

iss

Issue 18 | Summer 2019



w: ie-today.co.uk t: @ISS_magazine

INDEPENDENT SCHOOLSPORT

Celebrating sporting achievement and innovation within independent schools

If we all *pull* together

*Radley College shows how
fantastic facilities can inspire
more pupils to give sport a go*



When we pull on our kit we're all ready to play.
Win, lose or draw, we stick together.

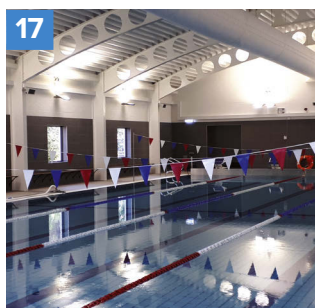
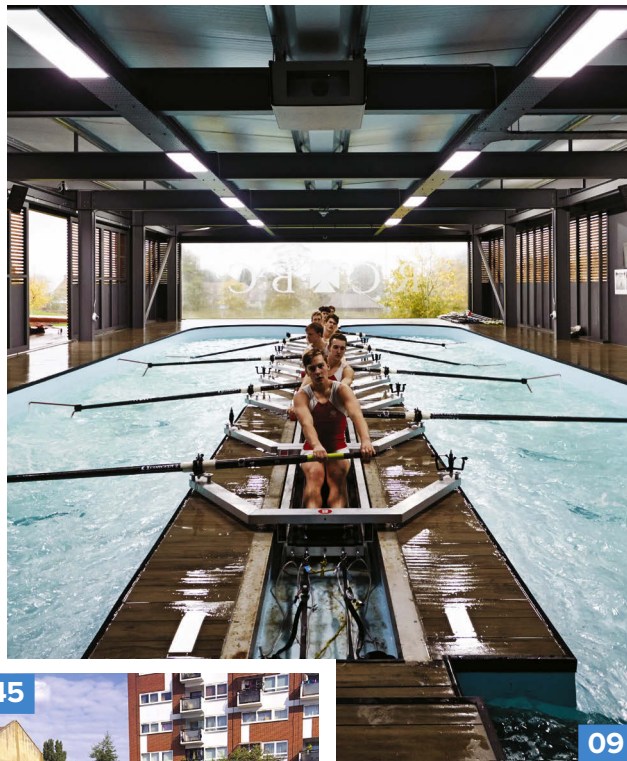
We are the #1 sportswear brand for Independent
Schools. For kit designed exclusively for you with
a simple one-stop online shop, speak to Squadkit.

#countmein

One
for all

squadkit

Call: 01832 280011 | info@squadkit.com | www.squadkit.com
Exclusively delivered by Schoolblazer



ON THE COVER

09 DRIVING INNOVATION

John Dabell finds out how independent schools are investing in facilities to encourage sport participation

REGULARS

05 NEWS

Individual and team sporting achievements from across the country

14 INTERVIEW

As King's Bruton celebrates 500 years, we speak to director of sport, Pip Atkinson-Kennedy

17 FACILITIES

How are schools expanding their sports facilities?

19 SPORTSWEAR

Kathryn Shuttleworth says raising kids with a positive body image is vital for sportswear providers

28 SAILING SPECIAL

Rydal Penrhos' Max Todd on returning to the school he loves as head of sailing

30 SAILING SPECIAL

We talk to Lucy Gates about sailing, Upton House School and her studies at Cambridge University

32 SAILING SPECIAL

The latest news in school sailing

33 STATISTICS

Sailing across the country in numbers

41 COMMENT

Felsted School head Chris Townsend points out the educational goals of the international sports tour

45 COMMENT

Playinnovation founder Marco Boi on how to engage all children in play

48 COMMENT

Bournemouth Collegiate School's Russell Slatford on the importance of school swimming lessons

FEATURES

23 HOW CAN TRIPS ENCOURAGE MORE ENTHUSIASM FOR SPORT?

Gary Burgess from England Netball explores the importance of taking pupils on sports trips

35 THOSE THAT CAN, COACH

Simon Fry finds out what makes independent school directors of sport tick

PLUS

49 STATISTICS

Numbers on the sustainability of major sport events

50 PHOTO FINISH

This term's most eye-catching sports story

INDEPENDENT SCHOOL SPORT

Publisher

Dougal Templeton
dougal@wildfirecomms.co.uk

Editor

Jo Golding
jo.golding@wildfirecomms.co.uk

Sub-Editor

Peter Stillman

Contributors

John Dabell, Kathryn Shuttleworth, Gary Burgess, Simon Fry, Chris Townsend, Marco Boi

Senior Designer

Jenny Sims

Designer

Kirsty Dearman

Commercial Director

Craig Daykin
craig.daykin@wildfirecomms.co.uk

Key Account Director

Fiona Cowan
fiona.cowan@wildfirecomms.co.uk

Account Manager

Jason Hewitt
jason.hewitt@wildfirecomms.co.uk

Marketing Manager

Sophie Postma
sophie.postma@wildfirecomms.co.uk

To subscribe

Tel: 0117 300 5526
Email: info@wildfirecomms.co.uk

WILDFIRE COMMS LIMITED

Unit 2.4 Paintworks
Arnos Vale
Bristol BS4 3EH
Tel: 0117 300 5526
Fax: 0117 300 5526
www.wildfirecomms.co.uk

Wildfire Comms is an independent publisher, specialising in the education sector. Some of our other titles include: *Independent Education Today*, *University Business*, *Education Technology*, *Academy Today & Building for Education*

Note: copyright – all articles and features including illustrations and photos may not be reproduced, reprinted or posted on the internet, in part or whole without the express permission of Wildfire Comms Ltd.

Disclaimer: The legal responsibilities for all images or copy supplied to *Independent School Sport* by third parties remain those of the third-party supplier. The magazine cannot be held responsible for copyright – or similar – infringements that may arise as a result of images or copy sent in by contributors outside of Wildfire Comms Ltd. The obligation to check for such issues is the duty of the party who supplied the images or copy. Content supplied for print may also be used online, and vice versa, unless otherwise requested.



Printed in the UK on paper from a sustainable source. ISSN 2398-7995 © 2018



Give it a go

Well, what a front cover we have for you this term. John Dabell finds out more about Radley College's innovative rowing centre on page 9. The rowing tank mimics real river conditions but in a safe environment, and this new facility has actually resulted in an increased uptake in rowing by the younger boys. At the end of the day, isn't that all schools can ask for? More students willing to give things a go because, understandably, trying something new can be a challenge. But with these excellent facilities, come more pupils that are really excited to try them out. Worth the investment? For sure.

We are very lucky to have Gary Burgess, head of officiating for England Netball, on board for this issue too. In his feature on page 23, he has written about how schools can use trips to encourage more enthusiasm for sport this summer. After all, an unforgettable sports trip could be the difference between a child forming life-long healthy habits and losing confidence in a sport. It's the buzz of a live sporting environment that simply can't be matched in a classroom, Burgess says.

In July, the Netball World Cup will take place in Liverpool. One school ready to take advantage of the benefits of this trip is Withington Girls' School. The school's head of PE says: "They see it's ok to make mistakes; learning how to rectify is how we develop and grow."

I hope you enjoy the issue.



Jo Golding
Editor

Connect with us...

For all the latest news and views in independent schools, visit **ie-today.co.uk**

f facebook.com/ietoday **t** @ISS_magazine

Rounders England launches national competition for independent schools

Rounders England has launched a national rounders competition for independent schools, designed to build team spirit and challenge players in the highest levels of amateur competition.

The competitions are separated into the categories of primary, secondary and independent schools, as well as a series for universities. The events for independent schools take place in May and June and are open to Year 8 girls.

It forms part of Rounders England's competition strategy, which promotes the competitive aspects of rounders on a national scale to both broaden its appeal to players and encourage more rounders to be played. Before the launch, research was first carried out exploring the motivations and goals of the rounders community. They found that an increased focus on competition was key to support the continued growth within the sport.

Dan Newton at Rounders



England, said: "The programme that we have developed is one which has two strands around team spirit and winning, and the social and fun aspects of rounders to complement the cross-generational, cross-gender game that embraces all abilities. You don't have to be the fittest, the youngest or the most athletic. You just have to go out and play.

"The competitive nature of rounders and the people

with a real passion for the game are the ingredient in its success. Rounders provides opportunities for people to take it seriously, compete to win and instil team spirit.

"Our competitions are aimed at children of all abilities and motivations who play our sport. Not only will children come away from the day having had fun while keeping active, they'll have developed their social and team-building

skills and sharpened their rounders play. We're hoping as many schools as possible will rise to the challenge and take part in one, or more, of our competitions this year. There are so many benefits to rounders and we want to make sure they're being shared far and wide."

For more information, visit www.roundersengland.co.uk/play/competition-and-events.

Moreton Hall crowned national lacrosse champions

Moreton Hall's under 14s lacrosse team have achieved the title of national champions at the 2019 National Schools Lacrosse Tournament held at Aldershot.

The team faced challenges

against schools renowned for lacrosse, such as Guildford High in the quarter finals and Lady Eleanor Holles in the final.

Louise Lewin, lacrosse coach, said: "This win encapsulates

everything about Moreton: the teamwork, the dedication to each other, the camaraderie, the sheer guts and fitness. The girls have achieved the best possible accolade. There is nothing higher than this. They are the number one team in the country for their sport."

Parent Clare Downes, who watched all of the matches, added: "The Under 14s went to the Nationals with no expectations, apart from to enjoy a great day of playing fantastic lacrosse. Gradually the opposition teams became fewer and the coaches kept warning me, as we made it into each new round, how big the schools were and how good! None of us dared

hope that they could keep going. The girls just kept believing they could win, though, and did!"

Team captain, Georgia Thomas, said: "Our amazing goalie, Iris, achieved so much in the final match, saving so many shots on goal. The attacks and the defenders worked solidly, heeding Mrs Lewin's words to keep possession. Every member of the team gave their all. Our coaches have been amazing. We couldn't have achieved this without their dedication and faith in us."

Principal Jonathan Forster commented on the performance saying it "exceeded all our expectations in ways difficult to encapsulate".



Haileybury officially opens golf simulator with iconic competition



In February, Haileybury opened a high-definition Foresight Sport GC2 simulator, allowing pupils to practise and play golf indoors on campus.

The golf simulator is housed in a converted squash court

on site at Haileybury. It uses high-resolution cameras, stereoscopic lens and state-of-the-art image processing to track the golf ball once it's hit and measures the amount of spin and ball flight.

On the opening day,

the master, Martin Collier, Gavin Mann, director of development, the master in charge of golf, Ian Sanders, and the captain of golf, Luis Schmitz, welcomed all guests, including five members of the Old Haileyburian Golf Society and current parents.

The next phase of the project is to build an indoor putting green in the converted old squash court and add various other training aids. The second fundraising golf day on Friday 14 June will be held at Hadley Wood GC.

Sanders commented: "The installation of the

simulator is proving hugely advantageous in both raising the performance standard of the pupils as well as generating increased interest in the sport."

The school's highlight of the day was the 'closest to the pin' competition held on the iconic 8th hole from Royal Troon, the Postage Stamp. The president of the Old Haileyburian Golf Society, Sam Smale, won the competition, setting a mark that no one else managed to beat.

Haileybury is an independent co-educational boarding and day school which offers education for boys and girls aged 11 to 18 years old.

"The installation of the simulator is proving hugely advantageous in both raising the performance standard of the pupils as well as generating increased interest in the sport"

Ian Sanders, master in charge of golf, Haileybury

Bolton School Girls' Division celebrates football success

Two footballers from Bolton School Girls' Division were selected to attend England Women's youth training camps in February.

Kathryn Heatherington, Head of PE at Bolton School Girls' Division, said: "There is certainly a lot to celebrate for girls' football in school at the moment!"

Year 10 pupil Lizzy Harkness was chosen as part of the England Women's U15 team and took part in a European Double Header Fixture Camp. Following this latest achievement, her parents, Duncan and Saira Harkness, said: "We were thrilled to hear that she has been selected as part of the England Women's U15 Team who travel to Switzerland this February."

In 2017, Lizzy was signed by Everton, one of the Premier



(L to R) Anna Phillips and Lizzy Harkness have both been selected for England Women's youth training camps

League's Tier 1 Regional Talent Clubs (RTCs). At the end of that season, she was signed for the forthcoming two seasons, progressing through to the U16s team with the opportunity to move on to youth/reserve teams thereafter.

Meanwhile, Anna Phillips in Year 11 was invited to join the England Women's U16 team at Loughborough University for matches against Spain, Italy and France.

Anna's dad, Simon Phillips, said: "We are really proud of Anna's achievements so far considering she was playing grassroots football two years ago with Academy Juniors. Since joining Manchester City (another Tier 1 RTC with the same opportunities) in January 2017 her game has gone from strength to strength. Anna works extremely hard as she trains four times a week plus a match every Saturday.



Her England selection is a fantastic achievement and is a result of all the hard work she has put in.

"She is managing to balance her academic studies with her passion for football. This has been helped by the support of school who understand the commitments she is making. Who knows where the journey will take her? However, as long as Anna keeps enjoying the game we will continue to support her."

Warwick School holds 50th Annual Sevens Tournament



ABOVE: U16 Cup winners with U16A team coach, Mr Hesketh

Warwick School, an independent day and boarding school for boys aged seven to 18, has hosted its 50th Annual Sevens Tournament. Sixty schools from across the UK competed in more than 190 matches.

