

SARACENS ACE AT OAKLANDS

PRESEASON TRAINING
1st July - 4th September





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PRESEASON OVERVIEW

Preseason is a crucial time of the year to ensure players are fully prepared for the season ahead. Players are encouraged to attend as many sessions as they can, though we understand that there will be a number of reasons attendance might prove difficult for some; eg holidays, work, travel* etc. **Please ensure you complete the availability form by following the link on 'Forms' page.**

For many this will be the first preseason they have participated in. The intensity and volume of training will be high, so all players will be educated in managing their training through good nutrition and recovery. Rhys has already sent out supporting information with regards to off season training guidance.

It is really important players remain active over the off-season, and particularly during exam season, as going into preseason after a period of inactivity will likely result in injury. Remaining active throughout exams will also help relieve stress and tension, hopefully allowing students to perform better in their exams.

*Residential does not open until end of August/early September. If, as a result, attendance at preseason is to prove difficult, please discuss with Chris or Rhys.

SQUAD SELECTION

Week 1-2: Players will train in mixed and position specific groups. Some players will move between ACE and Development groups.

Week 3: Invited Players will attend the ACE residential camp. All other players will follow the Development Squad training schedule.

Week 4: Players will train within ACE and Development squads

Week 5: Break

Week 6-9: Players will begin to be formed into 3 groups; 'ACE', 'ACE Dev' and 'Development'. Training will mainly be within these groups.

ACE

ACE DEVELOPMENT

DEVELOPMENT

These groups will remain in place as we move into the regular season. Players will be constantly monitored throughout the season and groups updated regularly.

Week 10: w/c 31st August is induction week, which will be dictated by each player's course enrolment. Lessons commence with the regular season rugby schedule in w/c 6th September.



FORMS TO COMPLETE

Please complete all forms by Friday 26th June

MEDICAL

[Medical Form 2026/27 – Fill out form](#)

AVAILABILITY

[Preseason Availability 2026 – Fill out form](#)

MEDIA CONSENT

[Media Consent Form 2026-27 – Fill out form](#)

HEALTH DATA COLLECTION

[Oaklands College Rugby - Parental Consent for Health Data Collection – Fill out form](#)

WHAT TO BRING

Kit Check List

Boots (studs/moulds - Recommend getting moulded boots if possible)

Trainers - Decent quality training/running shoes

Training kit (include change of kit)

Refillable water bottle

Food/snacks (especially for after training)*

Sun protection (cream, hat etc)

Notepad & Pen

Shower kit (if required)

*Note the canteen does not remain open for the summer period so there will be nowhere to access food on site, so please come prepared. We will be doing education workshops on nutrition and food preparation throughout preseason.

Oaklands Kit

Oaklands kit will be available for purchase at enrolment, and post-enrolment available to order online. Until that time please wear own kit for training.

ACE RESIDENTIAL CAMP

14th-16th July

This year we will be running a residential camp for the ACE Squad from 14th-16th July.

This is a really crucial part of preseason to ensure the team is prepared as well as possible for the ACE League that starts on 9th September.

Players will be notified individually if they are invited to attend the camp and as the initial days of preseason are going to be crucial for squad selection, ***players may receive an invitation at any stage, even after preseason training begins.***

There will be a charge for the camp, cost will be £230, further information will be made available to those invited in due course.

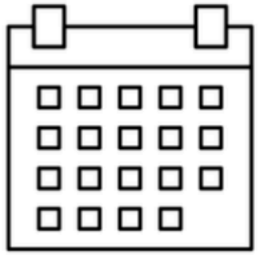


FIXTURES

	ACE	ACE DEV	DEV
19th August		INTERNAL GAMES (H)	
26th August	TBC	USP 1s (A)	
2nd September	Cardinal Newman ACE (A)	Cardinal Newman 2 (A)	Cardinal Newman 3 (A)
9th September	ACE Round 1	Fixture tbc	Fixture tbc



