



# LONDON

16<sup>TH</sup> -18<sup>TH</sup> JUNE 2024



# WHO ARE PE5?

- **PE5 SPORTS TOURS** PROVIDES INSPIRATIONAL AND BESPOKE SPORTS TOURS FOR SCHOOL'S, YOUTH'S AND CLUBS WITHIN THE SPORTING WORLD.
- SINCE RETIRING FROM THE CORPORATE WORLD OF BUSINESS I HAVE RETURNED TO TAKING AN ACTIVE INVOLVEMENT IN SPORT. IN DOING SO, I HAVE WITNESSED THE POWERFUL COMBINATION THAT SPORT, COUPLED WITH EDUCATION, CAN PLAY IN THE DEVELOPMENT OF YOUNG PEOPLE. IN BEING LUCKY TO HAVE A FAMILY THAT HAS TALENT AND EXPERTISE IN BOTH THESE DISCIPLINES, THE IDEA OF PE5 SPORTS TOURS WAS BORN.
- HAVING NOW CREATED THE BUSINESS, I HAVE SURROUNDED MYSELF WITH A TEAM OF **TALENTED AND PASSIONATE SPORTSPEOPLE AND EDUCATORS**. WE HAVE BUILT UP KEY PARTNERSHIPS WITH SOME OF THE BIGGEST SPORTING ORGANISATIONS AND VENUES WITHIN THE EUROPEAN SPORTING COMMUNITY TO PROVIDE SPORTS TOURS THAT WILL LIVE LONG IN THE MEMORY OF YOUNG PEOPLE.
- **ALAN DAY**
- **FOUNDER PE5 SPORTS TOURS**



# EMERGENCY NUMBER

- **PHONE CARRIED BY STAFF AT ALL TIMES**
- **PARENTS AND PUPILS WILL BE MADE AWARE OF NUMBER**
- **ONLY TO BE USED IN AN EMERGENCY**

## NUMBER WILL BE ISSUED PRIOR TO TRIP

# WHAT TO TAKE

- COMFORTABLE CLOTHES TO TRAVEL IN – PUPILS WILL BE EXPECTED TO WEAR JUMPER AND T-SHIRT PROVIDED FOR TRAVELLING THERE AND BACK
- 3 SETS OF DANCE APPROPRIATE DANCE WEAR (SHORTS/ LEGGINGS/ LEOTARD ETC)
- COMFORTABLE FOOT WEAR TO DANCE IN – TRAINERS / JAZZ SHOES ETC
- CHANGE OF CLOTHES FOR EACH DAY AFTER DANCE SESSION (OPTIONAL)
- SPENDING MONEY FOR LUNCH/ SHOPS/ MERCHANDISE
- JACKET
- PHONE CHARGER / TOILETRIES
- MEDICATION IF NEEDED

**PLEASE DO NOT BRING EXPENSIVE OR ITEMS WITH  
HIGH SENTIMENTAL VALUE**

# SPENDING MONEY

- **YOU WILL NEED MONEY FOR LUNCH AND ANY SHOPPING YOU MIGHT WANT TO DO EITHER AT THE THEATRE OR AT SHOPS**
- **WE WILL BE AIMING TO GET MEAL DEALS – TYPICAL PRICES ARE BELOW BUT LONDON PRICES MAY BE A LITTLE MORE SO WE ADVISE BETWEEN £5-10 FOR A LUNCH**
  - **TESCO - £3.90**
  - **SAINSBURY - £3.50**





