

**A FOUNDATION
FOR LIFE...**



Princethorpe College

An independent school for 11-18 year olds

A Princethorpe Foundation School

Princethorpe Sport
Michaelmas Term 2025

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We are delighted to welcome you to another exciting term of Sport, Physical Education and Games at Princethorpe College. This booklet contains all the essential information you'll need for the term ahead.

Princethorpe is proud to offer a superb sporting programme. This term we begin with Boys' Rugby and Girls' Hockey as our main winter sports combined with a wide range of other co-curricular opportunities.

As a College, our sporting vision is clear. We are continuing to establish ourselves as a leading independent day school in the Midlands. We develop pupils who achieve personal excellence across multiple sporting disciplines through a varied and comprehensive experience of sport, physical activity and physical education. Our pupils will be challenged to work hard, become the best version of themselves, and develop enduring moral values that become a part of every pupil's character.

Our sporting culture is underpinned by three core values: pride, presence and perseverance. Princethorpe's 'three P's' are used to shape pupils' character and help ensure they get the best out of themselves whilst at the College. Competition matters but it will never come at the expense of our vision statement or values.

Princethorpe College is founded on a spirit of family, where each young person is valued, encouraged and challenged to explore and excel in their academic and co-curricular pursuits, shaping their character within our kind, inclusive and vibrant community. In the same spirit, we ask that family and friends supporting from the sidelines help to uphold these values and truly embrace what it is to be a Princethorpeian.

We wish all our teams the very best of luck as our fixtures begin and thank you for your continued support of the Games programme.

Mr Cassell
Miss Walton
Mr Jackson

Princethorpe's Sporting Values

	Pupils	Staff
Pride	<p>They consistently work hard, are punctual to lessons and wear the correct Princethorpe kit with pride. They assist staff with equipment, embrace new challenges and always give their best when representing the college during PE and Games and encourage others to do the same</p>	<p>Encourage students to take pride in who they are both on and off the field. Show pupils we celebrate effort as much as achievement, reinforce that success is built through character. Create an environment where representing Princethorpe is an honour.</p>
Presence	<p>Early to sessions and a self-starter. They are engaged with the teacher and all activities set during lessons. They actively listen, ask questions, and act on feedback. They make appropriate decisions, solve problems and contribute positively to the learning environment and influence others to do the same.</p>	<p>Inspire pupils to embrace challenges and setbacks as opportunities for growth. Reward those who show consistent effort and determination over time. Provide support but encourage independence and ownership of learning and performance.</p>
Perseverance	<p>Hard work and commitment are recognised as a necessary ingredient for success. They consistently demonstrate a determined and engaged attitude when faced with new ideas and challenges. They show resilience, push themselves to improve and take a proactive approach to learning and encourage others to do the same.</p>	<p>Develop focus and awareness, encourage pupils to be fully engaged in training and fixtures. Role model calmness and clarity, stay composed under pressure. Prioritise empathy and communication to strengthen relationships with pupils.</p>

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 page 6). 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 welcome to attend both home and away fixtures.

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.

Please find a list of relevant opposition postcodes at the back of this booklet.

Contact Information

School office: 01926 634200

Instagram: @princethorpefoundationsport

Role	Name	Email address:
Director of Sport	Lee Cassell	leecassell@princethorpe.co.uk
Head of Girls' Games	Carly Walton	carlywalton@princethorpe.co.uk
Head of Boys' Games	Joe Jackson	joejackson@princethorpe.co.uk
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	Matt Price	mattprice@princethorpe.co.uk
U13	Tom Gleghorn	tomgleghorn@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	Ellie Callan	elliecallan@princethorpe.co.uk
U13	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U12	Carly Walton	carlywalton@princethorpe.co.uk

Sport	Coach	Email address:
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
Girls' Netball		
1 st VII & 2 nd VII	Jodie Kelsall	jodiekelsall@princethorpe.co.uk
3 rd & 4 th VII	Carly Walton	carlywalton@princethorpe.co.uk
U15	Carly Walton	carlywalton@princethorpe.co.uk
U14	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U13	Megan McDonagh	Meganmcdonagh@princethorpe.co.uk
U12	Ellie Callan	elliecallan@princethorpe.co.uk
Football		
1 st XI	Harry Walters	harrywalters@princethorpe.co.uk
2 nd XI	Stewart Dear	stewartdear@princethorpe.co.uk
3 rd XI	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		
U15	Andy Compton	Andycompton@princethorpe.co.uk
U13	Dan White	Danielwhite@princethorpe.co.uk
Other		
Cross Country	James Long	jameslong@princethorpe.co.uk
Archery	Rob Southern	robsouthern@princethorpe.co.uk

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

When selected for fixtures:

All pupils are available for selection and need to be proactive in their checking of 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. 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 www.princethorpesport.co.uk, 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.

