



Sports Tour 2018
PGL – Liddington
2018

Friday 16th March to Sunday 18th March 2018

Three Day residential
Netball and Football tournaments / coaching
at PGL

Students / Parents

General Information

Introduction

Taken from – www.pgl.co.uk

Footballers will benefit from the skill and experience of FA qualified coaches, whilst the netball teams play in tournaments officiated by England Netball with prizes awarded by an England international netball player.

Everyone will also enjoy the benefit of PGL adventure activities.

What the price includes

- Travel to and from the PGL activity centre
- Full board and accommodation
- FA coached sessions
- England Netball tournament

Contact Information

PGL - Liddington

Liddington Fox Hill, Swindon, Wiltshire, SN4 0DZ

Phone: 0333 321 2100

Emergency Contact Numbers

Mrs Beardsmore (Trip Leader) – 07583049189

Mr Fisher - 07583035306

Mr Seymour (Non travelling contact) – 07885 873876

Itinerary

Tour Itinerary *(times and activities at PGL are subject to change)*

Day One – Friday 16th March 2018

8:30am	Meet at school (Sports Hall) - all bags to be left in the Activity hall
8:30am – 12pm	Activities in Sports Centre for all tour students
1pm	Depart for Liddington
3:30pm	Check into accommodation Explore accommodation Group meetings
6pm approx.	Dinner at PGL
7:30pm	Evening Entertainment
9:30pm	In rooms settling down for the night
10pm	Lights OUT

Day Two – Saturday 17th March 2018

8:30	Breakfast
9am	Activities / Football / /Netball
12:30pm	Lunch
1:30pm	Activities / Football / /Netball
6pm approx.	Dinner at PGL
7:30pm	Evening Entertainment
9:30pm	In rooms settling down for the night
10pm	Lights OUT

Day Three – Sunday 18th March 2018

8:30	Breakfast
9am	Activities / Football / /Netball
12:30pm	Lunch
1:30pm	Activities / Football / /Netball
5:30pm	Depart Liddington
8pm	Arrival back at school

Accommodation

Liddington Accommodation – we will be allocated our accommodation closer to departure date but will be in one of the following;

Main Building

Purpose-built accommodation blocks around two outdoor courtyards.

- Students - En suite rooms sleep 3-6

King Edward's House

Converted country house within the grounds, can be sole occupancy subject to group size and availability.

- Students - En suite rooms sleep 2-6

The Ridgeway

Finished to a very high standard, the new accommodation block was completed in 2014 giving the centre additional capacity.

- Students - En suite rooms sleep 4-6

The Stables

A stone's throw away from the main building, this converted stable block includes an enclosed outside area for your group.

- Students - En suite rooms sleep 4-6

Please follow the link below for further information:

<http://www.pgl.co.uk/en-gb/school-trips/secondary-schools/centres/liddington>

Full Kit list

All items must be named and all bags must have name tags on

A large bag / suitcase

All students must have Newark Academy PE kit for matches and coaching academies

- Netball/Sports kit for 2 days
 - 1 / 2 pairs trainers
 - Netball kit – Dress / skort (black) / shorts - Black (for under dresses) / school PE polo shirt
 - towels x2
 - Tracksuit bottoms / Leggings
 - Hoody (Tour hoody only)
 - 2x Water bottles (1 litre each)
- Jeans / trousers min x2 (Jeans are not allowed on the activities)
- Tops / jumpers
- Sensible shoes for activities
- Waterproof Coat / Jacket
- Enough underwear for the 3 days – don't forget changing from sports kit to normal wear!
- Nightwear
- Toiletries
- Towels (for showers and your kit bag)
- Suncream/hat/water proof coat

- Any extra snacks / drinks you may wish to bring – please ensure these are bagged sensibly and they are non-perishable

- Bedding – Sleeping bag/duvet and pillow (with pillowcase), bottom sheet is provided by PGL

Friday

A bag that you will need to carry on the coach with you;

- Food/Drink for the day - Lunch– Make sure you have plenty as we have no scheduled stops at any service stations
- Electronic items may be brought but these are the sole responsibility of the student and earphones must be worn. Please ensure these items are covered by your own insurance.

Jewellery

Please be advised that ALL jewellery must be removed before playing Netball and football. This is an England Netball and FA rule and the coaches will not allow you to play if you are wearing any. Therefore, we are recommending that you do not bring any jewellery on Sports tour. A wrist watch will be acceptable, but must be removed before playing. All items are the students' responsibility and should be covered by your own insurance.

Nails

England Netball rules are that nails must be cut short or the player cannot participate in any training or play in any matches. Please ensure your daughters nails are cut short – no false / gel / or long nails.

Money

There will be a very limited opportunity to spend money at PGL. There is a shop and a price list is attached. This is a guide for you to budget the amount of money that is brought to PGL.

The money that you bring with you needs to be in a secure purse/wallet.

All money that you bring will be your responsibility. Please be sensible about the amount that you bring.

Travel Insurance

Travel insurance is through the NOVA group travel policy – Zurich Municipal.

Communication

You will find at the beginning of this booklet three emergency numbers, these are for emergencies only.

If your son or daughter is taking their phone with them please keep communication to a minimum. Late night calls/texts are never a good idea as it unsettles them and could cause undue stress whilst we are away.

Newark Academy PE Department Twitter Account

Updates will be made throughout the tour on our Twitter Account.

We will endeavour to make as many updates as possible throughout the three days. However, we do have a very packed itinerary so on some occasions updates will be limited.

@NA_PEDepartment

