

 **A FOUNDATION
FOR LIFE...**



Princethorpe College

An independent school for 11-18 year olds

A Princethorpe Foundation School

Princethorpe Sport
Lent Term 2025

Contact Information

School office

01926 634200 (08:00 – 17:00)

Foundation Director of Sport

Mr Lee Cassell
leecassell@princethorpe.co.uk

Head of Boys' Games

Mr Joe Jackson
joejackson@princethorpe.co.uk

Head of Girls' Games

Miss Carly Walton
Carlywalton@princethorpe.co.uk

Twitter

@PrincethorpePE
 #princethorpeandproud

Follow us on Twitter for up-to-date results, photos and return times to school.

Sport	Coach	Email address:
Boys' Rugby		
1 st XV	Joe Jackson	joejackson@princethorpe.co.uk
2 nd XV	Stuart Friswell	stuartfriswell@princethorpe.co.uk
U15	Neil McCollin	neilmccollin@princethorpe.co.uk
U14	Tom Gleghorn	tomgleghorn@princethorpe.co.uk
U13	Dan Lumb	danlumb@princethorpe.co.uk
U12	Harry Walters	harrywalters@princethorpe.co.uk
Girls' Hockey		
1 st XI	Rachael Mack	rachaelmack@princethorpe.co.uk
2 nd XI	Lil Gane	elizabethgane@princethorpe.co.uk
U15	James Long	jameslong@princethorpe.co.uk
U14	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U13	Ellie Callan	elliecallan@princethorpe.co.uk
U12	Carly Walton	carlywalton@princethorpe.co.uk
Boys' Hockey		
1 st XI	Paul Whitehead	paulwhitehead@princethorpe.co.uk
2 nd XI	Paul Whitehead	paulwhitehead@princethorpe.co.uk
U15	Rachael Mack	rachaelmack@princethorpe.co.uk
U14	Neil McCollin	neilmccollin@princethorpe.co.uk
U13	Joe Jackson	joejackson@princethorpe.co.uk
U12	James Long	jameslong@princethorpe.co.uk

Sport	Coach	Email address:
Girls' Netball		
1st VII & 2nd VII	Jodie Kelsall	jodiekelsall@princethorpe.co.uk
3rd & 4th VII	Carly Walton	carlywalton@princethorpe.co.uk
U15	Carly Walton & Sam Harding	Carlywalton@princethorpe.co.uk Samharding@princethorpe.co.uk
U14	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U13	Carly Walton	carlywalton@princethorpe.co.uk
U12	Ellie Callan	elliecallan@princethorpe.co.uk
Boys' Football		
1st XI	Harry Walters	harrywalters@princethorpe.co.uk
2nd XI	Stewart Dear	stewartdear@princethorpe.co.uk
U16	Tom Gleghorn	tomgleghorn@princethorpe.co.uk
U15	Lee Cassell	leecassell@princethorpe.co.uk
U14	Tom Gleghorn	tomgleghorn@princethorpe.co.uk
U13	Tom Gleghorn	tomgleghorn@princethorpe.co.uk
U12	Harry Walters	harrywalters@princethorpe.co.uk
Girls' Football		
U12 – U15	Andy Compton	andycompton@princethorpe.co.uk
Boys' Cricket		
1st XI	Alex Phillips	alexphillips@princethorpe.co.uk
2nd XI	Alex Phillips	alexphillips@princethorpe.co.uk
U15	Harry Walters	harrywalters@princethorpe.co.uk
U14	Tom Gleghorn	tomgleghorn@princethorpe.co.uk
U13	James Long	jameslong@princethorpe.co.uk
U12	Joe Jackson	joejackson@princethorpe.co.uk
Girls' Cricket		
U15	Ellie Callan	elliecallan@princethorpe.co.uk
U14	Neil McCollin	neilmccollin@princethorpe.co.uk
U13	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U12	Carly Walton	carlywalton@princethorpe.co.uk
Cross Country	James Long	jameslong@princethorpe.co.uk
Archery	Rob Southern	robsouthern@princethorpe.co.uk
Climbing Club	Dan Lee	danlee@princethorpe.co.uk

A warm welcome to the Lent term programme of Physical Education, Sport and Games at Princethorpe College. This booklet will provide all the key information for this term.

The girls will enjoy the opportunity to hone their netball skills as the main games' options. The boys will relish having priority on the all-weather pitch to improve and enjoy their hockey, whilst football also takes centre stage in the Orchard.

