

## 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.

### **Overview of Week 1:**

Tuesday 6 <sup>th</sup> September	Football - Trial for East Wing (H, I, J, K)	after school 3:35 – 5:00pm
Wednesday 7 <sup>th</sup> September	Cross Country Practice	lunchtime 1:10 – 1:45pm
Wednesday 7 <sup>th</sup> September	Rugby – Session 1	after school 3:35 – 5:00pm
Thursday 8 <sup>th</sup> September	Football - Trial for West Wing (P, Q, R, S)	after school 3:35 – 5:00pm
Friday 9 <sup>th</sup> September	Water Polo - Trial for East Wing (H, I, J, K)	after school 3:35 – 5:00pm

### **Overview of Week 2:**

Monday 12 <sup>th</sup> September	Cross Country Practice (all years)	after school 3:35 – 4:45pm
Tuesday 13 <sup>th</sup> September	Basketball – Trials for West Wing (P, Q, R, S)	after school 3:35 – 5:00pm
Thursday 15 <sup>th</sup> September	Basketball – Trials for East Wing (H, I, J, K)	after school 3:35 – 5:00pm
Friday 16 <sup>th</sup> September	Water Polo – Trials for West Wing (P, Q, R, S)	after school 3:35 – 5:00pm

Specific details by sport are listed on the following sheet, but in general terms:

- The students are encouraged to attend whichever of these opening sessions interests them.
- Students come to the designated area when their previous lesson has ended and staff will meet, greet and direct them to the correct changing and activity spaces.
- For after school sessions, students are free to leave school in their PE kit after the practice ends, 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 kit 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.
- 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 where this is at all possible.
- After the opening two weeks, sports clubs will happen at fixed times of the week and the extra-curricular sports club schedule will be circulated to Form class display boards and posted on the school website.
- From week 3 onwards, practices in other sports will start to filter in on a weekly basis - hockey, Gaelic football, badminton, table tennis and such. Students will be made aware and invited to attend should they so wish.

Please be aware that the sports areas of the school become enormously busy after school ends. We have practices concluding and external sports lettings groups arriving at 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. Please do not arrange to pick up from the sports hall.

## **Details for Specific Sports in the Opening Two Weeks:**

**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 Tuesday 6<sup>th</sup> (East) and Thursday 8<sup>th</sup> (West). The boys will require their PE kit, shin pads and footwear appropriate for a 3G surface (moulded studs or trainers). Information will go to the boys after the trials to explain what happens next. Teacher i/c - Mr Melling.

**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 2, on Tuesday 13<sup>th</sup> (West) and Thursday 15<sup>th</sup> (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 (ie no rigid soled dimpled trainers associated with hockey and football). Teacher i/c – Mr Elder.

**Cross Country.** Change at the Gymnasium. Running on the grass and in the Spinney. This session is not a trial. 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. Boys attending on Wednesday lunchtime should bring a packed lunch or eat at break time. Teacher i/c - Mr Taplin.

**Rugby.** 3:35 – 5:00pm. Change at the Gymnasium, playing on the bottom rugby pitch. Rugby practice will begin on Wednesday 7<sup>th</sup> September. 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. Some boys will be selected to play their first game on Saturday 10<sup>th</sup> September. For familiarity reasons, the 2<sup>nd</sup> practice session for all will take place on Saturday 17<sup>th</sup> September 9:00 – 11:00am at the school. Teacher i/c – Mr Pateman.

**Water Polo.** 3:35 – 5:00pm. Change and swim at the Pool. Water Polo trials are split by Wing. East Wing on Friday 9<sup>th</sup> and West Wing on Friday 16<sup>th</sup>. 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 all students are 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. This is unavoidable in sports where very 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 levels of provision are in place for most of our sports. 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 weeks 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