

Principal: Mark Woodhouse

Brandon Road
Swaffham
Norfolk
PE37 7DZ
T: 01760 721480
F: 01760 721269
E: office@tnha.org.uk <http://tnha.org.uk/>



18th September 2018

Dear Parent/ Carer

Re: Sports Science Trip to the University of Essex

We intend to run a trip to the Human Performance Unit at University of Essex. This trip will provide students with an insight into what universities can provide students with in term of sport. They will experience a sports science laboratory, participate in practical activities and enhance their learning for their own education. Further details of the centre can be found using the website: <http://www.humanperformanceunit.co.uk/index.html>. This trip takes places on **Wednesday 10th October**, costing £15 which includes practical sessions and the transport.

Itinerary for the day:	7.30am	Depart TNHA
	10:00am -12:30pm	Exercise Physiology Taster Session
	12.30pm -1.00pm	Lunch
	1.00pm -3.30pm	Fitness Testing Session
	6.00pm (approx.)	Arrive back at TNHA

Students will need to bring a packed lunch and plenty of drink with them. They will also need to wear appropriate sports clothes to carry out the sessions. It is recommended that they bring spare clothes to change into afterwards. In order for your child to go on the trip they must be able to be dropped off and picked up at the academy at the time indicated above.

The Fitness Tests that they may take part in can vary from field based to detailed lab assessments with gas analysis and heart rate measurements. To enable your child to take part in any of these they must have parental consent. Therefore, to confirm your child's place on the trip, please complete and return the form attached to the PE department along with the £15 payment which can be paid using school money by **Wednesday 26th September 2018**. Places are limited and therefore it is possible that the trip will be oversubscribed. If this is the case a drawing will be made to decide on who gets a place and a refund will be issued if necessary

We very much hope that your child will be able to take part in this fantastic experience. If you have any questions, please contact me.

Yours faithfully

M. Lloyd
Director of Sport

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'the best that we can be'