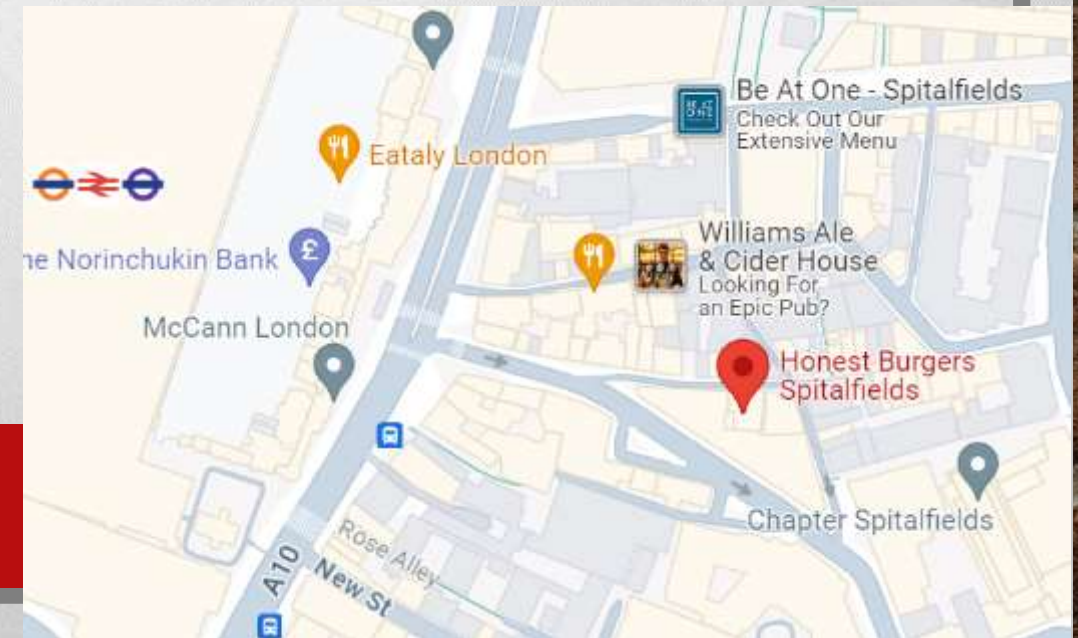
**You must wear your t-shirt and hoody for travelling**

**Will be able to collect from PE Department the week before we go!**



# SUNDAY 16<sup>TH</sup> JUNE

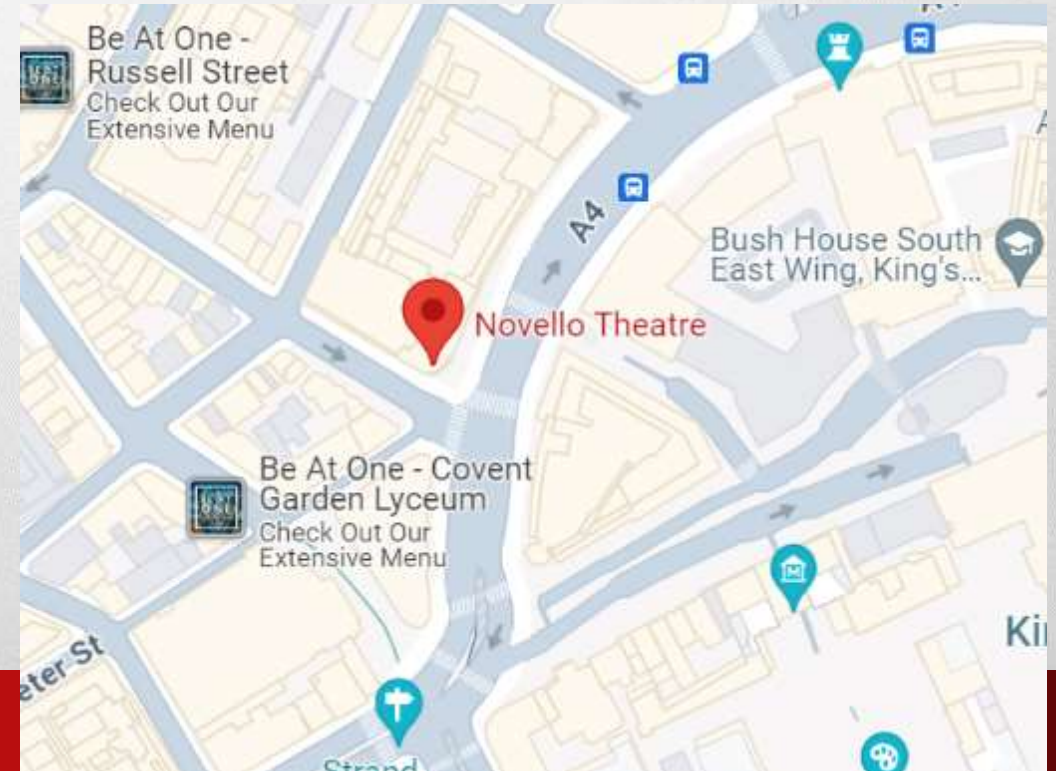
- BE AT CENTRAL STATION IN GLASGOW FOR 9AM – TRAIN DEPARTS AT 9.30AM
- ARRIVE AT LONDON EUSTON - 2.20PM
- DEPART TO **PINEAPPLE DANCE STUDIOS**
- **CONTEMPORARY SESSION 3.30-4.30PM**
- DEPART TO PREMIER INN LONDON CITY ALDGATE AND CHECK IN 4.45PM
- LONDON **BUS TOUR** ( COLLECT FROM HOTEL) 5.30PM
- BUS TOUR DROPPED AT HONEST BURGERS 7PM
- LEAVE FOR HOTEL 8.30
- BEDTIME 10PM