The words of the founder of the MSC, Jules Chevalier, are inspiring:

"Ours is a spirit of family and a spirit of brotherhood formed by kindness and understanding by compromise and mutual forgiveness by gentleness, humility and simplicity by hospitality and a sense of humour."

It is this key statement which embodies the Princethorpe ethos and should be remembered when pupils are proudly representing Princethorpe College on the sporting field. Results are important, but not at the expense of our ethos.

We must ensure that all pupils feel valued, both individually and within their team. With this in mind, it is expected that family members and friends watching fixtures from the sideline support our ethos in the same spirit.

Lastly, we are always keen to celebrate pupils' sporting achievements outside of school, so we encourage you to follow us on instagram. Princethorpefoundationsport.

Once again, thank you for your ongoing support of the Games' programme. Good luck to all teams once the fixtures start!

Lee Cassell, Joe Jackson and Carly Walton

Our Ethos



WORK HARD BE KIND

The Three P's of Princethorpe

These are our three core values throughout sports, games and physical education. They are applicable to all elements of college life and are used to create the foundations of each of our teams.

PRIDE

A feeling of deep pleasure or satisfaction derived from the achievements of those with whom one is closely associated.

PRESENCE

The state or fact of existing, occurring, or being present.

PERSERVERANCE

Doing something despite difficulty or delay in achieving success.

Contacting staff

If you have an enquiry about a particular sport, please contact the member of staff who coaches the age group for that sport (see pages 2-

3). Email is the best method for contacting sports staff, who are often away from their desks during the school day.

Watching fixtures and Positive Sport Parents

Parents are able attend both home and away fixtures (refer to www.princethorpesport.co.uk for locations).

Sport is an integral and pivotal aspect of Princethorpe life and everyone should enjoy engaging in it, whether as a participant, spectator, official at home or visiting. The environment should be nurturing, positive and welcoming to all. Please may we ask you to abide by some simple guidelines and ensure those around you do so too:

- encourage all players with positive use of language and support;
- respect the boundaries of the playing area for players and match officials;
- spectators deemed to be disruptive during a match may be politely asked to leave for the duration of that fixture.

Fixtures and selection

All fixture details can be found via:

1. www.princethorpesport.co.uk
2. www.princethorpe.co.uk/sport
3. <https://princethorpe.myschoolportal.co.uk>

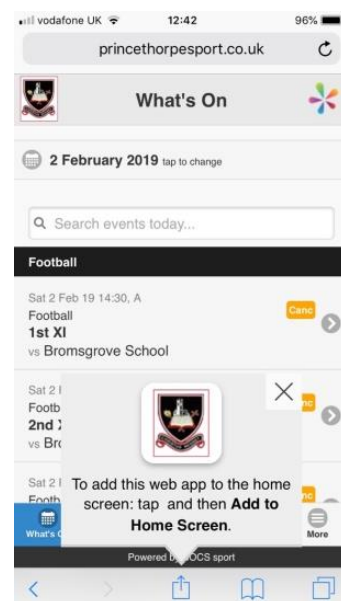
We pride ourselves on the diverse opportunities available to all pupils to get involved in sport, health and fitness at Princethorpe College. The main aim of the Sports department is to run a comprehensive sports' programme, which allows all pupils to represent the school with confidence and to the best of their ability.

All pupils are available for selection and need to be proactive in their checking of the team sheets, which are published on the

www.princethorpesport.co.uk website. These are password protected and this password is updated annually. Microsoft TEAMS will be used to inform pupils about training and fixtures.

This webpage can be added to the home page of any smart phone (see right). We encourage all parents and pupils to add the webpage to the home screen of their phones as it is a vital form of communication between school and home.

The training and fixture programme is agreed a term in advance to allow careful planning.



Pupil expectations for selection

- **Ability:** In order to develop their individual ability, team understanding and technical knowledge pupils must commit to Games lessons and after school clubs;
- **Attitude:** Pupils are expected to listen to coaching advice and respect decisions made by the member of staff in charge, including cover staff. They must also encourage and support their peers on the court/pitch;
- **Availability:** We expect full commitment from pupils if selected to play in a fixture. We do however understand that their availability is sometimes outside of your control. Pupils may be excused from selection for family occasions such as weddings and christenings;
- **Communication:** Conversations between pupil and coach regarding being excused from selection should be done well in advance of the fixture;
- **Commitment:** Staff make team selections after the training session of the week leading up to the fixture.

Once again, if you have any queries please direct them towards your age group and activity coach.