Conditions were dry and sunny, with the team saying it proved to be "a fantastic day of rugby". On the pitch there were cup wins from Warwick (U16s), Millfield (U15s) and Sedbergh (U14s).

Warwick School won the Freeborn Shield for the best performing school across all age groups. Warwick performed well across the age groups with a cup win for the U16s and U15s losing in the quarter-final match to eventual winners Millfield.

The U14s lost in the final of their plate competition to Hampton 21-19 which was a tight, competitive match. The U13s won all their matches in the waterfall tournament winning the trophy, and the U12s had a tough start to their sevens' season but won two out of six matches.

Nick David (Old Warwickian, Worcester Warriors England U18) and headmaster of Warwick School Dr Deneal Smith presented the trophies to the respective age group winners: U16 – Warwick, U15 – Millfield, U14 – Sedbergh, U13 – Warwick won six out of six matches, U12 – Bishop Vasey's and Hampton, and Freeborn Shield – Warwick School.

Dollar Academy to take on Britain's top young tennis players

Dollar Academy has been selected as a partner for the launch of Tennis Scotland's Great Britain National Tennis Academy, due to open this August at the University of Stirling.

The tennis academy will offer eight of Britain's top young tennis players aged between 12-18 the opportunity to practise their skills while studying and boarding at Dollar Academy, an independent school based in Scotland. The tennis academy is one of only two in the UK.

At Dollar, the players will benefit from a range of academic and co-curricular activities, with access to the widest range of subjects in Scotland.

With its roots firmly in Scottish education, the school offers the students the chance to study for highly valued, internationally recognised qualifications administered by the Scottish Qualifications Authority.

David Knapman, rector at Dollar Academy, said: "The school has an impressive history of supporting and nurturing

young athletes across various sporting activities, with many of our pupils going on to compete successfully at both regional and national levels."

"Working closely with Tennis Scotland, the University of Stirling and the LTA on this joint initiative is an exciting opportunity. I hope the pupils will be very happy at Dollar when they join the school later this year."

The players will train with leading tennis coach, Leonardo Azevedo. Azevedo will be supported in Scotland by Colin Fleming, Esteban Carril and Leon Smith. Due to time out for tennis training and competitions, National Academy players will have the option to study fewer subjects, although as a guide they will be required to study five National 5s, equivalent to six GCSEs, and 3 Highers.

The players will train at the tennis facilities at the University of Stirling, where work has already started on a £20m transformation project, due to open summer 2020.



Leonardo Azevedo

Over £17k raised through winter run

Fifty members of staff, 60+ pupils, parents and alumni from Dulwich College took part in the London Winter Run 2019 in February, raising a total of £17,895 for Cancer Research UK and the Dulwich College Bursary Fund's 400th Anniversary appeal.

Along the 18,500 other runners, 'Team Dulwich' completed a 10k circuit through the heart of the city, despite the cold temperature (-1°C when the starting klaxon sounded).

The team clocked a number of impressive times, including many in the 30- to 40-minute range, and they enjoyed great support all the way around the course.





Exceptional Sports Facilities for Schools

We understand the Independent School Sector, we appreciate the desire for excellence in all areas of the curriculum, and we deliver the right facilities with exceptional service and attention to detail.

Our delivery process provides an end-to-end solution which ensures you receive the service, support and care needed to guarantee a successful outcome with your sports surfacing project.

Bespoke Design - Performance Engineering - Intelligent Delivery

S&C Slatter

Stephen's Yard, Enborne, Newbury, Berkshire RG20 0HA

Tel: 01635 345210 Email: info@sandcslatter.com www.sandcslatter.com



Driving innovation

*Not every school invests time and money into sports. But, as **John Dabell** finds out, many are doing exactly this not just for top results, but to encourage participation amongst all pupils*



Ask parents what it is they are looking for in a school and ‘great teachers who love to teach’ and ‘brilliant sports facilities’ will be somewhere in their wish list. In many cases, they are taken as ‘givens’ and therefore are expected.

Sport is central to the offering at many schools and fantastic facilities provide the perfect environment for an enhanced sports curriculum to cater for all young people. Fantastic facilities are vital to sporting success.

It has long been known that access to facilities and investment in specialists to deliver sport are key factors in sporting success. Many schools are now investing heavily in sports and the first-rate facilities on offer are hugely impressive, often exceeding what is available commercially.

ABOVE: Radley College's Rowing Centre contains a rowing tank that mimics actual river conditions

Amenities in some schools might include a contemporary landscaped sports complex with an Olympic-sized indoor pool, equestrian centre, floodlit running track, squash courts, fitness centre with state-of-the-art machines and golf course. Schools are also visited regularly by international players who work with children on different techniques, giving them the edge on the pitch.

Facilities can have a significant impact on both teacher and student outcomes. For teachers, the teaching environment can affect recruitment, retention, commitment and motivation. For students, school facilities affect their mindset, wellbeing, behaviour, engagement, learning and growth. Facilities really matter.





BRADFORD GRAMMAR SCHOOL

The Sunday Times Northern Independent School of the Year 2018, Bradford Grammar School (BGS), is undergoing a £4m investment in its sports provision.

BGS, which counts Olympic triathletes Alistair and Jonny Brownlee among its alumni, will provide a range of new sports facilities:

- Eight outdoor cricket lanes with various artificial surfaces to fine-tune both bowling and batting technique
- One and a half new hockey astro turf pitches to facilitate the school's growing hockey provision
- Two new outdoor netball/tennis centre courts
- A new large sports barn structure to comprise four netball/five tennis courts to provide year-round, all-weather use in the day and evening
- An upgrading of the changing facilities and internal reconfiguration of its existing sports hall.

But eye-catching and crowd-pleasing infrastructure doesn't count for much unless supported by a strong vision with the staff to deliver it. Simon Hinchliffe, head at BGS, makes the point that before the steel, brick, wood and coloured playing surfaces were put in place, their vision for sport and human resources came first.

He says: "The positive impact of new facilities can only be realised fully if they are part of a wider, connected vision for sport that encompasses curriculum, pedagogy and staffing structures. Our strategy for the future of sport at Bradford Grammar School involves a

fresh ethos for fostering participation, an increasingly equitable allocation of resources across a wider range of activities, new options like cricket for girls and hockey for boys, for example, and a greater emphasis on strength and conditioning and transferable skills. Opportunity, breadth and healthy living are being fostered. Specialism is something that now comes later in a student's sporting journey at Bradford Grammar."

Hinchliffe says that the developments at his school are being realised by a reshaped department that includes more specialist coaches and sports graduates who are working side by side with PE staff and non-specialists.

He says: "Additionally, leadership responsibility has been distributed more widely including that for sports qualifications and community outreach. The new facilities are being built around a remodelled department and a balanced sporting offering, which includes scope for partnership projects within our local and regional community."

RADLEY COLLEGE

Radley College, an independent boys' boarding school in Oxfordshire, has opened new sports buildings for its rowing team and spectators, representing a significant facility designed and dedicated solely to the enhancement of the rowing curriculum.

The Radley College Rowing Centre provides high-quality, year-round training facilities needed for the school's rowing teams. It is a naturally ventilated building and contains a state-of-the-art rowing tank (see main picture) that closely mimics actual river conditions, permitting on-site training throughout the year regardless of the weather. The rowing tank is unpowered, comes with a fixed boat and is supported by a purpose-designed strength and fitness suite and a room with 32 ergo trainers.

Andrew Mulroy, director of Mulroy Architects,

“The positive impact of new facilities can only be realised fully if they are part of a wider, connected vision for sport that encompasses curriculum, pedagogy and staffing structures”



ABOVE: Oundle School's cricket pavilion

LEFT Oundle School offers opportunities in athletics to its pupils

the designers of the centre, says: "The new facility was designed and developed to replicate the experience of rowing as a coxed eight on water but in a safe environment that is unaffected by the river conditions. The result is that the uptake in rowing by the younger boys has improved and the levels of interest are maintained in order that stronger teams are developed. Crucially, the curriculum time lost due to the inability to row on the Thames has been avoided."

Mulroy points out that facilities speak volumes about a school and its overall vision: "A school that has excellent science labs, but poor sports facilities projects a particular message about its ethos in that it is specific success that is important, not the all-round character and value of the pupils. Excellent sports facilities encourage pupils to try sports that they may not have considered, and in so doing they may discover a hidden talent."

OUNDLE SCHOOL

Oundle School is a co-educational boarding and day schools for pupils aged 11–18. Head Sarah Kerr-Dineen fully appreciates the role sports play in school life and why it is vital that all pupils leave school with positive experiences under their belts.

She believes that facilities that support the physical

education and mental fitness of pupils help to guarantee that sport is part of an education that will enrich pupils' lives long after they have left school.

She says: "Children who love games will entertain themselves for hours with a ball and a patch of ground. However, to settle for basic provision is to miss out on the opportunities for growth and inspiration that top-quality facilities make possible: a wide sports curriculum, appropriate support and high expectations.

"Thoughtful design of modern facilities supports sport at a top competitive level whilst catering also for a multitude of sports and leisure activities at all levels. Elite school sport requires strength and conditioning training, with facilities such as performance analysis suites making a significant difference to pupils. High-quality fitness suites are at the heart of any modern sports or leisure centre and support the needs of the many pupils who are not elite sportsmen and women.

"It is important that all facilities are genuinely multi-purpose: flexibility enables a greater number of activities catering for a greater number of pupils. Expansion across girls' team sports, especially football, cricket and rugby, also requires facilities to be more adaptable and flexible in order to offer true co-educational sporting opportunities."

ABOVE AND BEYOND

School sports facilities clearly benefit the school but they are valuable assets that can also serve the local community and act as a revenue generator. Kerr-Dineen appreciates that independent schools also have a duty to the greater community of which they are part.

She says: "Modern sports centres with commercial offerings enhance links with local communities, offer a greater visitor experience and open up the opportunity of sport not just to their own pupils but to children of local schools."





James Wright is commercial director at sports flooring specialist CONICA which supplies solutions for in- and outdoor athletics tracks, multifunctional facilities, sports and multi-purpose halls, playgrounds and tennis courts.

He believes that properly designed and specified sporting facilities allow the stars of tomorrow to train more efficiently and more frequently. On top of this, top facilities attract a lot of attention.

“Fantastic sports facilities make more of a difference than in simply sporting success terms. Modern, high-tech facilities increase participation and can, if correctly managed, provide an income stream that recovers much of the initial investment cost. Many of the UK’s leading public schools have fantastic facilities that consistently create athletes that go on to achieve professional status, but that also secure significant revenue streams by offering clean, modern and safe facilities for use by the local community. An ideal example is The Tonbridge School whose sports facilities provide a significant revenue stream to the school.

“As well as membership and rental income benefits, fantastic facilities allow athletes to train longer and harder. This, in turn, results in success which then further drives membership, attendance (public schools), sponsorship income and ticket sales (pro clubs).”

Wright also comments on the importance of surfacing,

ABOVE Radley College
BELOW: Bradford Grammar School is undergoing a £4m investment in its sports provision

saying: “One of the key elements of sports facility design is the floor surface. The correct choice requires a careful analysis of the type of sport the surface will encounter and the specific requirements of that sport. Many indoor sports halls have point elastic floor surfaces which offer excellent impact absorbance and force reduction making them perfect for racket sports, but the same surface is often unsuitable for high-performance wheelchair sports as the surface will absorb impact at the point it occurs allowing wheels to sink into the surface slowing momentum and making it difficult to turn.

“A regularly used alternative to a point elastic sports hall surface is an area elastic finish. This type of finish impacts over a wider area so the surface deformation is much lower at the point of impact, allowing wheelchair speed to be maintained and enabling less restricted turns. However, this type of surface is often less suitable for high-impact sports such as tennis.”

As the Independent Schools Council report of 2016/2017 notes: “Most independent schools are charities with a deep-rooted belief that education is an intrinsically charitable endeavour.”

The impact of creating a sporting hub for cultivating sporting success should not be underestimated as it can unlock young people’s potential across a community.

Independent schools that share sports facilities and coaching expertise with local communities and state schools are able to play a significant part in widening participation and promoting stars of the future. For those that do create a lasting legacy, the positive impact on pupils can be huge but more comprehensive engagement is needed.

Education Secretary Damian Hinds wants more independent schools to open up their swimming pools to local state schools and many already do.

Many schools are keen to share their facilities and are proud that they are at the heart of sport and leisure provision in the local community. Some also open up their sports centre facilities as all-inclusive membership packages.

Fantastic facilities can play a profound role in creating a lifelong passion for sport, activity and promoting the benefits of exercise and healthy living. Independent schools are leading the way. ^{ISS}



NEW PITCH GRADING FRAMEWORK TO HELP INDEPENDENT SCHOOLS SHOWCASE SPORTS FACILITIES

The Institute of Groundsmanship is to launch a much-needed framework for facilities

A selection of independent schools are soon to take part in a nationwide pilot scheme being carried out by The Institute of Groundsmanship (IOG) as part of the launch of its new Pitch Grading Framework. The involvement of these schools will help inform the Pitch Grading Framework from a schools' perspective before the scheme is rolled out.

The concept has been supported by all national governing bodies of sport and aims to boost industry standards for grounds facilities, improve the knowledge within the sector and set benchmarks for playing surfaces.

