



Princethorpe College  
An independent school for 11-18 year olds

## Princethorpe Sport Lent Term 2023

## Contact Information

School office

01926 634200

Foundation Director of Sport

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Head of Boys' Games

Mr Joe Jackson  
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Head of Girls' Games

Miss Jen Law  
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Twitter

@PrincethorpePE  
 #princethorpeandproud

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

Sport	Coach	Email address:
<b>Boys' Rugby</b>		
1 <sup>st</sup> XV	Peter Bucknall	peterbucknall@princethorpe.co.uk
2 <sup>nd</sup> XV	Stuart Friswell	stuartfriswell@princethorpe.co.uk
U15	Neil McCollin	neilmccollin@princethorpe.co.uk
U14	Joe Jackson	joejackson@princethorpe.co.uk
U13	Harry Walters	harrywalters@princethorpe.co.uk
U12	Ross Holtom	rossholtom@princethorpe.co.uk
<b>Girls' Rugby</b>		
U12 – U15	Laura Wilford	laurawilford@princethorpe.co.uk
<b>Girls' Hockey</b>		
1 <sup>st</sup> XI	Rachael Mack	rachaelmack@princethorpe.co.uk
2 <sup>nd</sup> XI	Lil Gane	elizabethgane@princethorpe.co.uk
U15	Jen Law	jenlaw@princethorpe.co.uk
U14	Dominic Phelps	dominicphelps@princethorpe.co.uk
U13	Hannah Carminati	hannahcarminati@princethorpe.co.uk
U12	Will Bower	<a href="mailto:willbower@princethorpe.co.uk">willbower@princethorpe.co.uk</a>
<b>Boys' Hockey</b>		
1 <sup>st</sup> XI	Paul Whitehead	paulwhitehead@princethorpe.co.uk
2 <sup>nd</sup> XI	Paul Whitehead	paulwhitehead@princethorpe.co.uk
U15	Rachael Mack	rachaelmack@princethorpe.co.uk
U14	Dominic Phelps	dominicphelps@princethorpe.co.uk
U13	Will Bower	willbower@princethorpe.co.uk
U12	Joe Jackson	<a href="mailto:joejackson@princethorpe.co.uk">joejackson@princethorpe.co.uk</a>

<b>Sport</b>	<b>Coach</b>	<b>Email address:</b>
<b>Girls' Netball</b>		
<b>1<sup>st</sup> VII &amp; 2<sup>nd</sup> VII</b>	<b>Hannah Carminati</b>	<a href="mailto:hannahcarminati@princethorpe.co.uk">hannahcarminati@princethorpe.co.uk</a>
<b>3<sup>rd</sup> &amp; 4<sup>th</sup> VII</b>	<b>Ellie Callan</b>	<a href="mailto:elliecallan@princethorpe.co.uk">elliecallan@princethorpe.co.uk</a>
<b>U15</b>	<b>Megan McDonagh</b>	<a href="mailto:Meganmcdonagh@princethorpe.co.uk">Meganmcdonagh@princethorpe.co.uk</a>
<b>U14</b>	<b>Ellie Callan</b>	<a href="mailto:elliecallan@princethorpe.co.uk">elliecallan@princethorpe.co.uk</a>
<b>U13</b>	<b>Hannah Carminati</b>	<a href="mailto:hannahcarminati@princethorpe.co.uk">hannahcarminati@princethorpe.co.uk</a>
<b>U12</b>	<b>Jen Law</b>	<a href="mailto:Jenlaw@princethorpe.co.uk">Jenlaw@princethorpe.co.uk</a>
<b>Boys' Football</b>		
<b>1<sup>st</sup> XI</b>	<b>Ross Holtom</b>	<a href="mailto:rossholtom@princethorpe.co.uk">rossholtom@princethorpe.co.uk</a>
<b>2<sup>nd</sup> XI</b>	<b>Stewart Dear</b>	<a href="mailto:stewartdear@princethorpe.co.uk">stewartdear@princethorpe.co.uk</a>
<b>U16</b>	<b>Ross Holtom</b>	<a href="mailto:rossholtom@princethorpe.co.uk">rossholtom@princethorpe.co.uk</a>
<b>U15</b>	<b>Lee Cassell</b>	<a href="mailto:leecassell@princethorpe.co.uk">leecassell@princethorpe.co.uk</a>
<b>U14</b>	<b>Harry Walters</b>	<a href="mailto:harrywalters@princethorpe.co.uk">harrywalters@princethorpe.co.uk</a>
<b>U13</b>	<b>Daniel White</b>	<a href="mailto:danielwhite@princethorpe.co.uk">danielwhite@princethorpe.co.uk</a>
<b>U12</b>	<b>Ross Holtom</b>	<a href="mailto:rossholtom@princethorpe.co.uk">rossholtom@princethorpe.co.uk</a>
<b>Girls' Football</b>		
<b>U12 – U15</b>	<b>Andy Compton</b>	<a href="mailto:andycompton@princethorpe.co.uk">andycompton@princethorpe.co.uk</a>
<b>Boys' Cricket</b>		
<b>1<sup>st</sup> XI</b>	<b>Alex Phillips</b>	<a href="mailto:alexphillips@princethorpe.co.uk">alexphillips@princethorpe.co.uk</a>
<b>2<sup>nd</sup> XI</b>	<b>Alex Phillips</b>	<a href="mailto:alexphillips@princethorpe.co.uk">alexphillips@princethorpe.co.uk</a>
<b>U15</b>	<b>Alex Phillips</b>	<a href="mailto:alexphillips@princethorpe.co.uk">alexphillips@princethorpe.co.uk</a>
<b>U14</b>	<b>Joe Jackson</b>	<a href="mailto:joejackson@princethorpe.co.uk">joejackson@princethorpe.co.uk</a>
<b>U13</b>	<b>Joe Jackson</b>	<a href="mailto:joejackson@princethorpe.co.uk">joejackson@princethorpe.co.uk</a>
<b>U12</b>	<b>Ross Holtom</b>	<a href="mailto:rossholtom@princethorpe.co.uk">rossholtom@princethorpe.co.uk</a>
<b>Girls' Cricket</b>		
<b>U15</b>	<b>Jen Law</b>	<a href="mailto:jenlaw@princethorpe.co.uk">jenlaw@princethorpe.co.uk</a>
<b>U14</b>	<b>Jen Law</b>	<a href="mailto:jenlaw@princethorpe.co.uk">jenlaw@princethorpe.co.uk</a>
<b>U13</b>	<b>Jen Law</b>	<a href="mailto:jenlaw@princethorpe.co.uk">jenlaw@princethorpe.co.uk</a>
<b>U12</b>	<b>Jen Law</b>	<a href="mailto:jenlaw@princethorpe.co.uk">jenlaw@princethorpe.co.uk</a>
<b>Cross Country</b>	<b>Will Bower</b>	<a href="mailto:willbower@princethorpe.co.uk">willbower@princethorpe.co.uk</a>
<b>Archery</b>	<b>Rob Southern</b>	<a href="mailto:robsouthern@princethorpe.co.uk">robsouthern@princethorpe.co.uk</a>
<b>Climbing Clug</b>	<b>Will Bower</b>	<a href="mailto:willbower@princethorpe.co.uk">willbower@princethorpe.co.uk</a>

