

4 December 2024

Dear Parents and Carers

Sport Science Support in Action: Tuesday 25 February 2025

Total cost: £15.00

Payment required by: Friday 10 January 2025

As part of the A Level PE course, we are running a one day visit to the University of Essex on Tuesday 25 February to give students the opportunity to experience 'Sport Science Support in Action'. Students will learn more about the science of sport and how it is applied to elite athletes, directly in line with the AQA A Level specification and this will also help with the AO2 part of question answering.

Students will take part in:

- Exercise Physiology workshops
- Sport Psychology workshops

We will leave school at **7.30am** on **Tuesday 25 February** and return at approximately 5.00pm (traffic dependent). Food will not be provided, so students will need to bring a packed lunch or money to purchase food on campus.

We strongly recommend that students take up this opportunity and the cost of the visit is **£15.00**, which includes travel via school minibus, entry to the laboratory and testing. Please make your payment via [WisePay](#) (under Trips & Visits) by **Friday 10 January 2025**.

By paying, you are consenting to your child attending the above school trip. Please ensure the school is fully aware of any medical concerns you may have, under separate cover. Students must have any medications required (e.g. inhalers, anti-allergy medication) on the day of the trip.

Students will also be required to complete a consent form for the University to allow them to take part in the sessions. The consent form will be posted in their Google Classrooms.

If you have any queries or questions in this regard, please do not hesitate to contact me via e-mail (t.clark@parmiters.herts.sch.uk).

Yours sincerely



Mr T Clark
Director of Sport