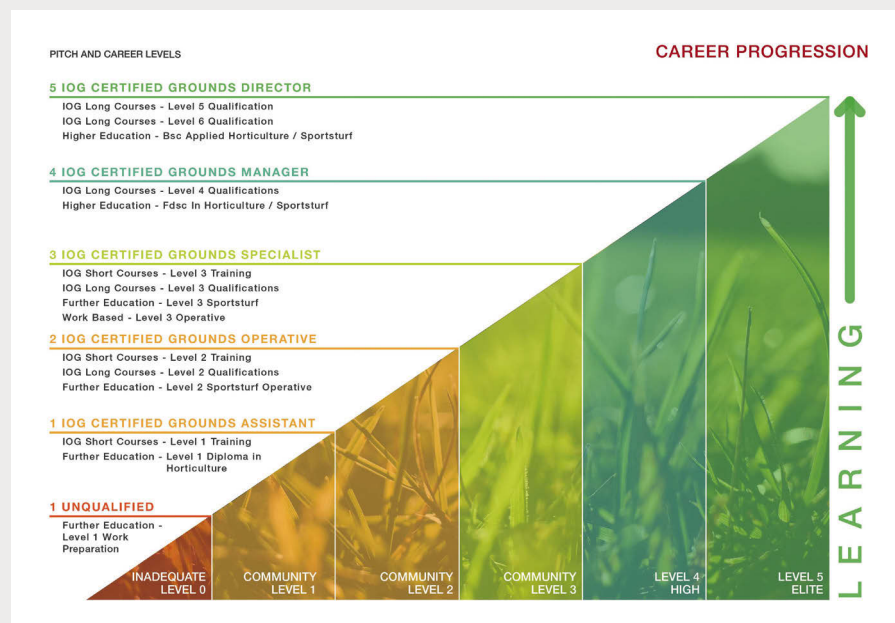
The framework will not only highlight the level of an individual playing surface quality but also the appropriate training and education, and the recommended levels of qualifications, needed by the ground's management team who maintain it.

This will allow a new way for schools to showcase quality sports turf facilities and recognise the skills and expertise of its grounds teams while adding a new dimension to attract potential students and their parents.

Natural turf sports pitches standards will be graded from levels zero to five, with five being 'elite' status. Within this framework, grounds teams are advised to have a certain level of qualifications to obtain certification for each grade. Each level is complemented by a training and qualification recommendation framework that features specific and accurately blended learning, delivered both online and in the traditional format.

Geoff Webb, CEO of the IOG, commented: "The Pitch Grading Framework delivers a much-needed requirement in the industry. It creates a standard for facilities to be compared against, which will be of huge benefit to schools when attracting new students and providing the students with sports pitches to excel on. In a similar style to OFSTED, schools will be able to promote their rating and highlight the standards of its sports and green-space facilities, as well as the knowledge and expertise among its team."

The IOG Pitch Grading Framework will help to progress standards and provides an



outline for how schools can take their facilities to the next level. To aid this, the IOG offer site audits and training needs analysis services, as well a vast array of online and on-site training courses and qualifications to support the professional development of grounds staff.

A key service, that will help schools

education plan to help meet goals and Pitch Grading Framework targets by helping to determine the steps to be taken to raise the position of pitches on the framework.

To take advantage of significant training and service discounts, schools must be a member of IOG.

Independent school membership

“The Pitch Grading Framework delivers a much-needed requirement in the industry”

advance to a higher level on the Pitch Grading Framework, are site audits. This is a three-step process, designed to support the bursars and finance managers, as well as heads of sport and grounds managers, by identifying key issues and opportunities and then shaping solutions. An IOG expert will visit the site to carry out an assessment of facilities. Following this, a comprehensive report is produced which contains suggested steps to implement to improve facilities

Another service is the training needs analysis. This unique service maps out a suggested training and education journey for team members to undertake. After assessment, schools receive a tailored

costs just £300 per year, which provides access to benefits for the entire grounds management team.

This gives access to leading experts, resources, the latest industry science and knowledge, as well as discounted fees on training and qualifications to enable schools to create thriving sports turf surfaces that benefit their students, and in turn help to promote and showcase the schools' facilities.



For further information please visit www.iog.org or call 01908 312 511.

Punching above its weight

Pip Atkinson-Kennedy, director of sport at King's Bruton, has a list as long as your arm of students with high-level sporting success, from Olympic aerial skiers to heptathletes. Not bad for a small countryside school.

Q What is your career history?

I'm a Loughborough University graduate where I went as a modern pentathlete, although I played numerous sports while I was there such as hockey, swimming and triathlons. I played in the first-ever international women's rugby match in this country in 1986, which was Great Britain vs France. The following year I played in the first-ever England vs Wales match and scored a hat-trick.

After living in Australia for a while, I

came back and got involved in coaching and playing at Clifton Rugby Club. We won the national sevens at Maidenhead in 1996. From there I got picked up by the England team, and coached and captained the first England sevens team in the inaugural Hong Kong women's sevens. After that I went on the first overseas tour to New Zealand with the England XV's. I played in the 1998 World Cup and then decided to retire.

I was very fortunate to be coached by the guru himself, Jim Greenwood, at

Loughborough, Midlands, Great Britain and England. He was a massive influence on me as a player and an educator.

Now I'm mainly eventing or show jumping, with my two competition horses, and am the director of sport at King's Bruton. Within one year of being here, King's appointed a new headmaster, Ian Wilmshurst, and we decided that we would focus on investing in sport, more specifically, sport for both genders. Traditionally an all-boys school, it was only 15–20 years ago that the school went fully co-educational. So, we wanted to make a statement of investing in co-educational hockey.

We firstly appointed Ben Dudley as director of hockey, who put the foundation stones down, followed by Henry Eriksson, who is a Swedish international both indoor and outdoor, played in the Euro Hockey League and Indoor Hockey World Cup. He has been inspirational to what we have now achieved with girls and boys hockey.



Pip Atkinson-Kennedy, director of sport at King's Bruton

“Results aren't the be-all and end-all for us; the most important thing is player development”

Q What does King's Bruton's 500th anniversary mean to you, and how is the school celebrating?

It's a huge privilege and honour to be working in a school that has so much history. Some of the children are third, if not fourth, generation. We have stunning, old buildings and there's this aura around you that you really are working in a lovely community. Plus, the development of sport over the last 15 years has been huge. A little school in the middle of Somerset seems to be a stepping stone for a lot of people's careers.

A choral anthem has been commissioned especially for King's Bruton which was sung at St Paul's Cathedral. On 28 March there's the official opening of the new music school by a VIP, who I cannot name just yet. Then on 15 June we have



all the old boys coming back to play cricket, tennis and hockey, and a 500th ball, with 500 guests, in the evening. A former housemaster has also written a book called *The Treasures of Bruton*, looking at things like what our crest symbolises.

Q What are some of the pupils' best sporting achievements?

It's incredible what they've achieved. Since 2013 we've had 12 internationals. In 2017, the U16 girls were national indoor hockey champions. Lloyd Wallace has gone on to become a Great Britain aerial skier and represented us at the Pyeongchang Olympics last year. His sister Elodie also represented Great Britain at aerial skiing.

Elliot Rutter won the English Schools 400m title in 2013 and went on to represent Great Britain U20 in the World and European Junior Championships.

Ellen Barber won her first GB senior shirt recently. She is a heptathlete, but she started here as a high jumper before moving into combined events.

Sophie Hamilton plays U18 and U21 England hockey and has got a hockey scholarship at an American university. Olivia, her twin, is in the England U18 hockey and in the Somerset senior women's cricket. They're so talented.

It was funny, in November I was watching the repechage match in Marseille for the last place at the Rugby World Cup and the final match was Hong Kong vs



Canada. Playing 11 for Hong Kong was Conor Hartley and 14 for Canada was Taylor Paris. Both of those boys played in King's Bruton 1st XV in the 2010 season. It was amazing to watch.

Q Why is sport so popular at King's Bruton?

As a small school there's a real sense of community and family ethos. We try and encourage all the pupils to get involved with the focus being on enjoyment, as well as individual developments. Results aren't the be-all and end-all for us; the most important thing is player development.

We've got wonderful staff who enjoy what they do, which comes across to pupils and makes them actually want to be involved. On Saturday we've got 10 netball teams going out and eight boys hockey teams. One hundred per cent of my Year 9 and Year 10 girls will

be out for this. They all play for a team.

We've got a really good physical education programme in the curriculum and we're very fortunate that senior management values PE. We also have amazing facilities for a small school, with two astroturf pitches and Matrix fitness equipment.

Q What makes King's Bruton special?

We are so tiny compared to a lot of schools but the 340 pupils that we have here are great. We punch well above our weight in all our sports. We all care for the pupils and it's a nurturing environment; everybody knows everybody. Our headmaster is supportive and interested.

Also, we are in a stunning setting in Somerset surrounded by beautiful countryside. What stands out to me though, is the pupils' perseverance, especially when we're playing against these big schools. I get a huge sense of pride and think 'these are amazing children to work with'. **SS**



GERFLOR CONTINUES TO 'PERFORM' FOR POLO FARM SPORTS CLUB

When Polo Farm Sports Club needed a surface that was versatile and would ensure high performance, it turned to Gerflor

In the spring of 1977, when the Ford Fiesta was first launched, and Fleetwood Mac's album Rumours hit the charts, Bill and Dick Laslett purchased an overgrown orchard at Polo Farm, Canterbury, Kent, igniting a sporting dream which turned into a flourishing reality. Today, their facilities have expanded to become a premier sporting venue and centre of excellence and are regularly used by the local community including Canterbury Hockey, Tennis, Cricket and Croquet Clubs, together with Canterbury Christ Church University, and a host of local schools, local businesses and members of the public.

“This is the first time we have used Gerflor flooring and we would certainly recommend it to other sports clubs”

Their vision of a long-term facility sharing partnership has also enabled them to build a brand new multi-sport indoor centre with thriving junior sections in all their sports, with numbers almost reaching 1,000 children. They currently have almost 2,000 members across their six clubs. The age range of members is spread between three and 90. In truth, there's something for everyone.

Ensuring that the club would have a sports surface that could provide both performance and versatility for a host of activities would be top of their agenda. They would also require a sports surface that could provide both bright colours and wood effects, whilst also delivering a future proof solution. This stringent set of

'only the best will do' specifications would ultimately lead the Polo Farm Sports Club to choose Taraflex® Sport M Performance from international flooring specialist Gerflor.

Jayne Scott-Kilvert, manager of Polo Farm Sports Club, commented: “We built our new sports hall back in September 2015 which has rough floor dimensions of 50 x 40m. This was in conjunction with Canterbury Christ Church University who under the terms of the agreement use many of the facilities here during the weekdays.

“Our primary aim when specifying the floor was to provide a world class surface for both indoor hockey and cricket. The

Taraflex® Sport M Performance floor has now been down for over two years and we are extremely

pleased with it. It runs very true for hockey, enabling a very high calibre of match to be played. Our cricketers have been amazed with the surface with both England and Kent players commenting on the perfect bounce. Also, not having to put down mats is a huge bonus for them.”

Taraflex® vinyl sports flooring has been used in many international and local sporting events and is available in 17 colours and three wood-effect designs.

The Sport M Performance product offers a P2 category shock absorbency 35% to 45%. Taraflex® is recognised for providing durability, safety and comfort without impairing performance. The range also offers greater than 45% force reduction, making it unrivalled in the marketplace in terms of

offering comfort for users. Taraflex® meets the EN Standard of 22196 for anti-bacterial activity (E. coli - S. aureus - MRSA) (3) returning >99% levels of growth inhibition. The product is also treated with ProtecSol®, which renders polish redundant and is triple action meaning no polish is ever required, it contributes to easy maintenance and is anti-friction burn and slide/grip. Taraflex® has a double density foam backing and with another bonus, it's environmentally-friendly.

Taraflex® Sport M Performance from Gerflor meets the EN 14904 Standard for indoor sports surfaces, and very importantly for the Polo Farm Sports Club due to the important cricketing element of their facility, Taraflex® Sport M Performance is also English Cricket Board (ECB) compliant. The Taraflex® 'point elastic' flooring has a higher comfort factor than 'area elastic' floors and reduces the risk and severity of injuries. Taraflex® is also available with the Dry-Tex™ System which is perfect for new construction or refurbishment projects with damp subfloors.

Jayne Scott-Kilvert concluded: “The Gerflor Taraflex® flooring also provides a perfect surface for the numerous other sports that are played there such as netball, handball and football. This is the first time we have used Gerflor flooring and we would certainly recommend it to other sports clubs.”

Contact us for a free site survey.

Learn more about Gerflor solutions, ask for a free sample or speak to a specialist today by calling 01926 622 600, emailing contractuk@gerflor.com or visiting www.gerflor.co.uk for the latest innovations.

Godstowe Preparatory School 'delighted' with energy-efficient pool

The High Wycombe-based independent school has installed a competition-sized swimming pool with solar panels and LED



Godstowe Preparatory School, the independent day and boarding school in High Wycombe, has installed a new 25m, four-lane indoor swimming pool centre with a spectators' viewing gallery. The pool was constructed by regional construction firm Beard, an award-winning company with experience in many sectors from education to healthcare.

The £2.8m competition-sized pool development replaces the school's outdated 1970s facility, which the school said had become expensive to operate and maintain. It was designed by MorseWebb Architects to meet Sport England's design specifications.

