

 **A FOUNDATION
FOR LIFE...**



Princethorpe College

An independent school for 11-18 year olds

A Princethorpe Foundation School

Princethorpe Sport
Michaelmas Term 2024

Contact Information

| | |
|------------------------------|--|
| School office | 01926 634200 |
| Foundation Director of Sport | Lee Cassell leecassell@princethorpe.co.uk |
| Head of Boys' Games | Joe Jackson joejackson@princethorpe.co.uk |
| Head of Girls' Games | 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 | Daniel Lumb | daniellumb@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 |

| Sport | Coach | Email address: |
|--|-------------------------|------------------------------------|
| Boys' Hockey | | |
| 1st XI | Paul Whitehead | paulwhitehead@princethorpe.co.uk |
| 2nd 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 | | |
| 1st VII & 2nd VII | Jodie Kelsall | jodiekelsall@princethorpe.co.uk |
| 3rd & 4th VII | Carly Walton | carlywalton@princethorpe.co.uk |
| U15 | Sam Harding | 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 |
| | | |
| Football | | |
| 1st XI | Harry Walters | harrywalters@princethorpe.co.uk |
| 2nd XI | Stewart Dear | stewartdear@princethorpe.co.uk |
| 3rd 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 |
| | | |
| Cross Country | James Long | Jameslong@princethorpe.co.uk |
| Archery | Rob Southern | robsouthern@princethorpe.co.uk |

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

Princethorpe has a superb sporting programme and this term we will start with boys' rugby and girls' hockey as this winter's main sports. Then after half term the girls will enjoy the opportunity to hone their netball skills as the main games' option whilst boys will go straight into their hockey and football programmes.

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 or following 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 now welcome to attend both home and away fixtures. School postcodes can be found at the back of the booklet

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>

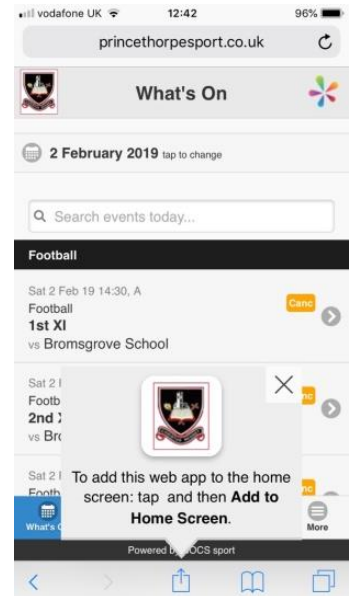
We pride ourselves on the diverse opportunities available to all pupils to get involved in sport, health and fitness at Princethorpe College. The main aim of the Sports department is to run a comprehensive sports' programme, which allows all pupils to represent the school with confidence and to the best 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 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;
 - Hockey – full Princethorpe match kit with tracksuit bottoms;
 - Netball – 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) and update the school calendar on the website (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.

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 partned 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 once the Princethorpe medical team have the system set up, 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.

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.

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 – Michaelmas 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 – Michaelmas 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 |

| | |
|-----------------------------|----------|
| 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 |

| | |
|---|----------|
| 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 |

| | |
|------------------------------|----------|
| 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 |