



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

9th January 2017

Dear Parent,

This letter is to introduce Darren Ruff who is our school strength and conditioning coach. Darren has been working with us for a while and is now in a position to expand his services.

Darren is a sports science graduate, certified level 3 trained personal trainer and nutritionist. A qualified kettlebell, core, bodyweight suspension and master movement coach Darren's training philosophy is simply 'Enjoy/Engage/Educate' the 3 E's.

He is now able to offer personal training to both parents and students utilising our facilities on site.

These sessions will run on a Wednesday, Thursday and Friday.

Prices for individual sessions are £15 for 30 minutes and £25 for 60 minutes. This can be adjusted if people desire to work in pairs 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 please contact Darren directly on:

Mobile: 07834 558124 or Email: darren_ruff@yahoo.co.uk

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

Yours sincerely,

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A Woodard School

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