It has integrated showers and changing rooms, as well energy-efficient photovoltaic solar panels on the roof and LED lighting.

The new pool enables 440 pupils aged between four and 11 to have weekly swimming lessons, allowing more children to become confident swimmers and compete with other schools.

Godstowe Preparatory School's headmistress, Sophie

"It's been wonderful seeing the children's excitement build as they watched their fantastic new swimming pool taking shape"

Guy Hannell, Beard's regional director

Green said: "We are absolutely delighted with the completed pool. Our pupils are busy filling a time capsule to place in the croft and we are all very excited to see the pool in full use."

Guy Hannell, Beard's regional director, added: "It's been wonderful seeing the children's excitement build as

they watched their fantastic new swimming pool taking shape.

This stunning new purpose-built facility, which has been designed and constructed to very high environmental and energy efficiency standards, has been a rewarding project for our construction team to build.

"It's a great asset which

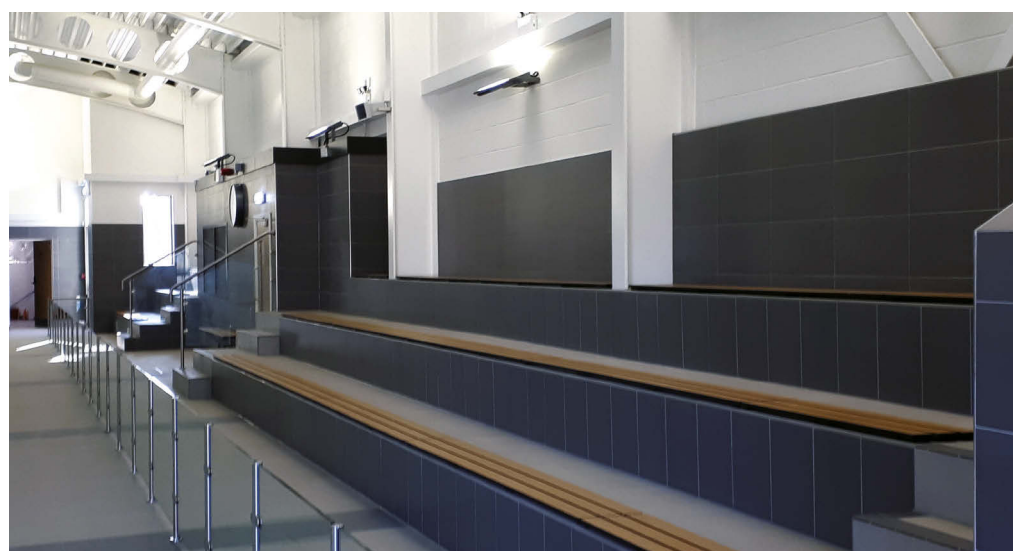
we hope will benefit and be enjoyed by many generations of Godstowe pupils."

The project has also provided valuable industry training for 30-year-old mature student, Aaron Harvey, who is studying for a BSc (Hons) degree in Construction Management at Southampton Solent University.

Aaron was able to combine one day a week in-class university learning with four days of a practical on-the-job construction management training designed and mentored by Beard.

Godstowe is a preparatory school for girls aged seven to 13, a third of which are boarders. It also has a pre-prep and nursery for girls and boys age three to seven. The school was recognised recently as 'excellent' in all categories following its latest inspection.

With 'providing an outstanding preparation for senior school' one of the school's key goals, the swimming pool will encourage the pupils to take up swimming competitively, with a pool that has been built with the real world in mind.





S&C's project at Elmburgh Xcel sports complex

White Horse Contractors to bring knowledge and resources to S&C Slatter

S&C Slatter has acquired White Horse Contractors, a company with over 60 years' experience

S&C Slatter has announced the acquisition of White Horse Contractors, which now becomes a member of The Slatter Group.

Established in 1957 by Arnold Binning, White Horse Contractors provides natural turf sports facilities, land drainage, water engineering, landscaping and civil engineering projects. It has gained a first-class reputation for quality and service in these sectors.

Well-established family business S&C Slatter designs and constructs sports facilities including artificial and natural pitches, multi-use games areas (MUGAs), hard and soft landscaping. The surfacing and civils division is also very successful in securing an increasing share in the infrastructure sector: car parks, roadways and hard standings.

White Horse Contractors will

operate from the group head office in Enborne, Newbury as an autonomous business under the guidance of newly appointed managing director David Smith and technical director James Welsh.

The acquisition means The Slatter Group will now offer a wider scope of services to a broad range of clients within the sports grounds, amenity, leisure, agricultural and equestrian sectors.

S&C Slatter said the “knowledge base and resource that White Horse Contractors brings to the group complements perfectly the skills, technology and experience in artificial surfacing, civil engineering and project development accessible from the existing specialist divisions of S&C Slatter”.

David Slatter, who oversees the operations of all group companies, said: “When I

first took over the business from my father, we provided sub-contract services for White Horse Contractors on their bigger projects. For me they were always the ‘gold standard’ which I was aiming to emulate and to this end I saw a perfect opportunity to approach the directors of

generation of the Binning family to chair White Horse Contractors and said: “I am delighted that we have found another family business which can take White Horse Contractors to new heights and that shares our company ethos and family values.

“Many of our staff have worked with us for decades and it is

“For me they were always the ‘gold standard’ which I was aiming to emulate and to this end I saw a perfect opportunity to approach the directors of White Horse Contractors”

David Slatter, managing director, S&C Slatter

White Horse Contractors.

“To be able to bring their expertise and resource to our family business is a dream come true for me. The depths of services, skills and knowledge that we can now offer our clients in a one-stop shop is industry leading.”

James Binning is the third

important to us that the business continues to be run in the same style as it has for the last 60 years.”

White Horse Contractors’ workshop and plant will continue to grow and thrive under a new name, Muddy Plant Hire Ltd, providing specialist plant hire services to The Slatter Group and the industry.

Sports kit fit for purpose



Kathryn Shuttleworth, managing director of David Luke Schoolwear, says *whether it's competitive or for social pleasure, sports should be enjoyed by all and not avoided due to uncomfortable kit*

Many sportswear brands place kudos on 'being the best': ultimate performance and exclusivity. But for our children, who are exposed to increasing levels of perfection pressure on social media, the freedom to just 'have a go' at sports is fast becoming eclipsed by the fear of not being good enough.

Raising kids with a positive body image, high self-esteem and the desire to participate in sports even if they're not going to be the best is one of the most vital challenges we face as providers of school sportswear in the UK.

As a leading manufacturer of schoolwear and sportswear, I feel it's our duty to promote achievable body confidence images through our own marketing and the product itself. One that champions diversity and inclusiveness whatever size, gender, situation or activity.

Within the market, we have two extremes when it comes to school sports kit. At one end of the scale, you'll find a basic PE kit that looks like it's jogged out of the '80s. Wearing it can make children feel exposed and vulnerable. Especially if sport isn't their first passion. Then we see instances where schools choose very aspirational brands because they want their teams to portray elitism which can result in pupils feeling alienated.

We come from the belief that positive performance can be achieved through participation. The philosophy behind our new sportswear brand, Juco, is that we believe all young people should be able to enjoy being active. We want them to feel happy, healthy and confident, so we have expertly developed our range to make them look and feel great while they move.

Sarie Taylor is a qualified psychotherapist and specialist anxiety coach, and founder of Coaching Healthy Minds. She believes that a child's self-esteem and confidence stems from their beliefs about themselves, and how they see the world around them, whilst comparing their world to others.

She says: "Comparison can often lead to insecurity. It's important that we encourage young people, regardless of skill level or experience, to realise that we are all OK exactly as we are. Life is not about striving for perfection, but to enjoy every moment that we can, taking



The company's new sportswear brand, Juco

“Raising kids with a positive body image, high self-esteem and the desire to participate in sports even if they're not going to be the best is one of the most vital challenges we face as providers of school sportswear in the UK”

part in life fully and unconditionally.”

Encouraging our children to appreciate their bodies for what they can do is a healthy step in the right direction. We need to tell our children that when they play a sport, walk, run, dance, swim – that's your body in action. Simplifying the message and encouraging acceptance from within is a theory that Taylor supports.

She continues: “Stress and anxiety in children and teens does not come from external factors but comes from their thoughts and how they perceive any situation. Everything is experienced through their own eyes, which highlights the importance of inclusivity and acceptance of all of us, no exceptions. Help a child to understand their thoughts, and that they are different to beliefs and truths, helping them see a way of being as important in their own eyes as the next person, and they will

flourish despite the ups and downs of life.”

It's critical that we don't discourage children from enjoying the simple pleasures of PE and school sports because their kit made them feel uncomfortable or embarrassed. We tracked the movements of young people when designing Juco to see where the pressure points are during instances of physical exertion. Basing our designs on the realistic movements of teens and taking into consideration any hang-ups they might be experiencing at their stage of life has enabled us to design sportswear with a brilliant fit that is relevant to today's market.

We've all got a sport spark within us. For some it's excellence and others, it might be social pleasure. Wherever our children benchmark, they deserve to discover the joy of sport and feel like their sports kit is fit for purpose. **ISS**

O'NEILLS KEEPS ITS EYES ON THE PRIZE

In celebrating 100 years of service to the sports market, O'Neills Sportswear is certainly not standing still



One only has to arrive at Dublin Airport and walk through the arrivals area to see the impact O'Neills has on Irish sport: the walls are decorated with famous GAA shirts and there is no escaping the O'Neills brand name as it is proudly displayed on nearly every shirt.

The ongoing developments within our Strabane-based manufacturing facility have allowed us to drive forward new technical aspects of production whilst allowing us to increase our online store market to over 1,500 club and education customers across the world. This is due to the increased stock holding capabilities required for a successful online business.

Developing a place in the competitive UK market has been a major objective of the sales team. Peter Kennedy, the UK new business manager, and Neil Williams, who manages all the professional clubs, joined the O'Neills UK team 11 years ago with the aim to announce O'Neills as an option to all those looking for top quality, UK manufactured products with a lead time to rival the best of the best, only 3 to 8 weeks for bulk orders depending on product type.

With Ben Knight (South of England and South Wales) and Paul Berry (North of England, North Wales and Scotland) now the regional sales managers, O'Neills have 11 sales representatives and an administrative staff, including highly trained graphic designers, totalling over 20 at our Somerset and Lancashire offices.

O'Neills recognises the need for flagship brands. Young people especially are very brand orientated and whilst in Ireland everyone knows the brand, this is not always the case on this side of the Irish Sea.

As one of the brand leaders in Rugby League and supplying Super League clubs Catalan Dragons, Huddersfield Giants, St

Helens and Warrington Wolves, O'Neills recently announced a major global signing with Australian Rugby Union franchise Brumbies. The Brumbies shirt is iconic and, after only a couple of new season matches, is already proving a hit.

England winning the Commonwealth Games Netball Gold Medal and growth of the game in and around the Vitality Super League significantly contributed to O'Neills

“A little and often approach to purchasing can be used to ensure that there is not excessive expenditure at the start of the year”

forming the current partnership links with the Wales and Celtic Dragons Netball teams. Sell-out crowds are watching these matches, TV coverage is on the increase with Sky Sports and a significant number of schools, colleges and university teams are now wearing O'Neills netball kit.

Creating bespoke kit is not just a specialism, it can offer unique opportunities for those who have an eye for design themselves. Many customers have a real input to their kit, as demonstrated by the 1st XI girls at King's Bruton who have had an unprecedented five years of success. The school designed their own kit with the design team.

O'Neills continues to grow its share of the education market and with partners in Independent Coach Education and PADSIS are regularly in attendance at many of their events. Typical of this was the recent ICE Netball Conference where Tracey Neville MBE was able to announce that Oxford HS and Godolphin/Latimer Schools were the winners of a set of bespoke O'Neills netball kits, based on the new designs supplied to Wales/Celtic Dragons.

The O'Neills Online Shop facility, based in the Strabane facility, offers customers a three to seven day lead time on pre-agreed products, which can include teamwear in addition to core sports garments. A significant number of schools are now moving to this method of supply as it totally negates the school's financial output, whilst having a 24/7 platform from which bespoke school kit can be purchased directly.

The success of the online platform has been demonstrated by numerous schools (Devonport HS for Boys, King's Bruton and Manchester GS being key examples) making the move to offer all their school sportswear product via the O'Neills online facility. A further benefit to the schools is a percentage rebate they receive of all sales on their individual sites.

For those who choose to run a school shop, such as Blundell's, there is no longer the need to order massive quantities and wait for months for the orders to arrive. The O'Neills model can deliver in a matter of weeks.

Lower than average minimum orders and lead times of three weeks for stock items with embroidery/print and six to eight weeks for

specially made garments really does help those finding it difficult to manage budgets. A little and often approach to purchasing can be used to ensure that there is not excessive expenditure at the start of the year.

The sourcing of tour kit for large numbers has led to the likes of Kingswood School Bath and Bristol Grammar School turning to O'Neills. Kitting out a tour party of over 80 can be a huge task but, as Tim Reeman (Kingswood) and Fran Ripley (BGS) will vouch for, O'Neills not only eases the ordering process by organising kit sizing sessions but deliver in a four to six week period.

If your school is looking for a UK supplier which ticks every box, please do not hesitate to contact us for details on how O'Neills can help your institution.

