



Mr I L Williams
Director of Sport
Email: ian.williams@ellesmere.com

Ellesmere

A 7 – 18 Coeducational School

9th September 2020

Dear Parent/Carer,

This letter is to re-introduce Darren Ruff who is our School Conditioning, Health and Fitness Coach. Darren has been working with us for six years and is now in a position to expand his services. Darren is a Sports Science graduate & certified National Sports Association of Medicine Performance Enhancement Coach.

Available services:

- Nutrition programmes for weight loss & sporting performance.
- Injury rehabilitation.
- Personal training for weight loss and improved health.
- Body shape and tone.
- Performance conditioning

Darren holds a wealth of experience working in the field for over fifteen years. Darren's portfolio ranges from working with full-time athletes, weekend warriors, injury & rehabilitation clinics to those who simply want to look and feel good. He is now able to offer personal training to parents and students utilising our facilities on site. This could be indoor or outdoor. All training will fully adhere to the schools Covid-19 procedures, which will include rigorous cleaning of all equipment and social distancing.

Prices for individual sessions are £20 for thirty minutes and £35 for sixty minutes. These could be adjusted if people desire to work in twos or small groups. The cost for students can be placed on the school bill but parents and friends would need to pay directly. If you would like to arrange personal training or just have a chat about the services he can offer, please contact Darren directly on mobile number 07834558124 or email darren_ruff@yahoo.co.uk

We will endeavour to fit in all requests but due to the timetable restrictions we cannot guarantee an available time.

Yours sincerely,

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A Woodard School

Registered Charity number 1103049

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