Kit to travel in

- Rugby – full school uniform; Princethorpe PE bag with rugby kit;
- Hockey – full Princethorpe match kit with tracksuit bottoms;
- Netball – full Princethorpe match kit with tracksuit bottoms;
- Football – full Princethorpe tracksuit, PE bag and football kit.
- Attending refreshments after the fixture whether home or away is expected;
- Always behaving appropriately, while enjoying the experience of representing Princethorpe College;
- School rules apply to Saturday fixtures, no jewellery, make-up or crocs or sliders 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 sporting clubs. If fixtures are cancelled we will publish the information on www.princethorpesport.co.uk and pupils and parents of the affected fixture or club 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 www.princethorpesport.co.uk before leaving home. It will also be posted in 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 and Safety

Rugby

All boys will take part in Rugby in Year 7 and 8 and will have the option to continue from Year 9. Rugby at Princethorpe College follows the RFU guidelines, that the provision of rugby follows a variety of versions of the game. This results in both contact and non-contact rugby games. Players will be assessed by their teachers as to whether it is safe for them to engage in full or partial contact rugby. We will also communicate with the players on how fast they progress through the rugby curriculum. All contact sessions are differentiated for the physical and technical abilities of the players to ensure that the safety of the player is paramount.

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 is 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 and 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 Return2Play and what process to follow to ensure that your child is fit to return to play sport.

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 Return2Play. 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 Return2Play.

Sports Clothing

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 A-Level Practical	
Boys	Girls
Black sports shorts	Black skort
White polo shirt/house polo shirt	White polo shirt/house polo shirt
White socks	White socks

Boys' Games: Michaelmas		
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.

Girls' Games: Michaelmas	
Netball	Hockey
Black skort	Black skort
White polo shirt/Senior Games top	White polo shirt/ Senior Games top
White socks	Black Princethorpe socks
(Netball dresses will be available for A team match players from Year 10 upwards)	Trainers/Astro-turf trainers
	Gum shield and shin pads

In cold weather black Princethorpe 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

School name	Postcode	School name	Postcode
Alcester Grammar	B49 5ED	King Edward VI Aston	B6 6DJ
Ashlawn	CV22 5ET	King Henry VIII	CV3 6AQ
Avon Valley	CV21 1EH	King's High	CV34 4HJ
Aylesford	CV34 6LA	King's School Worcester	WR1 2LL
Bablake	CV6 2NB	Kingsley	CV32 5RD
Bedford Modern	MK41 7NT	Lawrence Sheriff	CV21 3TR
Bilton	CV22 7JT	Loughborough Grammar	LE11 2DU
Bishop Vesey	B74 2NH	Loughborough High	LE11 2DU
Bloxham	OX15 4PE	Lutterworth High	LE17 4QH
Bromsgrove	B61 7DU	Newcastle-under-Lyme	ST5 1DB
Canley	CV4 7AL	Northampton High	NN4 6UU
Coundon Court	CV6 2AJ	Northampton School for Boys	NN1 5RT
Coventry Schools - Astro	CV6 2BU	North Leamington	CV32 5JF
Danetre	NN11 4LJ	Nottingham High	NG7 4ED
Derby Grammar	DE23 4BX	Queen Mary's Walsall	WS1 2PG
Denstone College	ST14 5HN	Ratcliffe College	LE7 4SG
Edgbaston High School for Girls	Richmond Hill Road B15	RGS Worcester	WR1 1HP
Foremarke Hall	DE65 6EJ	Rugby School	CV22 5EH
Harris C of E Academy	CV22 6EA	Solihull	B91 3DJ
Hart Field, Rugby	CV21 3TP	Southam College	CV47 0JW
Higham Lane School	CV10 0BJ	Stratford	CV37 6BG
John Cleveland College and Hinckley Academy	LE10 1LE	Stratford Girls' Grammar	CV37 9HA
KEGS Nuneaton	CV11 4BE	St Martin's	B91 3EN
KEHS Girls	B15 2UB	Stowe	MK18 5EH
Kenilworth	CV8 2DA	St Thomas More	CV10 7EX
KE Aston	B6 6DJ	Trent College	NG10 4AD
KES Birmingham	B15 2UE	Tudor Hall	OX16 9UR
KES Camp Hill	B14 7QJ	Twycross House	CV9 3PQ
KES Five Ways	B32 4BT	Warwick School	CV34 6PP
KES Nottingham	NG7 4ED	Wellingborough	NN8 2BX
KES Stratford	CV37 6HB	Welbeck College	LE12 8WD
Kimbolton	PE28 0EA	Wolverhampton Grammar	WV3 9RB
Kineton High	CV35 0JX	Worcester Sixth Form College	WR1 2BE
Kingham Hill	OX7 6TH	Wrekin College	TF1 3BH