Pupil expectations for Saturday fixtures

- Pupils must check team sheets on socs, if there is any issue with the selection they must see their coach in person.
- Arrive at the correct meeting time. Please check the app and Teams for any last minute updates;
- If travelling directly to the venue or not returning on the school bus, this has to be communicated to the relevant member of staff in good time;
- Arrive wearing the correct kit for travel:
 - Rugby – full school uniform; Princethorpe PE bag with rugby kit;
 - Football- full school uniform; Princethorpe PE bag with kit;
 - Hockey – full Princethorpe match kit with tracksuit bottoms;
 - Netball – full Princethorpe match kit with tracksuit bottoms.
 - Cross country – full Princethorpe match kit with tracksuit bottoms.
- Attending refreshments after the fixture whether home or away is expected;
- Behaving appropriately at all times, while enjoying the experience of representing Princethorpe College;
- School rules apply to Saturday fixtures – no jewellery or make-up please;
- If unwell on the day of the fixture, please email the appropriate member of staff.

Fixture and training cancellations

Pitch/court inspections will take place on the morning of the fixture and at lunchtimes for after school sports clubs. If fixtures are cancelled, we will publish the information on the app (www.princethorpesport.co.uk) and pupils and parents of the affect club or fixture will receive an email, plus pupils will be informed via staff and TEAMS

If a Saturday fixture is cancelled, we will usually send a text message to parents of those due to play via iSAMS, but please may we kindly ask parents be proactive and check the app before leaving home. It will also be posted in the Microsoft TEAMS for each sporting team.

The decision to cancel after school clubs or fixtures is not taken lightly and is based on information available at the time regarding weather forecasts and pitch conditions. Your child's safety is of the utmost importance to us. Pupils will be informed by period 6 teachers, the year group team and email. Parents of the pupils attending the club will get an email.

If a fixture or after school club is cancelled and you are unable to collect your son/daughter from school at 3:45pm, they may go to Princethorpe Prep in the Sixth Form Centre. Here they may complete independent work whilst they wait for collection.

Pupils must not wait for parents in the playground or in the pupil entrance. All pupils must be collected by a parent from the Sixth Form Centre and are expected to sign their child out. Please note Princethorpe Prep ends at 6:00pm.

Health & Safety

Concussions in Sport

It is important that pupils and parents are aware of the concussion protocols established by the RFU, England Hockey and other National Governing Bodies. It is important to treat every potential concussion seriously and allow pupils with concussion the time to recover. Returning to play too early can delay full recovery and increase the risk of future injury.

At Princethorpe, pupil welfare both on and off the sports field is taken extremely seriously. Recently there has been growing concern over head injuries and concussion in sport. To ensure that we are providing gold-standard care to our pupils, the school has decided to partner with Return2Play, the UK's leading sports medicine partners for schools. Feedback from other schools and parents utilising their expertise has been overwhelmingly positive.

What do Return2Play provide?

Return2Play provide Head Injury & Concussion cover for pupils. This covers your child(ren) for 12 months whether their injuries happen at school, home or elsewhere.

Return2Play's cover provides benefits such as:

- Unlimited access to the UK's leading concussion doctors and experts in the event of an injury.
- Unlimited online appointments at convenient times in midweek evenings and weekends, so that you don't have to miss any work, nor your child miss any school.
- Peace of mind that your children are receiving gold-standard care.
- No delays in returning your children to sport.

For more details on how the service works and the benefits, please visit www.return2play.org.uk/r2pforparents

New parents and pupils will be sent instructions and login details, on how to sign up to Return to play and what process to follow to ensure that you child is fit to return to play sport. These can also be found in the flagpole.

The College follows the protocols below:

- If concussion is suspected the player will be removed immediately from the field of play.
- If the player is removed from the field of play, he or she will need an assessment by a healthcare professional.
- The player must rest from all exercise until cleared to play by the staff at return to play. PE and Games staff will be informed of this because pupils will be unable to partake in PE exercises, clubs or fixtures until confirmed has been granted by return to play.

All head injuries must be reported to Matron, so the College are aware of them in the school day and at external clubs.

Sports Clothing

Pupils are expected to be appropriately dressed in full Princethorpe sports kit for the activities which they are playing. We like to foster independence at Princethorpe, therefore pupils should be encouraged to pack their own bag and look after their own clearly named kit. Pupils must wear Princethorpe brand PE kit when they have their Games afternoon.

