



XX, LXX & DB SPORTS CHOICES



RUGBY SCHOOL



SPORT TIMETABLE

All students take part in a timetabled sports activity on Tuesdays, Thursdays and Saturdays.

XX, LXX & DB	
P5, 6 & 7	Tuesday
P5, 6 & 7	Thursday
P5, 6 & 7	Saturday

We focus on fitness and training on Tuesdays and Thursdays and aim to provide fixtures on Saturdays (or Thursdays before Exeats/holidays).

XX, LXX, DB SPORTS CHOICES

Sports choices are made at the start of each year. Some sports come with an additional cost which needs parent approval for this to be added to the end of term bill before we allow the student to attend. We will send a letter to request this permission on receipt of a student's sports choice form.

Details of all sports choices follows.

ADVENT TERM OPTIONS

RUGBY (boys) – core sport
HOCKEY (girls) – core sport
AEROBICS
BADMINTON
BASKETBALL
CLAY PIGEON SHOOTING* – Tuesdays only
FENCING
FIVES
GOLF*
GYM*
HIIT
NETBALL – invitational only
RACKETS COMBINATION
ROAD RUNNING
SAILING – until half term
SQUASH
SWIMMING
WEIGHTLIFTING
HOCKEY (boys) – invitational only

* Additional costs apply

(Some activities also incur transport costs)



LENT TERM OPTIONS

HOCKEY (boys) – core sport

NETBALL (girls) – core sport

AEROBICS

BADMINTON

BASKETBALL

CLAY PIGEON SHOOTING* – Tuesdays only

CROSS COUNTRY

FENCING

FIVES

GOLF*

GYM*

HOCKEY (girls) – invitational only

RACKETS

RACKETS COMBINATION

RUGBY SEVENS (girls)

RUGBY SEVENS (boys) – invitational only

SOCCER

SQUASH

SWIMMING

WEIGHTLIFTING

* Additional costs apply

(Some activities also incur transport costs)



TRINITY TERM OPTIONS

CRICKET – core sport

TENNIS – core sport

ATHLETICS – core sport

AEROBICS

BADMINTON

CLAY PIGEON SHOOTING* – Tuesdays only

FENCING

GOLF*

GYM*

RECREATIONAL RUNNING

SAILING

SOCCER (recreational)

SQUASH

SWIMMING

WEIGHTLIFTING

* Additional costs apply

(Some activities also incur transport costs)



CORE SPORTS ADVENT TERM

RUGBY (boys)

Rugby training takes place on Tuesdays and Thursdays on Hillbrow / Springhill or Pontines between 14:30 – 16:30. Matches are predominately played on Saturdays.

All boys need mouthguards along with rugby match shirts, shorts, match socks and boots.

* Boys on a rugby pathway are invited to play rugby sevens in the Lent term.

Mr Bayly – Director of Rugby



HOCKEY (girls) BY INVITATION (boys)

Hockey training takes place on Tuesdays and Thursdays on the Sports Centre astros between 14:30 – 16:30. Matches are predominately played on Saturdays.

Girls in the 4th – 6th and U16C team are invited to play in the Nandos league on Tuesday afternoons. This is an internal 6-side competition.

Girls need hockey sticks, mouthguards, shin pads, hockey match shirts, skorts, match socks and astro trainers.

* Boys who are on a hockey pathway are invited to play hockey in the Advent term

Mr Stedman – Director of Hockey

CORE SPORTS LENT TERM

HOCKEY (boys) **BY INVITATION (girls)**

Hockey training takes place on Tuesdays and Thursdays on the sports centre astros between 14:30 – 16:30. Matches are predominately played on Saturdays.

All boys need hockey sticks, mouthguards, shin pads, hockey match shirts, shorts, match socks and astro trainers.

* Girls on a hockey pathway are invited to play hockey in the Lent term.

