

The Opening Programme for Year 7 Sport

Dear Parent / Guardian,

I am writing this outline to give details of the opening trials and practices for sport that will occur over the initial weeks of the new term. We like to 'hit the ground running' with Year 7 upon our return, due to the competition programme in place across many sports from mid-September onwards. That wasn't possible for our Year 7 intake last year, but we are hoping to be able to offer a programme that is as close to normal as possible for your son and his peers over the coming few weeks.

Please be assured that all planning is reflective of our health and hygiene experiences over the past 18 months and the current guidelines to schools from the Department for Education and information relating to sport as circulated by the Department for Culture, Media and Sport and the relevant National Governing Bodies.

Outline View for Week 1:

Monday 6 th September	Football Trial 1 for East Wing (H, I, J, K)
Tuesday 7 th September	Basketball Trial for West Wing (P, Q, R, S)
Wednesday 8 th September	Cross Country Practice
Thursday 9 th September	Basketball Trial for East Wing (H, I, J, K)
Friday 10 th September	Football Trial 1 for West Wing (P, Q, R, S)

Outline View for Week 2:

Monday 13 th September	Rugby Practice
Tuesday 14 th September	Football Trial for boys who progress from the opening trials.
Wednesday 15 th September	Rugby Practice
Thursday 16 th September	Water Polo East Wing (H, I, J, K)
Friday 17 th September	Water Polo West Wing (P, Q, R, S)

Specific details by sport are listed below, but in general terms:

- Each of the opening sessions will be after school, running approximately 3:30 – 5:00pm.
- Students come to the designated area after their last lesson of the day and staff will meet and direct them to the correct changing spaces.
- Students are free to leave school in their PE kit after these sessions end, but they MUST ensure they take all of their personal belongings with them when they leave.
- It is worth reminding parents at this stage that items of uniform and PE should be labelled with the student's name, nearly all of them will lose items at some stage in Year 7 and these are impossible to return if we don't know who they belong to.
- If students want to bring a water bottle with them, we would request this is labelled with their name to avoid boys sharing drinks.
- Students are welcome to attend as many sessions as they wish, but attention is drawn to the fact that some sports must split evenings by Wing due to the large number of boys who attend the trials. Boys should not attend both evenings where this is the case.
- If your son wants to attend a session but is unable to come on the specified evening, just ask them to pop down to the sports hall and let us know, we will make alternate arrangements to involve them.

Please also be aware that the sports areas of the school become enormously busy after school ends and during the period of transition to evening lettings after 5:00pm. Parking is limited and access is restricted. We would request that parental pick-ups occur at front of school, at the ON's or in local streets, with students using the pedestrian crossings as necessary.

Football. 3:35 – 5:00pm. Outdoor changing rooms at the rear of the Sports Hall. Playing on the 3G. Football trials are split by Wing in week 1, on Monday 6th (East) and Friday 10th (West). The boys will require their PE kit, shin pads and footwear appropriate for a 3G surface. Students who progress from the first trials will be invited to a final trial event on Tuesday 14th. Teacher i/c - Mr Bevan.

Basketball. 3:35 – 5:00pm. Indoor changing rooms at the Sports Hall. Playing in the Sports Hall. Basketball trials are split by Wing in week 1, on Tuesday 7th (West) and Thursday 9th (East). The boys will need their indoor PE kit and indoor footwear. Please note that boys should not wear 'astro turf' trainers in the Sports Hall (no rigid soled style trainers associated with outdoor hockey and football). Teacher i/c – Mr Elder.

Cross Country. 3:35 – 4:45pm. Change at the Gymnasium. Running on the grass and in the Spinney. This session is not a trial as such, the Cross Country Club will run each Monday evening and Wednesday lunchtime for those students interested and wanting to commit to regular attendance. The boys will require PE shorts and t-shirt together with a pair of trainers. If your son enjoys the club and commits to weekly training, be aware the group run in all weathers and the boys will be expected to dress appropriate to the conditions. Teacher i/c - Mr Taplin.

Rugby. 3:35 – 5:00pm. Change at the Gymnasium, playing on the bottom rugby pitch. Rugby practice will begin in week two and the opening sessions will be on both Monday 13th and Wednesday 15th. Boys will need appropriate kit for rugby, given the weather on that day. Boots and gumshields are compulsory. Please be aware, should your son be selected to represent the school, that the majority of rugby matches take place on Saturdays and in preparation for this the third practice session will take place on Saturday 18th September 9:00 – 11:00am at the school. Teacher i/c – Mr Bradbury.

Water Polo. 3:35 – 5:00pm. Change and swim at the Pool. Water Polo trials are split by Wing in week 2, on Thursday 16th (East) and Friday 17th (West). Unlike other activities, we must insist on a basic level of prior competency in order for a student to attend the water polo trials. The pool is 25m long, 13m wide and will be set to a constant depth of 2m. There will be an expectation that any boy attending will be confident and capable in water out of their depth and able to swim a minimum of 100m unaided. Teacher i/c - Mr Lane.

These opening weeks of Year 7 can be somewhat overwhelming for students new to the school. There is a lot to take in and a lot happening throughout the day. The information you have in this letter has been sent to all Year 7 Form Tutors, all PE Teachers and is displayed in various areas around school. There are multiple staff your son can speak to if he is unsure of anything and they will be reminded of related over days to come.

As Director of Sport, my last intention is to make a student's first experiences of sport at NSB a negative one. I am painfully aware that an opening trials system in certain activities will leave some students disappointed. But this is unavoidable in sports where unmanageably large number of boys arrive for opening sessions. We will reinforce the message at school, that if your son does not progress in one part of a trials system, this does not signal the end of his sport at the school. Different boys develop at different rates, interests change over time and squads rarely remain fixed. The boys will be seen active in PE lessons, recreational sport and Inter-House activity. Other sports will be introduced in months to come and other opportunities will arise. We want this to be the beginning of a journey for those students who are interested in sport and will endeavour to make our provision as inclusive as we are able.

Kind regards,

Jamie Wilcock
Director of Sport