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.

The girls will enjoy the opportunity to hone their netball skills as the main games' options for them. 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 tweet @PrincethorpePE using the hashtag #princethorpeandproud.

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 Jen Law**

## **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 now welcome to attend both home and away fixtures. (see page 12 for postcodes or refer to the Sports App).

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](http://www.princethorpesport.co.uk)
2. [www.princethorpe.co.uk/sport](http://www.princethorpe.co.uk/sport)
3. <https://princethorpe.myschoolportal.co.uk>

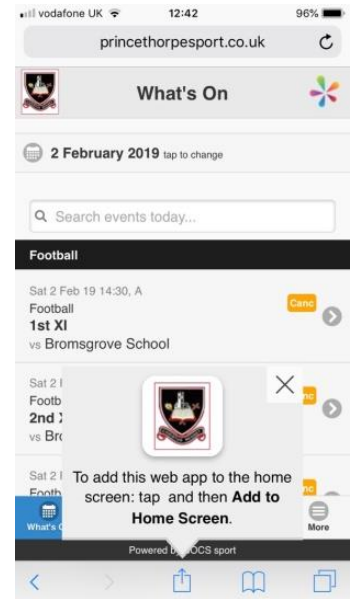
We pride ourselves on the diverse opportunities available to all pupils to get involved in sport, health and fitness at Princethorpe College. The main aim of the Sports department is to run a comprehensive sports' programme, which allows all pupils to represent the school with confidence and to the best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

- Arrive at the correct meeting time. Please check the app and Twitter 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 Twitter (@PrincethorpePE), on the app ([www.princethorpesport.co.uk](http://www.princethorpesport.co.uk)) and update the school calendar on the website ([www.princethorpe.co.uk](http://www.princethorpe.co.uk)) in that order.

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.

If after school sports clubs are cancelled, the information will be posted on Twitter (@PrincethorpePE), Reception will be informed and pupils will be notified by their Period 6 teachers.

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.

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**

### **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.



**All head injuries must be reported to matron**, so the College are aware of them in the school day and at external clubs. 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. If concussion is suspected by the school, we will expect a written letter from a healthcare professional that there are **no symptoms of concussion** for the player to **avoid** the mandatory rest period (see below).
- The player must have at least 14 days' complete rest from all exercise. PE and Games staff will be informed of this because pupils will be unable to partake in PE exercises.
- The player must then make an appointment with a doctor to confirm they are symptom free before returning to training (via the Graduated Return to Play Protocol).
- The GRTP takes a further 8 days. This makes the *earliest* Return to a competitive fixture 23 days after the initial injury.

The following link has further information regarding concussion from the Association for Physical Education:

[https://www.afpe.org.uk/physical-education/wp-content/uploads/Concussion\\_guidelines\\_for\\_the\\_education\\_sector\\_June\\_2015.pdf](https://www.afpe.org.uk/physical-education/wp-content/uploads/Concussion_guidelines_for_the_education_sector_June_2015.pdf)

**Please note that all players in the U15, U16 and senior rugby teams will have to complete the player's course and provide the College with the certificate of completion within the first two weeks of the Michaelmas term.**

## **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 – <b>BOYS</b> – 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 – <b>GIRLS</b> – 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
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
Kingham Hill	OX7 6TH

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
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
Wrekin College	TF1 3BH