



Princethorpe College

An independent school for 11-18 year olds

# Princethorpe Sport

Lent Term 2024

## Contact Information

School reception

01926 634200 (08:00 - 17:00)

Foundation Director of Sport

Mr Lee Cassell  
[leecassell@princethorpe.co.uk](mailto:leecassell@princethorpe.co.uk)

Head of Boys' Games

Mr Joe Jackson  
[joejackson@princethorpe.co.uk](mailto:joejackson@princethorpe.co.uk)

Head of Girls' Games

Miss Carly Walton  
[Carlywalton@princethorpe.co.uk](mailto: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:
<b>Boys' Rugby</b>		
1 <sup>st</sup> XV	Joe Jackson	joejackson@princethorpe.co.uk
2 <sup>nd</sup> 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
<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	Victoria Howell	victoriahowell@princethorpe.co.uk
U14	Dominic Phelps	dominicphelps@princethorpe.co.uk
U13	Ellie Callan	elliecallan@princethorpe.co.uk
U12	Carly Walton	carlywalton@princethorpe.co.uk
<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	Joe Jackson	joejackson@princethorpe.co.uk
U12	Will Bower	willbower@princethorpe.co.uk

<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>Jodie Fisher</b>	jodiefisher@princethorpe.co.uk
<b>3<sup>rd</sup> &amp; 4<sup>th</sup> VII</b>	<b>Ellie Callan</b>	elliecallan@princethorpe.co.uk
<b>U15</b>	<b>Megan McDonagh</b>	Meganmcdonagh@princethorpe.co.uk
<b>U14</b>	<b>Victoria Howell</b>	victoriahowell@princethorpe.co.uk
<b>U13</b>	<b>Ellie Callan</b>	elliecallan@princethorpe.co.uk
<b>U12</b>	<b>Carly Walton</b>	carlywalton@princethorpe.co.uk
<b>Boys' Football</b>		
<b>1<sup>st</sup> XI</b>	<b>Harry Walters</b>	harrywalters@princethorpe.co.uk
<b>2<sup>nd</sup> XI</b>	<b>Stewart Dear</b>	stewartdear@princethorpe.co.uk
<b>U16</b>	<b>Stewart Dear</b>	stewartdear@princethorpe.co.uk
<b>U15</b>	<b>Lee Cassell</b>	leecassell@princethorpe.co.uk
<b>U14</b>	<b>Alan Harris</b>	alanharris@princethorpe.co.uk
<b>U13</b>	<b>Daniel White</b>	danielwhite@princethorpe.co.uk
<b>U12</b>	<b>Tom Gleghorn</b>	tomgleghorn@princethorpe.co.uk
<b>Girls' Football</b>		
<b>U12 – U15</b>	<b>Andy Compton</b>	andycompton@princethorpe.co.uk
<b>Boys' Cricket</b>		
<b>1<sup>st</sup> XI</b>	<b>Alex Phillips</b>	alexphillips@princethorpe.co.uk
<b>2<sup>nd</sup> XI</b>	<b>Alex Phillips</b>	alexphillips@princethorpe.co.uk
<b>U15</b>	<b>Harry Walters</b>	harrywalters@princethorpe.co.uk
<b>U14</b>	<b>Will Bower</b>	willbower@princethorpe.co.uk
<b>U13</b>	<b>Tom Gleghorn</b>	tomgleghorn@princethorpe.co.uk
<b>U12</b>	<b>Joe Jackson</b>	joejackson@princethorpe.co.uk
<b>Girls' Cricket</b>		
<b>U15</b>	<b>Carly Walton</b>	carlywalton@princethorpe.co.uk
<b>U14</b>	<b>Neil McCollin</b>	neilmccollin@princethorpe.co.uk
<b>U13</b>	<b>Victoria Howell</b>	victoriahowell@princethorpe.co.uk
<b>U12</b>	<b>Ellie Callan</b>	elliecallan@princethorpe.co.uk
<b>Cross Country</b>	<b>Will Bower</b>	willbower@princethorpe.co.uk
<b>Archery</b>	<b>Rob Southern</b>	robsouthern@princethorpe.co.uk
<b>Climbing Club</b>	<b>Will Bower</b>	willbower@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.

Girls will enjoy the opportunity to hone their netball skills as the main games' options. 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 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 teacher who coaches your son/daughter's age group (see pages 2-3). Email is the best method for contacting teaching 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. Please refer to [www.princethorpesport.co.uk](http://www.princethorpesport.co.uk) for locations.

Sport is an integral and pivotal part 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:

### **Positive Support**

- Support my child's participation and efforts in Princethorpe College's activities.
- Encourage my child to demonstrate sportsmanship, respect, and teamwork at all times.
- Applaud the efforts of all participants, coaches, and officials, regardless of the outcome.

### **Respectful Behaviour**

- Treat all participants, coaches, officials, and other parents with respect, dignity, and courtesy.
- Respect all decisions made by coaches with regards to team selection.

### **Role Modelling**

- Be a positive role model for my child by demonstrating good sportsmanship, fair play, and respect for others, both on and off the field.

## Fixtures and selection

All fixture details can be found via:

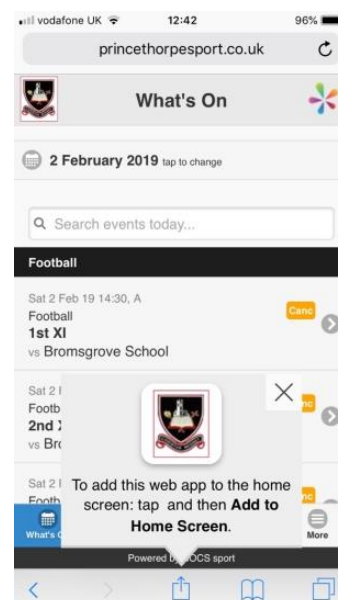
1. [www.princethorpesport.co.uk](http://www.princethorpesport.co.uk)
2. [www.princethorpe.co.uk/sport](http://www.princethorpe.co.uk/sport)
3. <https://princethorpe.myschoolportal.co.uk>

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. The team sheets 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 smartphone (see right). We encourage all parents and pupils to add the webpage to the home screen of their phone 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 [www.princethorpesport.co.uk](http://www.princethorpesport.co.uk) 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 [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 [www.princethorpesport.co.uk](http://www.princethorpesport.co.uk) 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), school 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**

### **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 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](http://www.return2play.org.uk/r2pforparents)

Parents and pupils have been sent instructions and should have access to the R2P system now, and what process to follow to ensure that you child is fit to return to play sport.

**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.