# MONDAY 17<sup>TH</sup> JUNE

- **BREAKFAST 7.00AM**
- **DEPART TO PINEAPPLE STUDIOS 8.30AM**
- **JAZZ SESSION 9.30-10.30AM**
- **BRING CLOTHES TO CHANGE FOR DAY**
- **EXPLORE LONDON 11AM – 4PM**
- **DINNER AT PIZZA EXPRESS (BOW STREET) 4.45PM**
- **MAMMA MIA SHOW 7PM (NOVELLO THEATRE)**
- **RETURN TO HOTEL 10.30PM**





# TUESDAY 18<sup>TH</sup> JUNE

- **BREAKFAST 7.00AM**
- **LEAVE ROOM 9.00AM**
- **CHECK OUT 9.30AM**
- **COMMERCIAL/ HIP HOP SESSION AT PINEAPPLE 11-12**
- **LEAVE PINEAPPLE 12.30PM**
- **DEPART LONDON EUSTON 1.30PM**
- **ARRIVE GLASGOW CENTRAL STATION 6.00PM**



# **TRAVEL**

**FOR THE TRAIN FROM GLASGOW TO LONDON AND BACK –  
PUPILS WILL HAVE AN ALLOCATED SEAT**

**LONDON TRAVEL – PUPILS WILL RECEIVE A TUBE TICKET FOR  
EACH DAY AND WILL TRAVEL IN THEIR ALLOCATED GROUPS**



# TRAIN/TUBE STATION EXPECTATIONS

**We are a very large group so please show RESPECT at all times and be mindful of members of the public.**





# OUR HOTEL





# HOTEL EXPECTATIONS

- **NOISE - OTHER PAYING GUESTS!**
- **RUBBISH/TIDY**
- **BELONGINGS**
- **MANNERS!**
- **NO FOOD IN ROOMS**
- **PUPILS WILL BE MADE AWARE OF STAFF ROOMS.**



