



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 FOOTBALL - boys

HOCKEY - girls

HOCKEY - boys (aspiring players)

AEROBICS

BADMINTON

BASKETBALL - boys

BASKETBALL - girls

CLAY PIGEON SHOOTING (Tuesdays only)*

DANCE (Tuesdays only)

EQUESTRIAN*

FENCING

FIVES

TEAM GOLF*

DEVELOPMENT GOLF*

JD GYM (XX only)*

NETBALL (aspiring players)

OUTDOOR EDUCATION

RACKETS

RACKETS COMBO (Tennis, Squash, Rackets, Fives)

SQUASH

SWIMMING

*Additional costs apply

(Some activities also incur transport costs)



Additional Sports Clubs and Coaching – Advent Term

JUNIOR NETBALL CLUB (EB & FB)

SENIOR NETBALL (XX, LXX, DB)

SENIOR BOYS HOCKEY (XX, LXX, DB)

JUNIOR BOYS HOCKEY (EB & FB)

HOCKEY BOYS & GIRLS UNDER 16 INDOOR GIRLS RUGBY – (All years)

HOCKEY BOYS UNDER 18 INDOOR

JUNIOR SQUASH CLUB (EB & FB)

JUNIOR BADMINTON CLUB (EB & FB)

FIVES CLUB (All years)

POLO LESSONS (All years)*

CHUKKAS (All years)*

GOLF LESSONS (All years)*

TENNIS LESSONS (All years)*

TEAM TENNIS (All years)

CRICKET NETS (All years)

CLAY PIGEON SHOOTING (All years)*

JUNIORS FENCING CLUB (EB & FB)

RIDING LESSONS (All years)*

RACKETS CLUB (All years)

OUTDOOR EDUCATION (All years)

TIMED RUN (All years)

ATHLETIC CONDITIONING (All years)

*Additional costs apply

(Some activities also incur transport costs)

Lent Term Options

HOCKEY – boys
NETBALL – girls
SOCCER – boys
SOCCER – girls
HOCKEY – girls (aspiring players)
AEROBICS
BADMINTON (team)
BADMINTON (development)
BASKETBALL – boys
BASKETBALL – girls
CLAY PIGEON SHOOTING*
CROSS COUNTRY
DANCE (Tuesdays only)
EQUESTRIAN*
FIVES
TEAM GOLF*
JD GYM (XX Only)*
OUTDOOR EDUCATION
RACKETS
RACKETS COMBO (Tennis, Squash, Rackets, Fives)
SQUASH
SWIMMING
RUGBY FOOTBALL – girls
RUGBY FOOTBALL SEVENS

*Additional costs apply
(Some activities also incur transport costs)



Additional Sports Clubs and Coaching – Lent Term

RUGBY SEVENS (FB & EB)
SQUASH CLUB (All years)
BADMINTON CLUB (All years)
HOCKEY BOYS & GIRLS UNDER 16 INDOOR
HOCKEY GIRLS UNDER 18 INDOOR
FIVES CLUB (All years)
RIDING LESSONS (All years)*
POLO LESSONS (All years)*
CHUKKAS (All years)*
GOLF LESSONS (All years)*
TENNIS LESSONS (All years)*
TEAM TENNIS (All years)
CRICKET NETS (All years)
CLAY PIGEON SHOOTING (All years)*
RACKETS CLUB (All years)
OUTDOOR EDUCATION (All years)
TIMED RUN (All years)
PHYSICAL CONDITIONING (All years)

*Additional costs apply

(Some activities also incur transport costs)

Trinity Term Options

CRICKET - boys
CRICKET - girls
TENNIS - boys
TENNIS - girls
ATHLETICS - boys
ATHLETICS - girls
AEROBICS
BADMINTON
DANCE (Tuesdays only)
EQUESTRIAN*
TOUCH RUGBY
TEAM GOLF*
DEVELOPMENT GOLF*
JD GYM (XX only)*
OUTDOOR EDUCATION
SWIMMING
SAILING*

*Additional costs apply

(Some activities also incur transport costs)



Additional Sports Clubs and Coaching – Trinity Term

RUGBY (All years)
HOCKEY GIRLS JUNIOR
HOCKEY SENIOR GIRLS AND BOYS
SQUASH CLUB (All years)
BADMINTON CLUB (All years)
POLO LESSONS (All years)*
CHUKKAS (All years)*
GOLF LESSONS (All years)*
TENNIS LESSONS (All years)*
CLAY PIGEON SHOOTING (All years)*
FENCING (All years)
OUTDOOR EDUCATION (All years)
PHYSICAL CONDITIONING*
RECCIE TENNIS (All years)
RIDING LESSONS (All years)*

*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.

Mr Bayly – Director of Rugby



HOCKEY (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.

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

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

Mrs Hewitt – Head of Girls' Hockey

Core Sports – Lent Term

HOCKEY (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.

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

Mr Drayton-Chana – Head of Boys' Hockey



NETBALL (girls)

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-aside 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 – Head of Cricket



ATHLETICS

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

Sessions take place at the QDJ Athletics track at 14:30

Head of Athletics – Mrs Canning & Mr Grove

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 – Head of Racket Sports





Aerobics

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

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: Miss Sheehan

Badminton

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

Sessions are led by a 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: Mrs Van Wyngaard



Basketball

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

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

Master in Charge: Mr Uglow

Clay Pigeon Shooting

Clay Pigeon shooting takes place on Tuesdays only and 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 £950 per term)

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

Mistress in Charge: Dr Crabb

Cross Country

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

Dance

Modern dance classes for intermediate to advanced dancers will run once a week on either Tuesdays or Thursday. These sessions will cover the fundamentals of contemporary and modern dance technique including centre work, leaps, turns, floor work and travelling in space. Strength and conditioning for dance will be incorporated into these sessions.