Mr Stedman – Director of Hockey



NETBALL (girls) **BY INVITATION (in Advent term)**

Netball training takes place on Tuesdays and Thursdays on the hard courts 14:30 – 16:30. Matches are predominately played on Saturdays.

Girls in 4th – 8th and U16B teams are invited to play in the Libertine League on Tuesday afternoons. This is an internal 5-side league.

All girls need dresses, undershorts, match socks and trainers.

Mrs Canning – Head of Netball

CORE SPORTS TRINITY TERM

CRICKET

Cricket training takes place on Tuesdays and Thursdays in the Hillbrow nets, Caledecott & NBS . Matches are predominately played on Saturdays.

All players need cricket trousers, tops, jumpers, pads, helmet, bat and gloves (spikes are optional).

Mr Powell – Director of Cricket



ATHLETICS

Athletics takes place on Tuesdays, Thursdays and Saturdays. Matches take place on Saturdays and sometimes during the week.

Sessions are led by Athletics coach James Wright and take place at QDJ Athletics track 14:30 and 16:30.

Master in Charge: Mr Pointon

TENNIS

Tennis training takes place on Tuesdays and Thursdays on the Sports Centre astros/hard courts and competition courts between 14:30 – 16:30. Matches are predominately played on Saturdays.

All players need white shorts/ skort, white tops, tennis racket and tennis trainers.

Mr Folker – Director of Racket Sports





AEROBICS

ADVENT, LENT & TRINITY

Aerobics takes place on Tuesdays, Thursdays and Saturdays in an indoor venue.

The session is led by a qualified instructor and lasts one hour.

Each session is designed to give a full body workout using music and dance routines.

Students are required to bring their own exercise mat.

Mistress in Charge: Ms Sheehan

BADMINTON

ADVENT, LENT & TRINITY

Badminton runs on Tuesdays, Thursdays and Saturdays with matches usually on Saturdays.

Sessions are led by Matt Hanson, professional badminton coach, in the sports centre sports hall or Collingwood sports hall.

Sessions are divided into three categories: team, development squad or recreational group, and take place between 14:30 – 16:30pm.

All players are required to bring indoor trainers and their own badminton racket.

Mistress in Charge: Ms Outhwaite



BASKETBALL

ADVENT & LENT

Basketball takes place on Tuesdays, Thursdays and Saturdays. Matches are on Saturdays and sometimes in the week.

Sessions are led by Hotshots Basketball coaches and take place in the Old Gym between 14:30 and 16:30.

Master in Charge: Mr Uglow

CLAY PIGEON SHOOTING

ADVENT, LENT & TRINITY

Clay Pigeon shooting takes place on Tuesdays only at Honersberie Shooting Ground. Full instruction is given by the staff at Honersberie and all equipment is provided. Competitions take place throughout the year.

Students are transported by mini bus at 13:30 from the SCR.

The additional costs required for this activity will require permission from parents. (Approx £900 per term)

Students choosing this option must also choose another option for Thursdays and Saturdays

Mistress in Charge: Dr Crabb



CROSS COUNTRY

LENT ONLY

Cross Country takes place every Tuesday, Thursday and Saturday starting at the Green Pavilion. A mixture of routes are followed each week ranging from three to seven miles throughout Rugby.

The team enters the local schools cross country league and prepares for the annual Crick & Barby Run.

Master in Charge: Mr Siggers

FENCING

ADVENT, LENT AND TRINITY

Fencing takes place on Tuesdays and Thursdays with matches on Saturdays. Fencing is coached by Mr Parsons in an indoor venue and all equipment is provided. Beginners to advanced fencers are welcome. National competitions are also made available to students throughout the year.

RUGBY FIVES

ADVENT & LENT

Rugby Fives is on Tuesdays, Thursdays and Saturdays in the Fives courts at the back of the Sports Centre from 14:30 – 16.30.

Fives is played in a court of similar size to squash and requires players to return a small ball back to their opponents via the front wall using either hand adorning a padded glove. This is a fast paced game requiring agility, speed, reactions and a coordination.