Curriculum PE Lessons	
Boys	Girls
Black sports shorts	Black skort
White polo shirt/house polo shirt	White polo shirt/house polo shirt
White socks	White socks

GCSE, BTEC and A-level Practical lessons	
Boys	Girls
Black sports shorts	Black skort
White polo shirt/house polo shirt	White polo shirt/house polo shirt
White socks	White socks

Games Lessons – BOYS – Lent Term		
Rugby	Hockey	Football
Black rugby shorts	Black sports shorts	Black sports shorts
Red and black rugby shirt	White polo shirt	White polo shirt
Football/rugby boots	Black Princethorpe socks	Black Princethorpe socks
Gum Shield	Trainers/ astro-turf trainers	Football boots
	Gum shield and shin pads	Shin pads

In cold weather black tracksuit bottoms, black sports fleeces and/or Princethorpe sports jackets should be worn. Gloves are optional for Hockey and Football.

Games Lessons – GIRLS – Lent Term	
Netball	Hockey
Black skort	Black skort
White polo shirt	White polo shirt
White socks	Black Princethorpe socks
(Netball dresses will be available for A team match players from Year 9 upwards)	Trainers/Astro-turf trainers
	Gum shield and shin pads

In cold weather black tracksuit bottoms, black sports fleeces and/or Princethorpe sports jackets should be worn; Gloves are optional for Hockey. Gloves are not permitted for Netball.

If pupils wish to wear base layers or 'skinz' in any PE or Games lesson, they must be black in colour. No jewellery, including earrings, or watches are to be worn and hair must be tied up.

Only Princethorpe sports kit can be worn for sports lessons and at after school clubs. All kit must be clearly labelled (with embroidered initials and/or name labels) and valuables placed in your locker when you collect your sports bag.

Sporting Fixture Postcodes

Alcester Grammar	B49 5ED
Ashlawn	CV22 5ET
Avon Valley	CV21 1EH
Aylesford	CV34 6LA
Bablake	CV6 2NB
Bedford Modern	MK41 7NT
Bilton	CV22 7JT
Bishop Vesey	B74 2NH
Bloxham	OX15 4PE
Bromsgrove	B61 7DU
Canley	CV4 7AL
Coundon Court	CV6 2AJ
Coventry Schools - Astro	CV6 2BU
Danetre	NN11 4LJ

King Edward VI Aston	B6 6DJ
King Henry VIII	CV3 6AQ
King's High	CV34 4HJ
King's School Worcester	WR1 2LL
Kingsley	CV32 5RD
Lawrence Sheriff	CV21 3TR
Loughborough Grammar	LE11 2DU
Loughborough High	LE11 2DU
Lutterworth High	LE17 4QH
Newcastle-under-Lyme	ST5 1DB
Northampton High	NN4 6UU
Northampton School for Boys	NN1 5RT
North Leamington	CV32 5JF
Nottingham High	NG7 4ED

Derby Grammar	DE23 4BX
Denstone College	ST14 5HN
Edgbaston High School for Girls	Richmond Hill Road B15
Foremarke Hall	DE65 6EJ
Harris C of E Academy	CV22 6EA
Hart Field, Rugby	CV21 3TP
Higham Lane School	CV10 0BJ
John Cleveland College and Hinckley Academy	LE10 1LE
KEGS Nuneaton	CV11 4BE
KEHS Girls	B15 2UB
Kenilworth	CV8 2DA
KE Aston	B6 6DJ
KES Birmingham	B15 2UE
KES Camp Hill	B14 7QJ
KES Five Ways	B32 4BT
KES Nottingham	NG7 4ED
KES Stratford	CV37 6HB
Kimbolton	PE28 0EA
Kineton High	CV35 0JX

Queen Mary's Walsall	WS1 2PG
Ratcliffe College	LE7 4SG
RGS Worcester	WR1 1HP
Rugby School	CV22 5EH
Solihull	B91 3DJ
Southam College	CV47 0JW
Stratford	CV37 6BG
Stratford Girls' Grammar	CV37 9HA
St Martin's	B91 3EN
Stowe	MK18 5EH
St Thomas More	CV10 7EX
Trent College	NG10 4AD
Tudor Hall	OX16 9UR
Twycross House	CV9 3PQ
Warwick School	CV34 6PP
Wellingborough	NN8 2BX
Welbeck College	LE12 8WD
Wolverhampton Grammar	WV3 9RB
Worcester Sixth Form College	WR1 2BE

Kingham Hill	OX7 6TH
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Wrekin College	TF1 3BH
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