Mistress in Charge: Miss Harris

Fencing

Fencing takes place on Tuesdays and Thursdays with matches on Saturdays throughout the Advent term.

Sessions are led by Robert Parsons, fencing coach in the Sports Centre. Players of all abilities are welcome (beginner to competition). All equipment is provided.

Master in Charge: Robert Parsons

Equestrian

Whether you're saddling up for the first time or looking to sharpen your skills, our Equestrian Program offers a riding experience for all ages and abilities. Expert instruction from certified trainers, safe, well-mannered horses for all experience levels. Competitive team opportunities & horse leasing. Sessions available in Advent, Lent and Trinity term.

Mistress in Charge: Mrs Skene



Rugby Fives

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 a fast-paced sport that is best described as “like squash but played with gloves”. The game requires agility, speed, reactions, and coordination, as well as high levels of fitness and is a good complimentary sport for cricket players and tennis players. Beginners are welcome and players starting the sport for the first time make rapid progress and can soon represent the school in fixtures.

Master in Charge: Mr Lane

Rugby (Girls)

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 Daynes



Golf

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 £100 per term)

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

Master in Charge: Mr Davey

Gym (XX only)

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.

Mistress in Charge: Mrs Skene



Outdoor Education

This new option is available in Advent and Trinity terms to a maximum of 14 students.

Throughout the term you will participate in canoeing, mountain biking and indoor rock climbing at a number of different locations.

You will participate in each sport for a period of approx. 3-4 weeks, not only gaining experience but also a nationally recognised qualification.

There is a small cost associated with this option which will be billed at the appropriate time.

Master in Charge: Mr Dowley & Mr Siggers

Rackets

Rackets takes on Tuesdays, Thursdays and Saturdays with matches often mid-week throughout the Advent and Lent term.

Sessions are led by Valla Scott-Geddes, rackets professional in the rackets courts /(next to design centre). Players of all abilities are welcome (beginner to competition). All equipment is provided.

Players are also invited to attend the esteemed Queen's tournament in December and March to represent the School.

Master in Charge: Mr Nicholl

Rackets Combination

This option enables students to engage in a mix of Squash, Rackets, and Fives across the term. This combination is highly recommended for those aiming to compete at the highest level in any of these disciplines. The coordination and skills needed for each sport are similar, and the cross-training facilitates a more rapid development across all three disciplines.

Master in Charge: Mr Folker

Recreational Running

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



Sailing

Sailing takes place every Tuesday, Thursday and Saturday in Trinity term.

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 £125 per term)

Master in Charge: Mr Welch

Soccer

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

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

Sessions are led by Dan Busby, 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: Dr Morrison

Swimming

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



Sport

For further information or to sign up, contact our
Sports Department Administrators at sports@rugbyschool.net.

CLAY PIGEON SHOOTING

Clay Pigeon Shooting can be chosen as a games option (Tuesdays only) for students in XX, LXX and D Block. Students in the F and E Block can join the weekly Thursday evening clay shooting club. All year groups are able to compete in both home and away fixtures.

Shooting takes place at Honersberrie Shooting Ground, where students are coached by a team of professional coaches that have represented Great Britain in world and European Championships.

Clay Pigeon (games option)	£70 (+VAT) per session
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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)	£28.75 per lesson, plus £17.75 per term transport
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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)	£100 per term
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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	£52.20 per lesson, plus £21 per term transport
Polo	£60 per lesson, plus £17.75 per term transport

RIDING

Riding Lessons can be chosen as a games option for students in XX, LXX and D Block or all year groups can choose riding lessons as a co-curricular activity. Riding takes place at Brampton Stables. Students are provided with return transport to Brampton Stables.

Riding Lessons	£42 per lesson, plus £17.75 per term transport
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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)	£125.00 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.

Squash (individual)	£46.75 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)	£46.75 per lesson
Tennis (paired)	£26.50 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)

General Terms and Conditions of Individual Tuition

Absences and Missed Lessons

When a student misses a lesson due to illness or for another reason where insufficient notice (less than 48 hours) has been provided, then that lesson is forfeited and the lesson will still be charged. In any event the lesson will be rearranged if possible.

If a lesson is cancelled due to the illness or absence of the teacher, then the teacher will endeavour to make up the missed lesson at a later date; if that is not feasible then there will not be a charge for the missed lesson.

Notice

Notice of the intent to terminate lessons must be given in writing (by email) to the respective Director of Music, Artistic Director or Director of Sport with half a term's notice. All such communication is acknowledged. If insufficient notice is given, full fees will be charged.

For clarity, if you want to stop lessons for your son/daughter from the start of Trinity term, notice must have been submitted prior to February half-term, thus providing a full half-terms notice.

Please note that the notice of an intent to terminate lessons from the beginning of the Advent term must be received by the half-term in May, from the beginning of the Lent term must be received by half-term in October and from the beginning of the Trinity term must be received by the half-term in February. Also, please note that the same notice period is required during exam periods and exam leave.

No notice is required for pupils leaving at the end of D Block or the XX.



RUGBY SCHOOL