O'Neills will do all we can to develop a platform of supply, whether online, direct or both, which will suit your individual needs.

Peter Kennedy: 01458 448 414,
pk@oneillsuk.com
Paul Berry: 01942 487 875,
pb@oneillsuk.com

oneills



sales@oneillsuk.com

PROUD SUPPLIER TO
BRUMBIES RUGBY



NORTH ENGLAND, NORTH WALES
& SCOTLAND

T: 01942 487875

SOUTH ENGLAND, MIDLANDS
& SOUTH WALES

T: 01458 448414

LJPS

Playing Surfaces

LJPS Playing Surfaces are one of South Wales leading natural sports surfaces turf specialists. With our highly trained team of staff and comprehensive fleet of plant machinery we are able to offer our clients a complete turnkey package.

Call on. **07973129607**



Sport Ground Maintenance

Grass Cutting

- Rotary Grass cutting
- Rotary cut and collect
- Rotary hand cut and collect
- Cylinder mowing

Aeration and Surface Management

- Vertical draining
- Shockwave
- Air 2g2
- Slitting
- Tine rake / brush

Laser Guided Line Marking

- Initial mark outs Rugby
- Initial mark out Football

Renovations

- Scarifying
- Hollow coring
- Top dress sand / root zone
- Disc, drill, over seed
- Dimple over seed during season

Fertiliser Application

- Bespoke fertilisation programmes available



Manual Pitch Labour

Pitch repair after games training can be based on an hourly rate per groundsman with tools provided.

This is most probably the most important action for maintaining pitch condition through the winter months.



Before Restoration



After Restoration - 6 weeks later



Contact us on

07973129607

www.ljplaying Surfaces.co.uk

How can trips encourage more enthusiasm for sport?

An unforgettable sports trip could be the difference between a child forming life-long healthy habits and losing confidence in sport.
Gary Burgess, head of officiating for England Netball, investigates →



ABOVE: The England Roses winning the netball at the Commonwealth Games 2018

It goes without saying that physical education is an important part of any curriculum. It's key to the development of early healthy physical habits, particularly with the increasing temptation of screens and resulting sedentary activity among young people, not to mention the growing problem of childhood obesity. According to several research studies, inactive children are more likely to become inactive adults, so getting physical education right from an early age is vital.

After a long, cold winter, summer is the perfect time to get pupils outdoors, but they need to be motivated, inspired and encouraged to get active. So how do we do this?

Nurturing a love of sport is vital. Apart from the physical benefits (pupils who engage in school sports are more likely to be fitter), participation in sports has been found to improve anxiety and stress levels, as well as disruptive behaviour in classrooms. Aside from this, sport has also been linked to academic achievement.

On a personal level, for pupils in younger years sport can really help them to develop their personality, build their confidence and improve relationships with their peers. Through the enhancement of these social skills, younger pupils can find integration easier, particularly if they have just transferred to secondary school.

There have also been some notable recent studies into female pupils and their participation in sport.

Reports suggest that girls are not engaging with their PE lessons and that they are equally not meeting the recommended levels of physical activity. Whilst many girls recognise that being physically active is important, according to the Youth Sport Trust, the issue here is taking part. The positive benefits, both physical and mental, are being missed by too many female pupils.

Sportswomen are gaining more coverage, however, and with this summer's FIFA Women's World Cup and the Vitality Netball World Cup along with the 2021 Women's Cricket World Cup, more attention than ever is being given to female athletes. And when it comes to nurturing that love of sport amongst pupils, the timing has never been better.

HOW TO HELP

In my view, one of the best ways to get young people enthusiastic and excited about sport is through inspiring, unforgettable sports trips. Live events are ideal for

“ Around year nine is a great time to target pupils with an unforgettable sports trip. At a time when they are beginning to consider GCSE choices and further education, it is prime time to get them involved ”

Withington girls excited to see role models in action



Liz O'Neal, head of PE at Withington Girls' School (WGS) – an independent day school for girls aged seven to 18 in South

Manchester – has experienced first-hand the powerful effect of pupils getting involved with and watching team sports

“WGS is one of the leading academic girls' schools in the UK, but academic results alone aren't enough to help girls grow into confident, well-rounded adults. Watching and playing team sports helps pupils learn to deal with success and failure.

“They see that it's OK to make mistakes; learning how to rectify is how we develop and grow. We're really looking forward to the Vitality Netball World Cup being played so close to home to see some of the girls' role models in action.

“There are lots of opportunities to play netball at all levels at WGS, both elite – we've had success in cup and national competitions – and recreational. I see lots of girls develop confidence through sport. The more they play, the better they get. This confidence transfers into all areas of the curriculum.”

this. The buzz in a live atmosphere can't be matched in the classroom and stays with pupils long after they return. The varying roles that come along with sporting events, such as coaches, officials, physiotherapists and umpires like myself are there to see first-hand and open up new avenues of opportunity for those who may not have previously considered them.

This is without mentioning the athleticism, pride and motivation of the players themselves. Seeing committed, resilient role models live in action is invaluable, particularly for those female pupils who may be feeling disengaged with sport, helping to close the gender gap. A live event shows pupils what can be done, and brings their physical education to life, really engaging them and avoiding the lesson format that can be fallen into in other sports trips.

The opportunity to spend a good amount of time with pupils away from the classroom is another great thing about sports trips. As well as the role models showcased at a sporting event, a trip is a chance to build on teacher-pupil relationships, show your passion for sport and thus reinforce your own image as a positive role model. I always found that, after a trip, pupils were more committed to their studies than previously, with stronger teacher-pupil bonds.

WHEN TO PLAN A TRIP

When it comes to planning sports trips, think about the age group and what you want pupils to get out of it. In older year groups, pupils can start to experience a lack of confidence or insecurity about their abilities, which can lead to a drop in sports participation.

Around year nine is a great time to target pupils with



an unforgettable sports trip; the more exciting, the better. At a time when they are beginning to consider GCSE choices and further education, it is prime time to get them involved in the world of sport.

I would recommend also considering how to relate the trip back to classroom learning. Will your GCSE students be focusing on muscle groups and nutrition? Or will your Year 8 female pupils be looking at sportswomen and their position as positive role models? Sports trips are the ideal way to embed knowledge, particularly for kinaesthetic learners.

At a time when the health of young people and the engagement of female pupils in sport is high on the agenda, we also have a simultaneous growth in the coverage of women's sport, and some incredible events on home soil. The timing couldn't be better to get pupils out of the classroom, and get them excited and engaged about some of this year's amazing sporting events.

Sport is such a vital part of any curriculum and getting pupils inspired by it is essential if we are going to teach them to lead active lives. Teachers are in one of the best positions to encourage lifelong habits and we need to keep physical education as a top priority, helping to keep our pupils healthy, happy and inspired.


Find out more about school package offerings for the Vitality Netball World Cup 2019 here: www.nwc2019.co.uk/schools

BELOW: Jade Clarke, Netball World Cup ambassador

Picture credit: depositphotos.com



CONICA
SWISS SURFACING SOLUTIONS



Maximise Potential
ATHLETICS TRACKS • SPORTS HALLS • CLAY COURTS

World class sports surfaces that develop the stars of tomorrow

Phone +44(0)1636 642 460 www.conica.com

INDEPENDENT EDUCATION TODAY

Celebrating the UK's independent schools



THE LATEST NEWS, FEATURES AND EXPERT OPINION FROM ACROSS THE INDEPENDENT SCHOOLS SECTOR

ie-today.co.uk
@IE_Today

rebo Create opportunity



From £3,995 with benefits packages

MULTI-SPORT WALLS

- Fast improvement for immediate engagement
- Build confidence – no right or wrong way to play
- Transform any space with minimal disruption
- Coach large groups of children with 100s of drills
- Angled surface suitable for all ages and abilities
- Customisable & highly-durable with long guarantees

Find out more rebowall.com/schools





The student becomes the master

Jo Golding speaks to Max Todd about his school days at Rydal Penrhos and why he returned as head of sailing





ABOVE: Rydal Penrhos is one of very few schools able to teach sailing as part of the school curriculum

What more can a school ask for than its pupils to enjoy their time? Rydal Penrhos can go one further, with a former pupil who even credits their sporting

success to the school's supportive environment.

Max Todd, having loved sailing at Rydal and gone on to train on an Olympic programme, as well as compete both at home and internationally, is now the head of the school's sailing department.

He looks back on his school days: "When I was at Rydal, so many sporting opportunities were available to me and I was very fortunate to have facilities and an outdoor playground on my doorstep, as the school is located in North Wales. I was a boarder as well, so it was normal for there to be fixtures at the weekend and a game session on a Wednesday evening.

"I played rugby briefly, a bit of hockey and participated in a multitude of other activities such as mountain biking, climbing, believe it or not horse riding, and kayaking. However, the sailing department was where I felt most comfortable and at home. I would say you don't really know what your main sport is until you're about 14; I was a sailor through and through.

"The support that I found within the school from the staff as a child had an incredible impact on me. At any stage I struggled, there was somebody there to support me. Rydal is a fantastic school and it's somewhere I will never forget; I owe the school a lot. A lot of my success has come from being exposed to that environment."

Todd comments on the freedom of sailing as something he particularly enjoys: "I think it's the independence and the responsibility that you're given. You're given a boat and you're asked to go out and make your own decisions. I see in my day-to-day work now that that's not something every child enjoys. I was quite stubborn as a child, and still can be to this day, so I was drawn to the opportunity to go out and make my own decisions.

"The hardest thing about sailing is the variation, although it's probably one of the things I love about it also. Every time you turn up at the beach, depending on the condition that you're confronting, you're faced with a different set of challenges. In light conditions you need to be patient and concentrate for a long period of time because things don't happen

quickly. If it's a windy day it can become a massively physical challenge as well as a mental one. It's a fluid environment and you need to be able to adapt to it."

BACK TO SCHOOL

Todd now enjoys a variety of roles, one of which is back at his old stomping ground: "I am the head of the sailing programme at Rydal, which is a consulting role so whenever the school is making a decision about sailing, they ask me my opinion on it. It's not a full-time role inside of the school but I give guidance and try to push the school in the right direction.

"I actually work closer with the parents than the school on the whole. If you get a parent who is interested in taking their child's sailing forward, I will facilitate their progression into their sport, outlining pathways. I am there to provide them with the solutions to their problems.

"I have other responsibilities with the Royal Yachting Association as a head Welsh coach for a class of boat called a 29er."


Todd has come back to competing himself recently. He explains: "Last season I came second in the WASZP National Championships, which is the pinnacle of my sailing.

"I also came fifth at the 49er National, competed internationally and did the Palamos Christmas Race, Kiel Week and the 49er Europeans in Gdynia."

His best moments? "One of my highlights is winning the 29er European Championships in 2005.

"Another is the first time I turned up to a training camp for the Olympic programme and was surrounded by gold and silver medallists; I couldn't believe the esteemed company I was in.

"When I got to the training camp and realised I'd partially achieved the goal I was aiming for, after being brave enough to go after what I wanted at school, it was quite a good moment."

However, it is often the success of others that brings people joy. For Todd, it is his pupils: "I am very proud when watching pupils' achievements. Being on the other side of the fence coaching means it doesn't need to be a medal win, sometimes it can be seeing someone who was terrified of the water smiling at the end of the session that is the most rewarding." 



Sailing down to a science

Lucy Gates started sailing at the age of nine at Upton House School and has since gone from strength to strength. Now she sails every weekend whilst in her second year studying Natural Sciences at Cambridge University

Q When did you start sailing and what do you like about it?

I started sailing when I was nine during the summer holidays with a friend from Upton House School and I immediately loved it.

Over the next two years I went on many training courses, started sailing nearly every weekend and first started racing when I was 10. I belong to Queen Mary Sailing Club in Sunbury.

I spent two years in the Royal Yachting Association (RYA) South East Zone Squad. There is a series of qualifiers and the best sailors in each region in the UK are offered places in the regional squads.

In my first year in the Zone Squad I spent quite a lot of time capsized. I was the youngest in the squad at 10 years old and lots of the other sailors were 14, so I had a real disadvantage in strong winds as I was really small.

However, I got bigger and better and in my second year in Zone Squad I spent a bit more time learning to sail faster, rather than how to stay upright!

Then I got an invitation to join the National Intermediate Junior Squad and I achieved my ultimate goal of a place in the National Junior Squad. As it is a national squad, I met lots of new friends from all over the country.

There were 24 people in my squad and we were backed by four really good coaches as well as physiotherapists and nutritionists.

Aged 14, I moved from Toppers to Laser Radials.

Lucy rowed at Upton but returned to her passion of sailing at university



Upton House School



Sailing Toppers in the 2013 World Championships

This is the Olympic-class ladies single-handed boat. I represented GBR at the Laser Youth World Championships in Poland which was a fantastic experience. I also enjoy yacht racing and take part in races in these bigger boats too. I took part in a race from Cowes to France and back, which was amazing.

I spent the last three summer holidays working as a sailing instructor, which has been a fantastic opportunity to share my skills and enthusiasm for sailing, as well as earn some money doing what I love!

I would recommend sailing to anyone and encourage them to have a go, so long as they don't mind getting wet. You make lots of friends from all over the country, it keeps you fit and racing is great fun.

Q What are your biggest sailing achievements?

I worked my way up through the various RYA squads and have represented Team GBR at European and World Championships, sailing Toppers and Lasers.

