



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

20th August 2021

Dear Parent,

This letter is to re-introduce Darren Ruff, a Sports Science graduate & certified National Sports Association of Medicine Performance Enhancement coach. Darren has been working with us for seven years and is our School Conditioning, Health and Fitness coach.

He offers a range of services:

- Nutrition programmes for weight management & sporting performance.
- Injury Rehabilitation.
- Personal training for improved health and wellbeing.
- Body shape, tone.
- Performance conditioning.

Darren holds a wealth of experience having been in the field for over sixteen years. His 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 indoors or outdoors. 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 30 minutes and £35 for 60 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

Ellesmere College, Ellesmere, Shropshire SY12 9AB

Tel: 01691 622321 Fax: 01691 623286

www.ellesmere.com

A Woodard School

Registered Charity number 1103049

Ellesmere College Ltd is a company, registered in England, no: 5066406