

Dear Parents,

We will be conducting our school-wide Sport Performance and Wellness Fitness Testing over the next few weeks. This is the first test out of two and will be utilized as a baseline to monitor and track the progress of the health, wellness and fitness of the boys throughout the year.

The testing will be done at school during the day by the Pre-prep, Prep and College strength & conditioning team. Boys are to arrive in their sports kit on the day their grade will be testing.

Please ensure that boys are present at school next week, it is important that we have this data to manage the health and wellness of the boys.

**Grade Testing Days:**

Tuesday 12th - Grade 4

Monday 18th - Grade 5 & 6

Tuesday 19th - Grade 3 & 7

If there are any questions/concerns, please do not hesitate to make contact.

Kind regards,

Jamie Southgate

*Bishops Prep Sports Coordinator*