I was a member of the Cambridge University crew winning the International Top Universities Regatta 2018 in Qingdao, China against university teams from all over the world.

I am now a member of the Cambridge University Sailing Team.

Q Tell me about your time at Upton House School and Sir Williams Perkins School?

I loved Upton House School and Sir Williams Perkins School (SWPS) as I love to keep busy and have lots to juggle.

I think Upton made me well-rounded as it was great academically, but also for sport and developing my confidence. Science and maths were two of my favourite subjects at Upton as I had a fabulous teacher who loved



ABOVE: Lucy, aged 10, chipping ice off her boat before sailing


doing practical work, and this really inspired me.

I played in lots of sports teams at SWPS, such as hockey, netball and badminton, but my first love was and always will be sailing. I also represented my school in many maths, science and engineering-based competitions, and completed my Gold Duke of Edinburgh's Award.

Q What are you doing now and what are your future goals?

I am studying Natural Sciences at Cambridge University, specialising in chemistry. I sail every weekend and compete in many inter-university competitions.

The social life is great and occasionally we win too!

Racing at a high level has taught me not only the importance of physical and mental fitness, but also to deal with pressure in challenging situations. I compete in both single and multi-handed boats, which has helped me to work well as an individual and as part of a team. I would love to continue sailing both competitively and for pleasure. 



Olympic sailing coach gives inspiring talk at Bolton School

The 46th annual Tillotson Lecture at Bolton School Boys' Division was given by former pupil, John Derbyshire OBE, whose involvement with the Royal Yachting Association British Sailing Team spans 32 years as coach, Olympic manager and director of racing.

He spent the whole day in the school, during which he was interviewed by a young sailor, Thomas Platt, and met with gifted and talented sports pupils.

Come the evening, Derbyshire took centre stage to reflect on his career, provide insight into Olympic sailing, and explain how Great Britain became one of the best sailing nations in the world.

He was first grabbed by the sport while still a pupil at Bolton School, from 1963

to 1974. It was the mental side of sailing which really interested him, described as "chess on water", with sailors anticipating wind shifts and the movements of other boats in order to be successful.

In 1984 he had the opportunity to work at the National Sailing Centre as a coach. His first Olympic Games as coach came in 1988, "the most amazing experience". After not being selected as Olympic Laser coach in 1996 he became involved with Paralympic sailing; the team went on to win a gold medal. Looking back on this experience, he advised the audience to "try to find a positive" from disappointment.

Talking more broadly about his approach to leadership, he said that coaching is in essence "creating the environment for athletes to be the best they can



John Derbyshire OBE

be". He talked through the values he set for the British sailing teams – passion, innovation, a commitment to excellence, fun, honesty – and the need for collaboration between all sailors on the team, despite being in competition with each other for Olympic places.

Finally, he said that, although

he didn't have a plan when he left school, he gradually built on the opportunities that came along. He reassured pupils who might be in the same position, saying: "You never know when the thing you want to do with the rest of your life will come along. When it does, grab it, take a chance and have some fun."

Derby High School sisters win National School Sailing Association Teen Race

Sisters from Derby High School are celebrating after they won the National School Sailing Association Teen Race.

Kate and Emma Robertson represented Derbyshire with another young sailor at the competition, which saw them sail as a team of three but in separate boats. They won the Teen Race after coming first in nine out of 10 races at the contest, which was held at Farmoor Reservoir where students from Oxford University train.

Judith Hancock, head of physical education at Derby High School, said: "Emma and Kate are very talented sailors and train and compete extremely well in all weathers, every

week. Derby High is justifiably proud of all their achievements and look forward to watching them compete regularly at the highest levels. A big well done!"

Kate said: "We were pleased to win, we took part in the same competition two years ago and won but winning wasn't even on our radar then."



Kate and Emma Robertson

Sailing department receives prestigious RYA accreditation

Rydal Penrhos' sailing provision is now fully accredited by the Royal Yachting Association (RYA), allowing them to host various courses, including dinghy level one, two and three, in addition to dinghy seamanship skills and sailing with spinnakers.

Administrator Petrina Blomeley said: "The location of our school, proximity to the seafront and the opportunity to sail under the RYA Training Centre Scheme at Rydal Penrhos offers a significant benefit to the delivery of an outstanding Outdoor Education programme, and we are one of very few schools in the UK able to teach sailing as part of the school curriculum."

Sailing in numbers

The latest sailing statistics from the Royal Yachting Association (RYA) and more

110,301

is the total number of RYA members as of December 2017

www.rya.org.uk

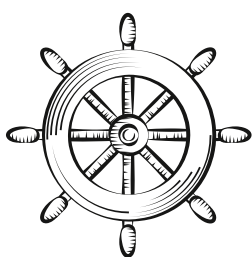


There are **3** independent schools that offer

SAILING SCHOLARSHIPS:

Milton Abbey School, Royal Hospital School and Ryde School with Upper Chine

www.isyb.co.uk



There are
MORE THAN
400

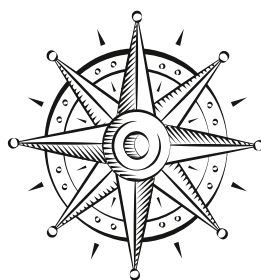
sailors expected to attend this year's 49er, 49er FX and Nacra 17 European Championships

www.britishsailingteam.rya.org.uk

The most popular RYA course in 2017 was
POWERBOAT LEVEL 2,
with approximately
30,000

people taking the course

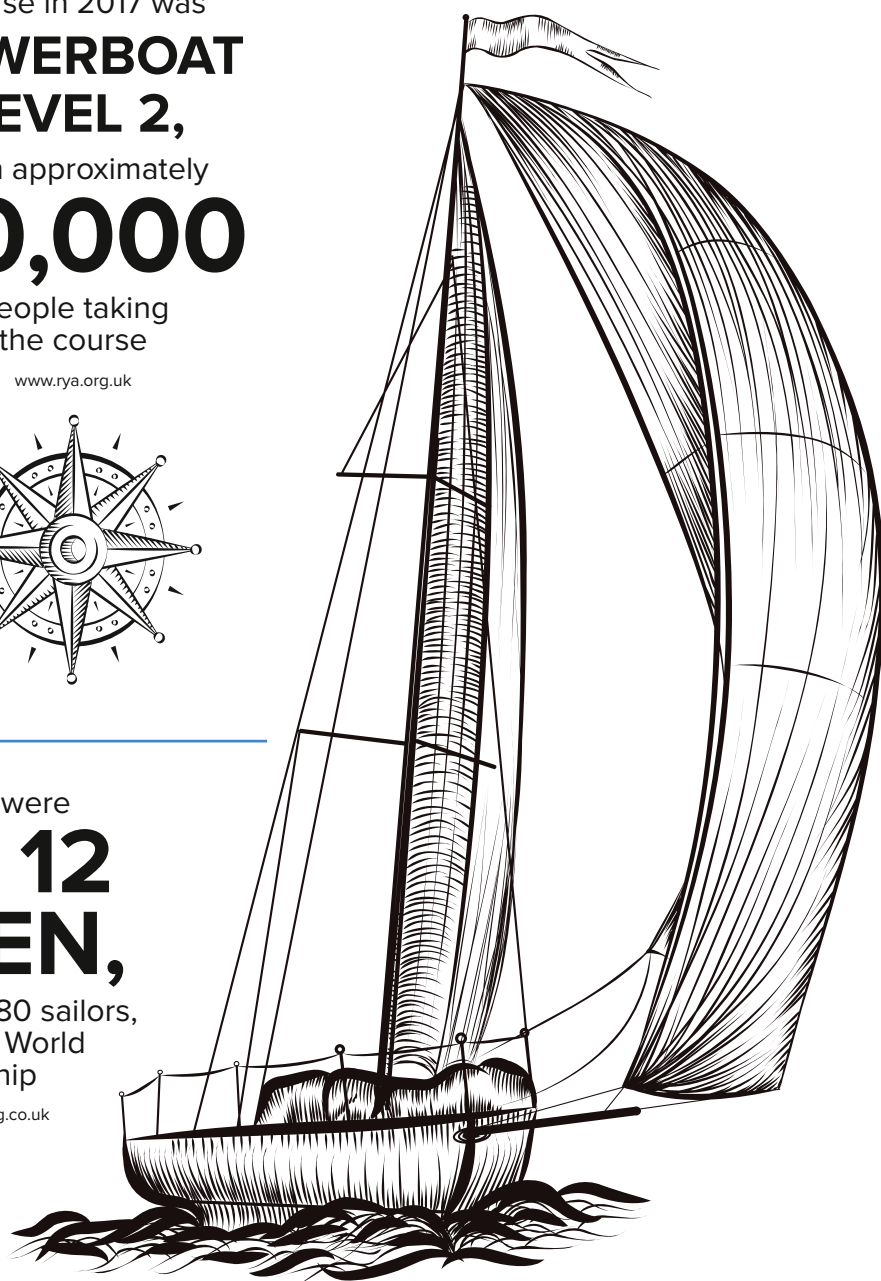
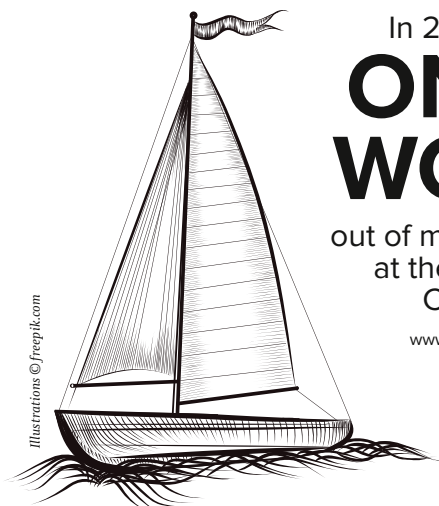
www.rya.org.uk



In 2016, there were
ONLY 12 WOMEN,

out of more than 180 sailors, at the Swan 45 World Championship

www.yachtsandyachting.co.uk



WE DON'T PLAY AROUND



WITH OUR ARTIFICIAL SURFACES!

Renowned for our quality and famous for innovation, Playrite has been successfully manufacturing products for the sport, play and leisure industries for over 25 years. Manufactured to the highest quality, our synthetic surfaces are suitable for specific sport applications in a variety of grades for both indoor and outdoor.

Whether for sports, leisure, play areas or landscaping, our range of over 50 artificial surfaces will match your exact performance requirements for years to come.

You can trust Playrite

- Impartial advice offering all 3 manufacturing processors
- Wide range of sports surfaces
- UK manufacturer
- Approved contractor partners

- Expertise in advising schools, colleges and Universities on types of sports surfaces
- Choice of colours
- Accredited ISO9001 and ISO14001



MULTI-USE



FOOTBALL



TENNIS



RUGBY



HOCKEY



CRICKET



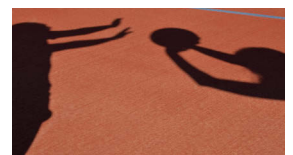
BOWLS



GOLF



NETBALL



www.playrite.co.uk

Tel: +44 (0) 1924 412488 Email: info@playrite.co.uk

playrite
Specialist
Surfaces for Sport and Leisure

Those that can, coach

Coaches take teaching outside onto the sports fields, often beyond school hours, but what makes them tick?

Simon Fry asks the questions →



Millfield School rugby



ABOVE AND RIGHT: Millfield School athletics, rugby and cross country

MILLFIELD SCHOOL



Millfield School's director of sport, Scott Drawer, considers himself fortunate to work with some amazing people in development through to high-performance coaches, athletes and support staff. "The most rewarding element is having the opportunity to share experiences with people who do everything to help an individual achieve their dreams."



What do you love about sport?

Sport provides a unique development context for any individual of any ability. In sport you lose more than you win, you make more errors than you succeed, and you have the opportunity to challenge yourself every time you play, practise and compete to master a new skill. You learn about yourself and your own behaviour in sport and that helps us to succeed on whatever life path we may take.



What do you want for your school?

What matters is what we can provide for the parents and pupils. Millfield has a great history and heritage that recognises the value of sport in developing people, which was the vision of the school's founder Jack 'Boss' Meyer and remains at the heart of our sport, music, art and academic offer today.



What does sport bring to a child's development?

Sport can help benefit all aspects of the learning

and development environment in which any educational establishment operates. People take the physical and mental development through sport as a given, however, development of other psychosocial behaviours which underpin our values, beliefs and mind-set as individuals are as important.



How do you see sport in independent schools changing in the next five years?

Funding in Olympic/Paralympic sport and broadcast investment in professional sport has had a dramatic impact on the development pathways which now exist within the UK. Equally, expectations about the true value of sport in development have changed and impacted how parents and pupils engage in sport at school level. Independent schools have a significant responsibility to manage that and to make a more significant contribution to sport in UK education as a whole. Our aspiration is to become the voice for sport in education and to find new ways to make a difference to everyone who chooses to engage in sport.





Oakham School



Iain Simpson, director of sport at Oakham School, considers coaching a team of invincibles his greatest achievement; the school's U15C netball

team had an unbeaten season last year. "It doesn't get better than that."

Q What do you love about sport?

The best thing about sport is the way it can transform lives. Over three decades I have been privileged to experience so many success stories of children who have built their character, values and behaviours around the sport they have played and those they have played it with.

Q What makes an excellent director of sport?

