and engaged in these important team activities.
- For coaches to use this opportunity to not necessarily prepare for matches but rather the development of players and to use this opportunity to address current weaknesses in our different age groups.
- For boys to use this opportunity to address injury niggles as well as overall conditioning for winter sport.
- For boys and coaches to use this as preparation for a hoped-for eventual return to winter sport later this year.
- To create an element of fun and competition that is so important to the experience of each learner.

We believe we will return to competitive matches at some point, although we cannot say when. It is important we remain prepared, motivated and positive for when this occurs and the coaches are eager to get going and to focus on the much-needed block of concentrated player development.

It goes without saying that any boy, class or grade in isolation may not attend any session and the sessions will also be entirely voluntary with non-attendance not being followed up with by coaches and age-group managers as would typically be the case.

*Turning **black and white** into **gold***

Thanks for your support,



**Brendan Gittins**

Deputy Headmaster: Extra-Curricular

### HOCKEY SCHEDULE

JEPPE HOCKEY - PRACTICE SESSIONS - 24 to 28 MAY												
2021	SESSION	TIMES	U16A	U16B	U16C	U15A	U15B	U15C	U14A	U14B	U14C	U14D
MONDAY	EARLY SESSION	14:30-16:00										
	LATE SESSION	16:00-17:30										
TUESDAY	EARLY SESSION	14:30-16:00										
	LATE SESSION	16:00-17:30										
WEDNESDAY	EARLY SESSION	14:00-16:00										
	LATE SESSION	16:00-17:30										
THURSDAY	EARLY SESSION	14:30-16:00										
	LATE SESSION	16:00-17:30										
FRIDAY	EARLY SESSION	14:30-16:00										
	LATE SESSION	16:00-17:30										

### RUGBY SCHEDULE

As per normal schedule but based on squads

#### **Monday And Wednesday**

- U14 and U15 Squads
- Open and U16 may use Monday session as extra

#### **Tuesday And Thursday**

- Open and U16 Squads
- U14A/B extra session on Tuesday 16:15-17:20
- U15A/B extra session on Thursday 16:15-17:20

1sts/2nds will have their own schedule.

### DROSTE GYM

The use of the gym will be available in limited numbers and subject to strict COVID protocols.