Master in Charge: Mr Lane



RUGBY (GIRLS)

LENT ONLY

Rugby training takes place on Tuesdays and Thursdays on Pontines between 14:30 – 16:30. Matches are played using the RFU Sevens rules and are predominately played on Saturdays.

All girls need mouthguards along with rugby match shirts, shorts, match socks and boots.

Master in Charge: Mr Bayly

GOLF

ADVENT, LENT & TRINITY

Golf is on Tuesdays, Thursdays and Saturdays with some matches on Saturdays.

Training is a mix of on site short game practice (pitch and putting), driving range practice and full course play at Rugby Golf Club. Instruction is given by coach John Wilson.

The additional costs required for this activity will require permission from parents. (Approx £90 per term).

Students are required to have their own golf clubs and suitable attire for golf courses.

Master in Charge: Mr Davey

GYM

ADVENT, LENT & TRINITY

Gym takes place on Tuesdays, Thursdays and Saturdays from 15.00 – 16.00 at JD Sports Gym in Rugby. Students will have free access to the wide range of fitness equipment under the supervision of qualified fitness professionals. They are required to take out their own gym membership (which can be cancelled at any time). Students are transported by mini bus at 14:30 from the SCR.

The additional costs required for this activity will require permission from parents. (Approx £21.99 per month)

Mistress in Charge: Mrs Skene

HIIT

ADVENT ONLY

HIIT stands for High Intensity Interval Training.

Each session is designed to make you work to a high intensity for short periods during a 45-minute session. Sessions are held in an indoor venue.

Activity leader: Miss Janulewicz

RACKETS

LENT ONLY

Rackets takes place in the Rackets courts (on The Close) on Tuesdays, Thursdays, and Saturdays from 2:30 – 5pm. Resident rackets professional Mr Scott-Geddes offers expert coaching for all abilities from beginners to advanced players. Matches are usually played mid-week with national competitions at Queen's club played in December and March.

Master in Charge: Mr Nicholl

RACKETS COMBINATION

ADVENT AND LENT TERM

Students have the choice to play Squash, Rackets and Fives on Tuesdays, Thursdays and Saturdays.

The option is divided into two 45-minute training sessions and students choose 2 activities to attend each session.

Saturdays are predominately used for fixtures.

Master in Charge: Mr Folker

RECREATIONAL RUNNING

ADVENT & TRINITY

Recreational running takes place every Tuesday, Thursday and Saturday starting at the Green Pavilion.

A mixture of routes are followed each week ranging from three to seven miles throughout Rugby.

Runners are encouraged to work towards their own personal bests with timed runs and running groups are allocated on ability.

Master in Charge: Mr Siggers

ROAD RUNNING

ADVENT ONLY

Road running takes place every Tuesday, Thursday and Saturday starting at the Green Pavilion. A mixture of routes are followed each week ranging from three to seven miles throughout Rugby.

Runners are encouraged to work towards their own personal bests with timed runs, and running groups are allocated on ability.

Master in Charge: Mr Siggers



SAILING

ADVENT & TRINITY

Sailing takes place every Tuesday, Thursday and Saturday until October half term. After then, students need to choose another activity.

Sailing takes place at Draycote Water with transport by mini bus at 1:30pm from the SCR. Instruction is given by professional coach Steve Irish and all boats are provided by the School. Students are required to own a wetsuit.

The additional costs required for this activity will require permission from parents. (Approx £50 per term)

Master in Charge: Mr Fisher

SOCCER

LENT (RECREATIONAL SOCCER IS IN TRINITY TERM)

Open to boys and girls, Soccer runs on Tuesdays, Thursdays and Saturdays with matches usually on Saturdays at Springhill.

Sessions, which are divided into three categories: team, development squad or recreational group, take place between 14:30 – 16:30.

All players are required to bring football boots, football top, shorts and match socks.

Master in Charge: Mr Adams



SQUASH

ADVENT, LENT & TRINITY

Squash runs on Tuesdays, Thursdays and Saturdays with matches usually on Saturdays.