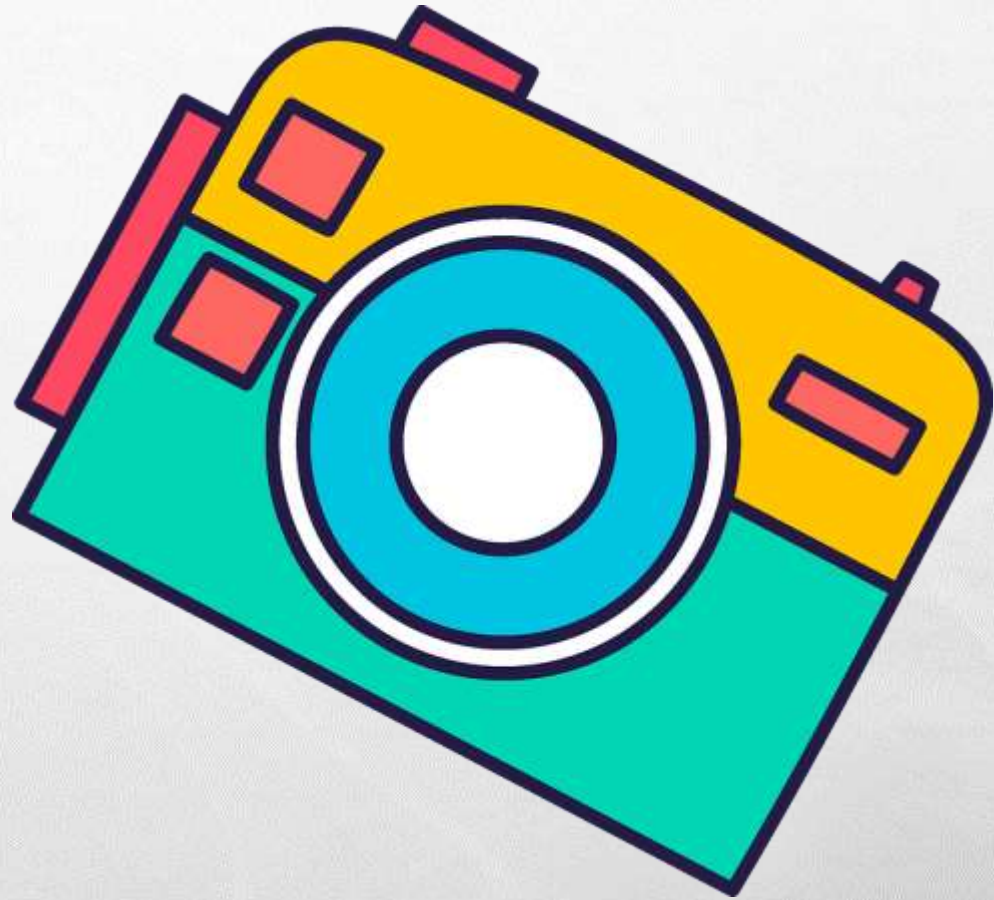
# ALLERGIES

- **EVENT ORGANISERS AND HOTEL HAVE ALREADY BEEN MADE AWARE OF ALLERGIES FOR FOOD.**
- **WE HAVE A NUMBER OF PUPILS AND STAFF WITH FOOD ALLERGIES**
- **WE KINDLY ASK ALL PUPILS AND STAFF TO AVOID BRINGING NUTS ON THE TRIP**
- **ALL PUPILS MUST WASH/SANITISE HANDS AFTER EATING!**



# PHOTOGRAPHY

- **WE WOULD LOVE TO SHARE OUR EXPERIENCE ON THE SCHOOL TWITTER AND TAKE PHOTOGRAPHS THROUGHOUT THE TRIP.**
- **IF YOU WOULD NOT LIKE YOUR CHILD TO BE PHOTOGRAPHED CAN YOU PLEASE MAKE THIS KNOWN TO US.**



# NEXT STEPS

- **IF YOU HAVE NOT FILLED IN THE GLOW FORM EMAILED – YOU CAN COMPLETE THIS WITH A MEMBER OF STAFF TONIGHT**

**WE NEED – JUMPER SIZE / T-SHIRT SIZE/ FOOD OPTIONS / ALLERGY INFORMATION  
ASAP**

- **FILL OUT THE EMERGENCY CONTACT DETAILS AND MEDICAL DETAILS HAND OUT**
- **WE WILL HAVE A MEETING FOR STUDENTS NEARER DEPARTURE DATE!**