



BIS Abu Dhabi Trials Term 1 2015

<u>Date</u>	<u>Time</u>	<u>Trials Activity</u>	<u>Venue</u>	<u>Staff</u>
Wednesday 2 nd September & Wednesday 9 th September	015:00-16:00	Year 5 and 6 Swim Trials	Pool	SH
Thursday 3 rd September & Thursday 10 th September	015:00-16:00	Year 3 and 4 Swim Trials	Pool	SH
Monday 7 th September & Monday 14 th September & Tuesday 8 th September & Tuesday 15 th September	015:00-16:00	Secondary Swim Trials	Pool	SH
Sunday 6 th September	06:30-07:30	Boys Football U12 U16	Field	JJ PC MC
Monday 7 th September	06:30-07:30	Touch Rugby U9 U11 Girls Netball U16 U19	Field Courts	JJ AC GL
Tuesday 8 th September	06:30-07:30	Boys Football U14 U19	Field	JJ PC MC
Wednesday 9 th September	06:30-07:30	Girls Netball U12 U14 Boys Rugby U19	Courts	LB KH SH JJ

Dear parents and students,

The PE department is pleased to invite students to participate in our pre-season trials for the ADISSA and BSME elements of the school's competitive sports programme.

These trials, apart from the swimming trials, will take place in the morning before school, 06:30-07:30am. Although the swimmers will be used to this, this may seem unusual for our other athletes. We believe that the morning sessions will give our students the opportunity to perform to their potential, without exposing them to the dangers of over-exertion at this particularly hot and humid time of year. We would question the effectiveness and more importantly, the safety of afternoon trials sessions in these conditions.

As you may know, many students have already benefitted from early morning training, coming into school last week for our pre-season BSME U15 preparation sessions. These workshops were well attended, popular and very productive.

I would like to thank my colleagues in the PE department for their dedication in committing to this initiative and I sincerely hope that you will be able to support the trial programme.

If you have any questions, queries or concerns, please contact me at james.johnston@bisad.ae

Thanks and best wishes,

Jamie Johnston
Director of Sport