I am one of over 75 people working to deliver sport at Oakham, from coaches to sports centre staff to drivers, medical staff, ground staff and caterers. The best thing I can do is to make everyone feel valued and give them the freedom and support to go out and do a great job.

I think the secret to any leadership role is to give people your trust and let them take responsibility.

Q What does sport bring to a child's development?

Sport gives children experiences when they are the best and feel like a superstar, and experiences when they are challenged and really have to dig deep and find a way to cope. I think this variety of experiences is fantastic for any child. I believe an education equipping young people for a changing world should be heavily skills-based: problem-solving, planning, self-regulating and coping with pressure. All these can be taught through sport.

Q How do you see sport in independent schools changing in the next five years?

In the next five years I think there is the danger of school sport trying to become too much like professional sport. It is an arms race of fancy job titles, facilities and equipment and podcasts. We must remember just because something is important in one domain it is not necessarily important in ours. The most important factor in any school for giving a rewarding and productive experience to any child is good coaching. That is above everything else. Good coaching is the key.





Badminton School



Badminton School's director of sport, Sarah Gomersall, considers winning back-to-back team gold medals for Great Britain at the U21 World Modern Pentathlon Championships whilst studying full-time for her undergraduate degree her greatest achievement.

Q What do you love about sport?

As well as the obvious physical benefits sport yields, I love that sport has the ability to instil so many great qualities and positive values that are transferable into all aspects of life: communication, teamwork, fair play, determination, commitment and dealing with failure/adversity to name just a few. No other subject has the ability to embed the core values of life as sport does.

Q What makes an excellent director of sport?

Of course, a passion for sport is an absolute must but ultimately, it's the work behind the scenes making the real impact. The ability to be a good leader, decision-maker, team player and a motivator, with high organisational skills, within the school community. It's essential to ensure the pupils are the central focus to ensure the school and the department creates a positive, encouraging environment for all to thrive.

Q What does sport bring to a child's development?

Sport is hugely essential to a child's development, not only in terms of

improving their physical literacy and co-ordination, but also in developing their social, mental and moral grounding. Sport teaches pupils to be self-aware, promotes social interaction through teamwork and co-operation, builds self-discipline and respect, boosts self-esteem and helps them develop lifelong healthy habits.

Q How do you see sport in independent schools changing in the next five years?

Although there is still a heavy emphasis on traditional team sports in the independent sector, there is more demand for a broader sport offering which cannot be ignored. I have witnessed first-hand the impact of increased exposure particularly after the recent successes in women's international netball and cricket.

This continues to have a huge impact on interest and participation but has also informed curriculum changes around the country. One of the ways we have moved sport forward at Badminton over the last few years is by broadening our curriculum to offer the likes of ultimate frisbee, cricket, climbing, touch rugby and water polo to name just a few.

“Although there is still a heavy emphasis on traditional team sports in the independent sector, there is more demand for a broader sport offering which cannot be ignored”



OUNDLÉ SCHOOL



Outside of school sport, Rugby World Cup winner Danny Grewcock MBE, Oundle School's outgoing director of

sport, considers his career in professional sport and performing at that level to be his greatest achievement. He will leave Oundle in September to become Clifton College's high-performance rugby manager, a joint initiative with Bristol Bears Rugby Academy.

Q What do you love about sport?

The competition and the challenge which pushes you out of your personal comfort zone. The shared adversity of a team game or challenge and the humility sport brings; that honour of being in a



Danny Grewcock MBE, Oundle School's outgoing director of sport, training pupils

team and the expectation to do your bit. I love seeing others grow; not the fastest or toughest necessarily, but the ones who try, fail and try again. Seeing how character changes through sport is what it is all about; the bravery of pupils stepping out of their comfort zone to lead a group. Bearing witness to the physical and mental development of pupils through sport is a real privilege.

Q What has been your greatest achievement?

Within school sport it has been developing a coaching style that is a philosophy, encouraging a willingness to 'give things a go' and to understand losing is not failure. At Oundle, sport plays an important part in shaping the values and character of pupils and as a result, pupils develop into creative,

“ My greatest achievement has been developing a coaching style that is a philosophy, encouraging a willingness to ‘give things a go’ and to understand losing is not failure ”

adaptable and strategic thinkers both on and off the pitch.

Sport comes under the remit of Alistair Sherwin, Oundle School's deputy head co-curriculum:

Q What does sport bring to a child's development?

Sport allows individuals to learn about themselves and their peers in competitive situations, making them think, change tack when required and

cope with adversity in a highly pressurised environment. Mental agility to adapt within a game and to control the 'flight or fight' feeling is a skill that will aid resilience in many other aspects of life.

Q How do you see sport in independent schools changing in the next five years?

Hopefully there will be much greater recognition within schools of the benefits of sport across pupils' lives, especially with regards to mental wellbeing. **ISS**

LOOKING TO MAKE YOUR SCHOOL STAND OUT?

FLAGS4EVENTS

IS HERE TO HELP

**FLAGS THAT ARE PERFECT FOR SPORTING
EVENTS, SUMMER BALLS, FAIRS AND TERM TIME
ACTIVITIES WHILST GIVING YOUR STUDENTS A
SENSE OF IDENTITY**

Whatever you are looking for, whether it is Feather, Banner or Traditional Flags, Pop Up Tent or Hex Tent, and even a brilliant Backpack Flag system, we are here to help. With an efficient and personal high quality service.



GREAT QUALITY

All flags and banners are created using crisp high quality digital print with strength, durability and portability in mind.



PEACE OF MIND

You will be guided through the process making it simple, fast and pain free.



IMPORTANT TO YOU

We know that your school is important to you and will do all we can to exceed your expectations.

**Whatever your requirements - large
or small, on a tight deadline or with
time to spare...**

PLEASE GET IN TOUCH ON

01332 813 150 or 07825 147429



www.flags4events.com | michelle@flags4events.com
Carnival Way, Castle Donington, Derbyshire. DE74 2HP



Tours abroad: a cultural and sporting adventure

Felsted School headmaster and sports enthusiast **Chris Townsend** *points out the educational goals of the international sports tour*

Sport has been central to life at Felsted for a long time, and team sports offer a great opportunity for learning and developing important life skills. Supporting your friends, coping with failure, teamwork and losing with dignity (or, indeed, winning with humility) are all encouraged when sport is played in the right way. Of course, sport also helps to support a healthy lifestyle and studies are showing increasingly that it is a key support to good mental health and wellbeing. For these reasons, and many more, sport is part of every child's experience while at school.

But, when the pitch is not on home turf, the learning can be all the more life-changing. A tour enables students to have a time dedicated to their sport of choice, in a way that term time rarely allows. It brings together a group of young people in a close team environment, where they are dependent on one another and it forces them to step out of their comfort zone, facing different challenges and experiencing

different cultures at the same time.

At Felsted, students as young as 12 are invited to travel the world to play sport. Not only do they pack their kit for rugby, cricket, hockey, netball or tennis, but they take with them the honour of representing their school and, to a certain extent, their country.

Our teams regularly cross the continents to clash with their counterparts in Australia, South Africa, even Barbados and the USA. Tourists in both senses of the word – moving from place to place to play the games they love and at the same time soaking up the culture of a foreign land. The best tours will give young people a real experience of life in another country, not just on the field of play, and should be seen as a cultural adventure as much as a sporting one.

These are experiences that are impossible to replicate at home. Our boys and girls meet young people who are like themselves in so many ways, and no less talented with a bat or a ball, but their lives away from the field of play may be so very different. The memory of a hockey tackle or a few

overs with children in the township of Langa or on the streets of Mumbai are indelible.

It is this opportunity to deepen understanding and respect for others that promotes in our young people an outlook that is truly global – compassionate, caring and responsible.

Common bond of sport

Friendships are forged with opposition and team-mates alike. When the final whistle blows, our squads don't only head back to their hotel rooms, they are often billeted in the homes of their opponents, welcomed into the host family to find out what normal life in this country is really like. The common bond of sport means the conversation never runs out and there are always anecdotes to share. It's also a chance to bond with the buddy you're staying with, to stick together in unfamiliar surroundings and to make connections for future life.

Although many of our students are boarders and think nothing of staying away from home for a week or more, those who are day students appreciate the chance →



Felsted's boys hockey tour





“With so much experience packed into a short space of time, a season’s worth of improvement can easily be achieved on one tour”

to spread their wings and develop their independence. The support of friends, old and new, can be invaluable and a whole new community is formed as the squad progresses from venue to venue.

Shared experiences are central to this. Learning to surf together on the beaches of New South Wales, drumming with township children in Africa, swimming with turtles in the Caribbean and being taught about the conservation of elephants in Cape Town; these moments will be remembered for a lifetime.

There can be much to discover on the field of play too. It is amazing how the same game can be played so differently and, from the competitive nature of the cricketers in Australia to the physicality of netball in Barbados, the techniques and skills of

players of other nationalities can be eye-opening. Quickly getting the measure of the playing style of a succession of opposing teams can be a challenge and one which will only sharpen the school’s squad for future fixtures. The consolidation of a side through a tour will certainly help teams to enjoy greater success back home in the UK.

Indeed, the intensive competition of playing a match a day or every other can give a real boost to players’ skills and confidence. With so much experience packed into a short space of time, a season’s worth of improvement can easily be achieved on one tour. The squad can return with a raft of new techniques for higher-quality play, the ability to read the opposition, the improved fitness and stamina to give their all, and the team spirit to carry them

right through to a successful season.

Having just returned from a cricket tour to Pakistan, I can vouch for how much of a learning experience a tour offers, with an insight into a fascinating country, with a remarkable history, alongside seeing a huge level of enthusiasm for cricket among the population. The best tours will always be more than just about the sport, and as with all global travel, should be directed at broadening experience in every sense.

For staff, who take these tours, noting how their charges adapt to life in another country and handle the emotions of competitive game play without the usual support network of house – or actual – parents can be telling. Insights into each individual’s character are of great importance both on and off the pitch, and inform the coach or teacher’s approach when choosing the techniques most likely to bring out the best in the individual. Knowing every member of the squad – or the class – well is intrinsic to the success of the holistic education we strive for at Felsted; sports tours abroad are one more way to put this approach into practice. **ISS**



A FULLY FEATURED GDPR COMPLIANT LEISURE MANAGEMENT SYSTEM

- **Membership Systems:** Entry Control, Direct Debit Collections and Contact Management
- **Access Control:** Doors Turnstiles, Gates & Barriers using Fingerprint or Card Systems
- **Till Systems:** Epos Touch Screens, Chip & Pin, Stock Control
- **Web & Mobile:** Online Signups plus Activity and Class bookings from all devices
- **Support:** Telephone & Dial-In Support every day of the year

- **Sales & Marketing:** Selective database marketing capabilities using SMS, post and email. Fully compatible with MS Office and Brief Your Market for a complete suite of marketing tools.



- **GDPR:** Consent Management & Marketing Preferences with Members GDPR Portal

*Flexible Payment Plans
Now Available*



Contact us: **+44 (0)1423 873873**
www.sportsoft.co.uk

TRAIN TO TEACH PE

Blended-learning teaching qualifications that support the work you already do.

PHYSICAL EDUCATION PGCE
AVAILABLE IN:

PRIMARY, PREP, SECONDARY,
INDEPENDENT & INTERNATIONAL
SCHOOLS



LEARN MORE



www.buckingham.ac.uk/education



01280 820 222



THE UNIVERSITY OF
BUCKINGHAM
SCHOOL OF EDUCATION



HELPING TO BUILD A CONFIDENT AND ACTIVE GENERATION

Squadkit is on a mission to foster an ethos of inclusion, whilst also dramatically reducing its environmental impact

As the leading supplier of curriculum sportswear to the UK's top schools and colleges, we at Squadkit are driven by a core principle that helping aspiring young athletes to look and feel good is essential to unlocking their potential.

There is an increasing pressure upon and within schools to inspire and engage young people in sport. There's also an increasing understanding that the reasons for disengagement are complex, and they're often not helped by poor-fitting, low- (or 'no'!) tech activewear in a social media-influenced world, where high-performance gear that looks good holds a great deal of weight.

This raises a few questions when it comes to designing school sportswear:

- How do we strike a balance between form and function?
- How do we foster an ethos of inclusion in an activewear market driven by 'exclusivity'?
- And how do we do this in a way that is sustainable for schools, parents and the environment?

FORM AND FUNCTION

Squadkit is designed to perform. It's also designed to work with young bodies in particular, with a firm eye on current trends and cuts. The keyword here is fabric.

Stormtex is our water- and wind-proof winner, used on both our curriculum and staffwear jackets. Performatex is the main fabric in our shell jackets, and lends itself to a distinctly tailored look. Hydrocool is a

wicking playing layer that draws moisture away from the skin: very important with school sports kit! Our base layer fabric, Climaskin, is there to protect the wearer's skin from abrasions and the elements. We put a lot of thought and research into our fabrics, and our buyers travel the globe to find ones that meet our standards when it comes to consistency, colour-matching and robustness.

INCLUSIVITY IN AN EXCLUSIVE WORLD

There are plenty of brands out there who are only too happy to be associated with the elite players. But what about those kids who will never make the first team, who love sport nonetheless? What about those who, when they realise that sport will never

SUSTAINABILITY

There's little point in talking about inclusivity if we're not willing to live it across every aspect of our business. While Squadkit is a relatively small company, we recognise and embrace the fact that we have an important role to play in ensuring that our industry rises to the environmental challenges it faces, and that our own operations have as positive an impact as possible on the world and the people involved.