Sessions are led by Luke Parker, professional squash coach, in the Sports Centre squash courts.

Sessions, which are divided into three categories: team, development squad or recreational, take place between 14:30 – 16:30.

All players are required to bring indoor trainers and their own squash racket and goggles.

Master in Charge: Mr Morrison

SWIMMING

ADVENT, LENT & TRINITY

Swimming runs on Tuesdays, Thursdays and Saturdays with galas usually on Saturdays. Sessions are in the Sports Centre swimming pool.

Sessions are divided into team sessions and recreational sessions. These take place between 14:30 – 16:30.

Master in Charge: Mr Rigg



WEIGHTLIFTING

ADVENT, LENT & TRINITY

Learn the basics of using barbells for strength training and proper programming for efficient, effective strength progression. We will introduce the five basic strength and power movements – squat, bench press, overhead press, deadlift and power clean – learning the correct, safe technique before following a programme of progression to build basic strength and power.

This option is aimed at strength ‘novices’ – so boys and girls with no, or limited experience, of strength and conditioning training or the barbell sports. It is not suitable for students who already have strength and conditioning coaching, those who have already progressed past the novice lifting stage, or those who are coached/trained at a high level for performance in another sport (because this programme would likely interfere with your current training).

Sessions take place in the Sports Centre fitness suite between 14:30 – 16:30 on Tuesdays, Thursdays and Saturdays.

Master in Charge: Dr Wheatley

PRIVATE TUITION

We provide private tuition in Tennis, Badminton, Squash, Golf, Polo and Riding. Some lessons can be taken in pairs or in small groups. Parents receive an email each term to offer a sign up for tuition including details of costs which are billed at the end of each term. We require four weeks' notice to cancel pre-booked lessons and cannot refund lessons missed due to sickness or other reasons. For that reason, it is important students carefully check their timetables and the School calendars before agreeing a date for private tuition to avoid clashes.

BADMINTON COACHING

Badminton can be taken as part of the senior games option for those in the XX, LXX and D Block. In addition, we offer private one to one or paired lessons for any pupil with our professional coach who has represented Great Britain at the World Student Games and was a 2-time BUCS team and individuals champion.

Each lesson is an hour long and can be a one-to-one session or with one other pupil; the lessons take place outside of timetabled lessons.

Badminton (individual)	£39 per lesson
Badminton (paired)	£21 per lesson

The lessons take place outside of normal timetabled lessons. Pupils are required to bring their own badminton racket.

CLAY PIGEON SHOOTING

Clay Pigeon Shooting can be chosen as a games option (Tuesdays only) for students in XX, LXX and DB. Clay Pigeon Shooting takes place at Honersberrie Shooting Ground and students are coached by a team of professional coaches who have represented Great Britain in World and European Championships.

Clay Pigeon (games option)	£900 per term
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GOLF

Our private golf lessons are taken off site at a local driving range. Lessons cater for beginners to advanced covering the setup and basics before looking in to swing mechanics and shots required around the course as well as club selection. The coaches are fully qualified PGA professionals. Pupils are transported to the lessons by school mini bus.

Golf (small group)	£26 per lesson
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Golf can also be chosen as a games option for students in XX, LXX and DB. Students are given the opportunity to play at Rugby Golf Club, Leam Valley driving range and Whitefields Golf Club. Students are coached by the resident golf pro at each venue and can be selected to play in a range of friendly matches alongside the Independent Schools Golf cup and the annual Gerald Micklam Golf tournament in Rye.

Golf (games option)	£90 per term
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PERSONAL TRAINING (PT)

One-to-one or paired personal training lessons are led by qualified Level 3 PT instructors. Lessons are tailored to the needs of each individual and are set to cover the goals of each pupil which may range from increased cardiovascular fitness to strength and conditioning training.

