



Wimbledon College

Extra-Curricular Activities 2023-24

Wimbledon College offers a large range of extra-curricular activities. These complement the curriculum and offer pupils the opportunity for learning and developing in different ways. There is a wide range of major and minor sports. Music and drama are also significant areas of activity in the school.

All pupils are encouraged to participate in at least two activities and most do so. By getting involved in activities beyond the classroom, pupils participate in the life of the school and have ownership of their school. This supports their studies and, time and again, we see that those who are most involved in the extra-curricular programme are those who do best in their studies.

There are also opportunities for parents.

Recent research in schools showed that in schools offering 30 or more extra-curricular activities, pupils' GCSE results (and especially in the case of pupils) could be raised by as much as 66%. It is certainly our experience that pupils who are heavily engaged in the extra-curricular life of the school both do well academically and tend to be happier well-adjusted people.

Whether you are parent or pupil, do get involved in the extra-curricular programme at Wimbledon College: expand your horizons and make the most of your God-given talents.



Wimbledon College is a Jesuit School of the British Province of the Society of Jesus



Science

Wimbledon College was designated a Specialist Science and Mathematics School in September 2008

THE ROYAL SOCIETY
Associate Schools and Colleges

Wimbledon College is an Associate School of the Royal Society

Chaplaincy

The chaplaincy is one of the many ways in which Wimbledon College cares for each individual student as a whole rounded person. Our Jesuit identity and Catholic Christian faith are interwoven through all we do as a school, but the Chaplaincy has a particular role within this for helping students to have opportunities to develop their faith and relationship with God, to ask questions, to learn and explore, to reflect on their own lives, to be challenged by new experiences, and to see how the faith links with their lives.

The Chaplaincy is there for each and every student; it always has an 'open door' for anyone who is seeking some help or support, and works closely with the PSAs and Heads of Line to provide pastoral care. There is a very wide range of activities and opportunities on offer for all students to be able to be involved in some way. You can keep up to date with Chaplaincy activities through the chaplaincy section of the website.

Chaplaincy Art Club

An opportunity for students to contribute towards a number of different art projects that celebrate our Schools History, Jesuit Values, Christian Faith and Ethos.

All Year Groups
Mondays 12:40-1:20 (Chaplaincy Office)

Higher Line & Sixth Form Faith in Action Club

In this club students will get a chance to explore a range of social issues, including environmental issues, poverty, racial injustice, gender equality, homelessness & refugee support. Students will connect with a variety of charities working on these issues and take a lead getting involved in campaigns and actions to that will make a real difference to people's lives.

Higher Line & Sixth Form
Tuesday Lunchtime 12.40-1.20pm (Chaplaincy Office)

Lower Line Faith in Action Club

In this club students will get a chance to explore a range of social issues, including environmental issues, poverty, racial injustice, gender equality, homelessness & refugee support. Students will connect with a variety of charities working on these issues and take a lead getting involved in campaigns and actions to that will make a real difference to people's lives.

Lower Line (Figures, Rudiments & Lower Grammar)
Wednesday Lunch-time 12.40-1.20pm (Chaplaincy Office)

Exploring the Bible

The bible is a complex and sometimes bewildering thing to try and get to grips with without a good guide. In this club we will encourage students to ask difficult questions, to be curious and open-minded. Through videos, multimedia, and discussion we will seek to discover more about the most influential 'book' in the world.

All Year Groups
Thursdays 12.40-1.20pm (Chaplaincy Office)

Chaplaincy Audio Visual (AV) Club

A chance for students to develop photography, videography, sound recording, digital art, and photo & video editing skills.

All Year Groups– Friday Lunch-times 12.40-1.20pm (Chaplaincy Office)

Guild of St Stephen (Altar Serving)

The school has a large group of Altar Servers. To recognise their enthusiasm and commitment we have started a Guild of St Stephen in the school. Students who regularly serve at the major school masses, will be eligible for the bronze medal, which they will then be able to wear whenever serving in the school.



Open to all – Apply to the Chaplaincy

Eucharistic Ministry

Sixth Formers are invited to train as Extra ordinary Ministers of Holy Communion and then to help distribute communion at College Masses.

Sixth Form
Training begins in October

Homeless Sleep Out

It is estimated that over 15,000 are homeless in London. This is a major social problem of our times. The Homelessness Experience aims to inform and allow Sixth Form pupils to experience homelessness first hand. Pupils will spend a night sleeping rough on the school playgrounds, as well as discovering some of the real-life stories of homeless people, spending time in prayer and reflection, and using the experience as a fundraising opportunity to support some of the charities that do great work in supporting homeless people and helping to transform their lives.

Sixth Form
Date October (*exact date TBC*)

Music

Wimbledon College Choir

This Choir sings at school liturgies and concerts. Joining this choir is through audition only. The choir goes on annual tour. In 2023-24 this will likely be to Andalusia. Past tours have included Rome, Venice, Tuscany, Seville and Krakow.

