



Dear Parent/Guardian

As I am sure by now you are aware we have been very lucky in being able to put in a brand new Astro Turf surface on our pitch at the back of the school site. This is a top quality facility which will allow students to take part in physical activity throughout the year in all weathers and with our new floodlights allow clubs/fixtures to take place right through the winter months. To ensure that this new facility is kept in best condition for many years we have to ensure that the correct footwear is worn whilst students are using it.

The picture below clearly lays out what is and isn't permitted in terms of footwear. I have also attached this to the email to allow for clearer viewing and there are signs on the gate for students to look at further.

## PERMITTED FOOTWEAR:



 <p><b>Artificial Ground (AG)</b> RECOMMENDED</p> <p>Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.</p>	 <p><b>Firm Ground (FG)</b> RECOMMENDED</p> <p>Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.</p>	 <p><b>Hard Ground (HG)</b> RECOMMENDED</p> <p>Sole plates utilise a harder thermoplastic polyurethane compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.</p>	 <p><b>Turf Trainer (TF)</b> ONLY WHEN DRY</p> <p>Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.</p>
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## FORBIDDEN FOOTWEAR:

 <p><b>Soft Ground (SG)</b> TEAR THE SURFACE</p> <p>Sole features removable, replaceable screw-in studs and typically come in a standard configuration, with four at the forefoot and two at the heel.</p>	 <p><b>Soft Ground Pro (SGP)</b> TEAR THE SURFACE</p> <p>Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.</p>	 <p><b>Blades</b> CAN CAUSE INJURY</p> <p>Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.</p>	 <p><b>Flat Sole (Indoor)</b> NO GRIP &amp; FLATTEN SURFACE</p> <p>Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.</p>
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Finally as a department and after consultations with our students we have again reviewed our extra-curricular provision for all year groups and decided to increase the amount of clubs we offer which are accessible to all students. We will still run a large amount of competitive fixtures in a variety of sports but our clubs will be for the benefit of all students. Over the course of the year we also hope to arrange friendly fixtures in a number of sports to give all students the opportunity to represent the school.

All clubs are free of charge and give students an opportunity to partake in physical activity, which has many health and social benefits and which will help them develop many skills.

Through our Sports Captains we will constantly review our timetable to ensure we are providing a broad range of activities to suit all students, and will look to bring in coaches where gaps are evident in what students want.

### The Cardinal Wiseman Catholic School

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School Trustee: Archdiocese of Westminster



All of the information on our clubs can be found by keeping up to date with our extra-curricular activity on the [Wiseman Sports Blog](https://wisemansports.wordpress.com/) found at <https://wisemansports.wordpress.com/>. You can also keep up to date with us on Twitter @pe\_wiseman

As always, if you have any further questions please don't hesitate to contact me at [pricej@wiseman.ealing.sch.uk](mailto:pricej@wiseman.ealing.sch.uk).

Yours in Sport

Mr Price

Curriculum Coordinator PE

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