Mirroring our Squadkit positioning statement of Count Me In, we are also unashamed globalists. The trading agreements we have with our suppliers mean that in turn they can offer meaningful employment to their staff, which gives

“While Squadkit is a relatively small company, we recognise and embrace the fact that we have an important role to play in ensuring that our industry rises to the environmental challenges it faces”

be their strongest point, simply give up? Those who just need a chance to develop an interest in getting active? Those whose main wish is to feel comfortable when their body doesn't live up to an elusive ideal?

Sportswear can't solve any of these. It can, however, help. It can help to support change and a shift towards greater engagement. There has to be a place for both elite and the vast majority that makes up 'everyone else', and one where both hold equal, if different, importance.

them the opportunity to grow and develop. But this cannot come with a cost to the environment. To this end, we are also investing in dramatically reducing single-use plastics, moving to recycled polyester where we can, and ensuring that our manufacturing processes produce clean waste water and our cotton is sustainably sourced.

Squadkit's 'we're in this together' ethos is one whose time has been long overdue and we hope a welcome change in the school sports landscape.



The power of play

Marco Boi, founder of Playinnovation, says an innovative mindset will allow your school to engage all children in play

Although schools are becoming more open to investing in less traditional and more forward-thinking sport and play areas, there's still work to be done to change an outdated perception of play in the education sector, and for teachers and governing bodies to realise the full range of health and social benefits that can be achieved by going beyond the status quo.

What upsets me is that when I walk past a standard multi-use games area or ball court, it's usually being used by a small minority of children, mainly older boys. My view is, if we can think innovatively to create sport and play areas that are fun, vibrant, interesting and truly inclusive, where all ages and abilities feel welcome and can enjoy being active together, it will have some extremely positive effects on pupils' health and wellbeing.

By placing social outcomes at the heart of the design and equipment selection process, sport and play areas can also have a profound impact on the most vulnerable students in our schools.

The children who are already very sociable, confident and outgoing find it easy to engage in physical activity; what we need to be doing is looking for ways to raise participation levels amongst less confident children. To achieve this, it's important to offer multiple spaces around schools to create diverse environments for play, where every child can find activities to be

involved in, whether by themselves or in a group – learning skills in their own time, at their own pace.

When I had the opportunity to start my own company and create my own games, I regressed to how I felt as a shy 12-year-old with low self-esteem, and thought about how amazing it would have been if there were a number of target-related, skills-based games dotted around my school that I could have played at my own leisure without needing a team, and that I could have learned by myself as part of a graduated challenge; it would have done wonders for my confidence and wellbeing.

“Games within innovative sport and play areas can be used by teachers and sports coaches to provide an equal platform for pupils to show their talents”

Games within innovative sport and play areas can be used by teachers and sports coaches to provide an equal platform for pupils to show their talents regardless of how introvert or extrovert they may be, with the potential to have a transformative effect on their self-esteem. Target-based games with educational outcomes – which can be played by taking turns – are a great way for pupils who lack confidence to





demonstrate and grow their skills outside of team-based situations in less intimidating environments.

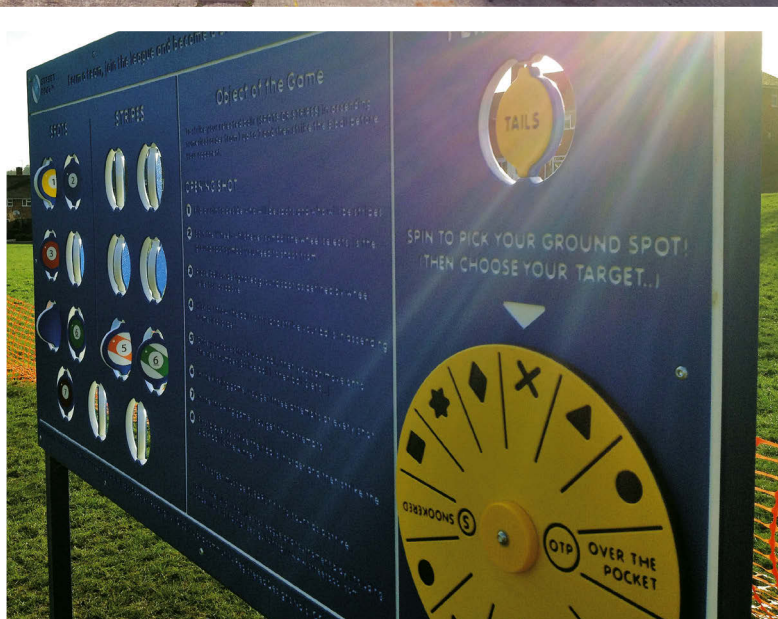
LEVEL PLAYING FIELD

At school, I was a member of the football team, but I rarely played. I wasn't the tallest or the loudest, so I was often overlooked for a starting position. What if, before picking the team, the coach had used one of the target games positioned around the school to test the players' shooting accuracy, rather than doing this in a game situation or team drill where other social factors are at play? Suddenly, everyone's on a level playing field, with the ability to let their feet do the talking.

With such clear benefits, schools should be encouraged to select more innovative sport and play items that offer a different type of engagement, develop a wider set of skills and can be accessed by all ages and abilities, rather than simply following the prescriptive route and choosing familiar equipment such as trim trails and climbing frames. However, it's not an all-or-nothing exercise. Traditional equipment can be combined with the highly innovative to maximise the value of sport and play areas for all pupils.

Although budget has a strong bearing on the creation of new sport and play areas, and schools have a responsibility to spend their money wisely, teachers and governing bodies must be given more flexibility during the tender process to avoid creating roadblocks to innovation and, consequently, positive social outcomes.

The way the current system works is that schools must go out for three like-for-like quotations, essentially for the exact same thing. The option schools tend to pick is the cheapest, because this appears to be good value, but what they're actually getting is something identical



ABOVE: Target-based games with educational outcomes, where pupils take turns, are great for less-confident pupils to grow their skills

to every sport and play area around the country, which can be uninspiring and less inclusive for children. I believe that the focus of the tender process should be on receiving quotes that match the school's ambitions for a new sport and play area, which could result in three completely different concepts being put on the table. I think this is a healthy approach to take.

I urge the education sector to start thinking differently during the planning process. Some of the primary questions that schools tend to ask are, how much does it cost? How low-maintenance is it? How many children can play at once? It's a bit of a cookie cutter exercise. But to realise the true power of play, the first question should always be, what positive outcomes do we want to achieve by installing this equipment? Usually, this will involve engaging all children in play, especially those susceptible to falling below the radar. Only then will you be thinking with an innovative mindset, and only then will you be delivering sport and play areas that truly benefit pupils' lives. **ISS**

GAMES FOR SUPERSTARS

Creating Educational Sport & Activity Spaces



Our games walls deliver:

- Personal goal setting
- Evidence-based results
- Sustained physical activity
- Skill enhancement:
 - Running, Throwing, Catching,
 - Coordination, Agility, Balance & Jumping

DEVELOPED ALONGSIDE OLYMPIANS

Team GB Handball stars, Bobby White and Mark Hawkins, along with various PE instructors form part of the coaching and development team that work closely with Playinnovation

'Special Offer' 1x Free Sports Workshop
with every new order placed by April 29th 2019

Playinnovation[™]
big ideas for growing minds

email us today at contact@playinnovation.co.uk to get the ball rolling
www.playinnovation.co.uk



The importance of school swimming lessons



Headmaster of Bournemouth Collegiate School
Russell Slatford highlights the important role swimming lessons play in students' lives

As a dad I want nothing more than my children to be safe and happy. I was somewhat shocked therefore recently to read that there are over 400 deaths each year from drowning in the UK and that it is the third highest cause of death in children in this country.


Bournemouth Collegiate School, where I have the great privilege of being the headmaster, is a small school split over two sites, the younger ones on a campus close to Sandbanks with the older ones, including boarders, in a beautiful old building on top of the coast five miles to the east. Each school site has an indoor pool, this means that every week pupils aged from 2 to 18 have the opportunity to swim. Having recently read the startling death toll from drowning I was reflecting on the importance of our swimming pools at school. So, I looked up some facts, over 45% of schoolchildren in this country do not get offered swimming at school, so perhaps it is not surprising that nearly 40% of children leaving primary school cannot swim.

Pools are not easy or indeed cheap facilities to run for a school. Any school that has a pool will know the high cost of maintaining and running one, but when faced with statistics like this it is worth every penny, surely?

It has long been proven that swimming is one of the best all round sports; great for cardio-vascular, balanced skeletal development, flexibility and developing a strong core. I also like the fact that it teaches discipline, control and focus, particularly with those pupils who are competing. Competitive swimmers, of which we are very fortunate to have many, show a level of dedication and commitment that is right up there for school sports.

Let's be honest, who likes getting up at 5am every

morning and then charging up and down a pool for two hours? Swimmers seem to, but few other sports have that expectation from a young age. I remember my first set of GCSE and A-level results at Bournemouth Collegiate School, the top performer in each was one of our elite swimmers. That old adage, if you want something done find the busiest person you can, rings true. The top performers show extraordinary perseverance, fitting in lessons and homework around 10 training sessions a week, they learn the value of hard work, realising that it pays off and makes a difference. In the last few years we've had a Paralympic Champion in Alice Tai, a British record breaker in Kayla van der Merve and most recently Leon, a young lad in Year 10 was named Para Swim Talent Athlete of the Year. Their approach, and that of many other swimmers at school, rubs off on others; their focus and commitment sets a tone for pupils across the school.

Our pools are used a lot, not just by pupils at BCS but both facilities are used by many others in our community such as local scout groups and primary schools for swimming lessons. I was over at our senior pool on a Sunday afternoon, it was packed with the local lifesaving group, they are in the pool in the winter and sea in the summer. They were having an absolute ball, testing themselves, working in groups and thoroughly enjoying being in the pool. When we book a summer holiday do we check first that there is a pool? I certainly do. So, swimming is not just about keeping our children safe, helping them to grow-up fit and healthy, or teaching them the value of resilience and dedication, it is also great fun. There is much to be said for having a pool at school – as BCS we are very lucky to have two. 

“45% of schoolchildren in this country do not get offered swimming at school, so perhaps it is not surprising that nearly 40% of children leaving primary school cannot swim”

Sport and sustainability in numbers

The latest statistics on the sustainability of large sporting events

For the 2018 World Cup, FIFA
COMMITTED TO OFFSET
the 243,000 tCO₂e emissions it claimed were 'unavoidable'

www.edie.net

FIFA is targeting
**EMISSIONS
NEUTRALITY**
by 2050
www.edie.net

FIFA estimated the
hot spots of carbon
emissions for the 2018
World Cup, with
57%
ON
**INTERNATIONAL
TRAVEL**



and
12%
ON
**ACCOMMODATION
OF STAFF
AND GUESTS**

'Greenhouse gas accounting report', FIFA

A study by Cardiff University found that the average
attendee at the Football Association Challenge
Cup Final generates a footprint

7 TIMES GREATER

than someone going about their everyday activity

www.forbes.com

London 2012 was the
first Olympic Games to
commit to and achieve a

**'ZERO
WASTE' TO
LANDFILL
TARGET**

www.olympic.org



photo finish



Exemplary equestrianism



A young horse riding enthusiast has celebrated a win at one of the UK's biggest equestrian events, after beating off competition from leading young show jumpers from around the country.


Connie Mensley, a pupil at Fairfield Prep School, part of the Loughborough Schools Foundation, and her pony Madonna, won the 128cm Mistletoe Mini Stakes at the London International Horse Show, Olympia.

Connie, who lives in Leicester, was the youngest of 12 competitors in her category and qualified for the prestigious competition after achieving a fifth-place finish at the Horse of the Year Show at Birmingham's NEC Arena in October 2018.

Andrew Earnshaw, headmaster of Fairfield Prep, commented on the school's pride at Connie's success: "We were all delighted to hear about Connie's success at Olympia, which is a great reward for her skill and dedication."

"Even to compete at such a high-profile event is a great achievement but to outperform some of the best riders in the country for her age group is incredible."

Fairfield Prep School was originally founded in 1929 as part of Loughborough High School and became autonomous in 1969.

Now with around 500 pupils, Fairfield is the prep school to the senior schools: Loughborough Grammar School for boys, Loughborough High School for girls, and Loughborough Amherst School for girls and boys. All of the schools sit on a shared campus on the south side of Loughborough. 



Floyd's

Turfcare & Weed Solutions Ltd.

- Selective Weed Spraying
- Fungicide Applications
- Fertiliser Applications
- Grass Growth Regulator
- Moss & Algae Control
- Soil Analysis
- Verti-draining
- Aeration
- Scarification
- Fertiliser Programmes



Golf Courses • Race Courses • Sports Pitches • Schools & Colleges
Lawns • Invasive Weed Control • All Hard Surfaces

07495 641 819 • nick.foydsturfcare@gmail.com • www.floydsturfcare.co.uk



PERFORMANCE
SPORTSWEAR_

NEW WEBSITE LAUNCHING SOON...

NEW Product Range • **NEW** World Class Ambassadors • **NEW** Online Shop
• **NEW** 3D Kit Designer • **NEW** In-House Design Team



xxvsportswear.com