JUNE 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7
RESTORATION WEEK 2						
8	9	10	11	12	13	14
ACE S&C INTENSITY WEEK 3						
15	16	17	18	19	20	21
ACE S&C INTENSITY WEEK 4						
22	23	24	25	26	27	28
ACE S&C INTENSITY WEEK 5						
29	30					



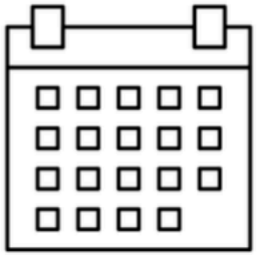
JULY 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 ACE PRE-SEASON 9-11:30	2	3 ACE PRE-SEASON 9-11:30	4	5
6 ACE PRE-SEASON 9-11:30	7	8 ACE PRE-SEASON 9-11:30	9	10 ACE PRE-SEASON 9-11:30	11	12
13	14	15 16 PRE SEASON CAMP - E OAKLANDS		17	18	19
20 ACE PRE-SEASON 9-11:30	21	22 ACE PRE-SEASON 9-11:30	23	24 ACE PRE-SEASON 9-11:30	25	26
27	28	29 30 31 WEEK OFF				



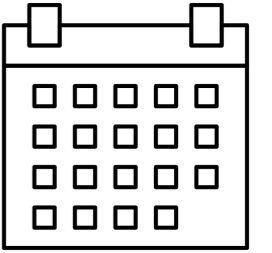
AUGUST 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1	2
3 ACE PRE-SEASON 9-11:30	4 5 6 ACE OFF			7 ACE PRE-SEASON 9-11:30	8	9
10 ACE PRE-SEASON 9-11:30	11	12 ACE PRE-SEASON 9-11:30	13	14 ACE PRE-SEASON 9-11:30	15	16
17 ACE PRE-SEASON 9-11:30	18	19 ACE PRE-SEASON 9-11:30	20	21 ACE PRE-SEASON 9-11:30	22	23
24 TRAINING DAY 9-4 BBQ	25	26 PRE-SEASON TRAINING FRIENDLY	27	28 BANK HOLIDAY	29 30 BANK HOLIDAY WEEKEND	
31 BANK HOLIDAY						



SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 INDUCTION WEEK (NO TRAINING)	2 INDUCTION WEEK Cardinal Newman Pre-season fixture x3	3 INDUCTION WEEK (NO TRAINING)	4 INDUCTION WEEK DEV 9-13:00	5	6
7 TERM TIME SCHEDULE	8 TERM TIME SCHEDULE	9 FIXTURES (1ST ACE LEAGUE GAME)	10 Game Review IDP	11 TERM TIME SCHEDULE	12	13
14 TERM TIME SCHEDULE	15 TERM TIME SCHEDULE	16 FIXTURES	17 Game Review IDP	18 TERM TIME SCHEDULE	19	20
21 TERM TIME SCHEDULE	22 TERM TIME SCHEDULE	23 FIXTURES	24 Game Review IDP	25 TERM TIME SCHEDULE	26	27
28 TERM TIME SCHEDULE	29 TERM TIME SCHEDULE	30				

KEY DATES & CONTACT INFO

Key Dates

14th-16th July - ACE Residential Camp

20th July - GCSE Results Day

20th-28th Aug - Enrolment (see own allocated enrolment invite)

1st-4th September - Residential move in dates.

2nd September - Start of course induction and teaching

9th Sept - ACE League Round 1 / Start of competitive season

Contact Info

Chris Waring (Head of Rugby) chris.waring@oaklands.ac.uk 01727 737472

Rhys Davies (ACE Lead Coach) rhysdavies@saracens.net 07950 948580



We will use the App Spond to communicate throughout the season, so please use the link below to join the Oaklands Wolves Rugby Group.

<https://spond.com/invite/XIQDE>

Please ensure players sign up, and parents/guardians can join their profile as a guardian.

Please do not create your own profile as a parent or guardian, you are able to access all posts, messages and events as a guardian on your son's profile.