PT (individual)	£37 per lesson
PT (paired)	£20 per lesson

POLO

Rugby School has an unparalleled Polo history and access to the very best facilities, as the only school in the UK to offer two professional quality Polo pitches on site; the oldest still in use in the UK. These pitches were once the haunt of HRH the Prince of Wales (later HM King Edward VIII), HM King Alfonso XIII of Spain, the late Duke of York, and Sir Winston Churchill.

Polo lessons are available at Rugby Polo Club, Onley, which is one of the oldest polo clubs in the country, first established in the 1893.

It boasts its own boarded ground and stick and ball area. Pupils are transported to the Rugby Polo Club by school minibus.

The club's main focus is on development in polo and 'grass roots' polo, making it a fantastic place to start learning to play. Lessons are given by one of six qualified HPA coaches; all levels of player are accepted to lessons. If you would like to take part in Friday night Chukkas you need to be an experienced player.

Chukkas	£48 per lesson, plus £16 per term transport
Polo	£42 per lesson, plus £16 per term transport

SAILING

Sailing can be chosen as a games option for students in XX, LXX and DB. Sailing takes place at Draycote Water Sailing Club. Students are provided with return transport to Draycote Water three times per week and use our fleet of six Fireflies and five Laser Vagos. Sailors are coached by a professional sailing coach who also works with the British Sailing Team.

Sailing (games option)	£90 per term
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SQUASH

Rugby School Sports Centre has three squash courts. Squash can be taken as part of the senior games option, in addition we offer private one-to-one lessons with our professional level two qualified coach who is a men's county champion.

£90 per term Squash (individual)	£39 per lesson
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Pupils are required to bring their own squash racket.

TENNIS

Rugby School has 11 tennis courts available in the Advent and Lent terms and 33 courts in the Trinity term. Pupils can choose tennis as their Trinity term sports option. In addition, private tennis lessons can be taken all year round for all level of players: from absolute novices to high-level players; these take place during the evenings and on Sundays.

All of our coaches are Level 2 or above and have extensive experience of coaching and playing at high levels themselves. Two of our coaches are Level 4 and coaches who have been county champions, a GB Davis Cup squad member and representing teams at both UK and USA University level.

Tennis (individual)	£39 per lesson
Tennis (paired)	£21 per lesson

Pupils are required to bring their own tennis racket.



SPORTS CLUBS

We host a wide range of additional sports clubs outside of Tuesday, Thursday and Saturday games times.
Full details of all clubs with days, times and venues can be found on our SOCS Co-Curricular intranet page.

ADDITIONAL INFORMATION

SPORTS CLOTHING

Rugby School sports clothing is provided by Kukri and only this clothing must be worn for sports.

For lists of the kit required, and to purchase, visit www.kukrisports.co.uk/rugby-school/

All students must have the compulsory sports clothing as listed.

FIXTURE DETAILS

Full details of all our weekly fixtures can be found at www.rugbyschoolsport.co.uk/

We endeavour to upload the fixture times, venues and team sheets on the Friday morning before a fixture. Our visitor guide, which can be found under School Information/Sport at rugbypost.online lists all areas used for sports fixtures, suitable places to park and where parent refreshments can be found.

OFF GAMES

Students who are unable to attend sport due to injuries are required to report this to their matron. Matrons will add students to our "Off Games" class and this allows students extra time to complete supervised prep in a classroom setting. Not all injuries require students to be off games. The Sports Department will talk to Hms, matrons, physiotherapists and parents to discuss solutions that allow students to rehabilitate and stay active. Students who are registered with The San can request to see the School physiotherapist.

MOUTHGUARDS

All students playing rugby and hockey will need mouthguards and our provider, Opro, visit several times a year. Appointments can be made on new student day (late June), at the very start of term (September), first Tuesday of Advent Term and first Tuesday of Lent term. Bookings can be made using the following form [Rugby School Mouthguard Registration Form \(typeform.com\)](http://RugbySchoolMouthguardRegistrationForm.typeform.com)



RUGBY SCHOOL