Trebles (Sopranos): Tuesday and Thursday in MU2 at 7.55am

Altos: Tuesday and Wednesday in MU2 at 7.55am

Tenors: Wednesday and Thursday in MU2 at morning break

Basses: Wednesday and Friday in MU2 at morning break

Changing/breaking voices: Thursday lunchtime in MU2

Full Choir: Friday in MU2 at 7.55am

Mr I Thomas

Instrumental and Voice Music Tuition

Instrumental tuition is available for almost every instrument. Voice and music theory lessons are also available. Further information is available on the school website. Please note that pupils are withdrawn from timetable for instrumental music tuition. However, we try to schedule lessons so that the same subject is not consistently missed. **Information has been emailed to parents. Please email**

musicdepartment@wimbledoncollege.org.uk with any queries or fill in the Google Form below:

https://docs.google.com/forms/d/1JTyt2_6yFaqx8U0ggSthmtWxFALul_XnQB2o44Ux1ac/edit

Mr I Thomas

House Music Competition

The annual Music Competition is open to all pupils and a variety of prizes will be on offer. Everyone is welcome to perform in the day-heats where you will be given specific feedback. The most successful performances will be invited to perform at the competition final where the winners will be announced.

Autumn 2023

Final: Wednesday 22nd November 2023 at 7pm in the College Hall

Saturday Music School

There are also instrumental lessons on Saturdays between 8am and 4.30pm. Lessons offered are instrumental or group tuition for piano, violin, drums, guitar, voice, saxophone, ukulele, group keyboard and music theory. Music lessons on Saturdays are available to all children, whether or not pupils of Wimbledon College, and to adults. Please visit <https://mmf.org.uk/wimbledoncollege/> for further information.

Guitar Club

A chance to share song ideas, jam and learn new guitar playing styles.

Exact time and day TBC

College Orchestra

The Wimbledon College Orchestra rehearse in MU1 on Wednesday lunchtimes. This is suitable for orchestral musicians of all abilities (Violin, Viola, Cello, Double Bass, Flute, Oboe, Clarinet, Bassoon, French Horn, Trumpet, Trombone, Tuba, Orchestra Percussion). Please see Mr Thomas for a lunch pass and email musicdepartment@wimbledoncollege.org.uk if you are interested.

Monday lunchtime in MU1

Mr I Thomas

Swing Band

This ensemble is for musicians who are Grade 4 and above and is by invitation only. Please email musicdepartment@wimbledoncollege.org.uk if you are interested (particularly pupils who have been involved before). Please see Mr Reynolds for a lunch pass.

Thursday lunchtime in MU1

Mr J Reynolds

Strings Project

This venture in music education was started in 2005. We aim to offer a large group of pupils in Figures (Y7) and Rudiments (Y8) the opportunity of learning a string instrument (violin, viola, cello or double bass) free of charge for a year. The instrument is also loaned free. Pupils are asked to commit 20 minutes a night to practice. In school they will work in ensembles and be taught in groups by specialist strings tutors. At the end of the course the pupils will take part in a concert.

All parents in year 7 and 8 will be emailed about this. Please fill out the Google Form below:

https://docs.google.com/forms/d/1FBfyH-6leC4GyuVvgtBAphU4YeAO8iZWtd-0cIn_nGo/edit

Advanced Musicians Programme

There are a number of advanced instrumentalists at the school and we will be offering further musical opportunities including performances for those pupils.

Weekly meeting to be held during Friday lunchtimes.

Rock Bands

There are a number of school bands that are always looking for new members. Contact Mr I Thomas for details

Day and time to be arranged with Mr Thomas

Drama and Film

Wimbledon College Drama Productions

The Addams Family by MARSHALL BRICKMAN and RICK ELICE

Music and Lyrics by ANDREW LIPPA

Based on Characters Created by Charles Addams

Open to all year groups

Rehearsals will take place on Mondays and Tuesdays 3.10-4.30pm

Please come to the school hall on **TUESDAY 12th September at 3.10pm** if you are interested in taking part

Performances: 13th, 14th and 15th December 2023

Miss K O'Brien, Mr I Thomas, Miss R Moore, Mr J Reynolds, and Mr R Stephenson

National Theatre Connections Festival

Connections is the National Theatre's annual, nationwide Youth Theatre Festival.

Bringing together the work of leading playwrights, participants rehearse and perform one of 10 new plays specifically written for the National Theatre connections. Last year we performed in the Lyric Theatre Hammersmith.

Open to **Year 10-11**

Auditions in November (date tbc) with rehearsals until Christmas

Rehearsals (from January 2024) Tuesdays 3.10 - 4.30pm

Drama Studio 1

Miss R Moore

Performances March 2024 in school **and April 2024** in a theatre tbc

First Stage Drama Club

Open to **Years 7 - 9**

Friday 3.10-4.30pm

Drama Studio 1

Miss K O'Brien/Miss R Moore

There are 2 amazing projects that First Stage Drama Club take part in:

- September to March

Kings College Community Project – we work with King's College School and other schools from the borough on a performance project. You learn lots of exciting skills like stage lifts, physical theatre, choral work etc
Performance at Kings College **Tuesday 26th March**

- April to June

Merton Arts Share Project – we work with Andy Alty of Green Arts Centre Mitcham and other schools from the borough. There is a free workshop with an experienced theatre director and then we create our own art and drama work for exhibition at Canons House Mitcham and Green Arts Centre at Cricket Green School.

Exhibition and performances at Green Arts Centre **July 2024** <https://www.greenartscentre.com/>

Theatre Thursday with Biscuits

Year **11-13**

Thursdays 3.10-4.30pm Drama Studio 1

This is when all students who are undertaking examinations come and work on performance or portfolio work.

Miss K O'Brien and Miss R Moore

Film Studies revision breakfast club

Yr **13**

Friday 7.45-8.30am

Drama Studio 2

Miss K O'Brien

Film Production Club

Open to all

Thursday lunchtime

Come to learn how to make different kinds of films, and work on your editing skills with the help and expertise of our A-level Film students.

Drama Studio 2

Miss K O'Brien plus Film students

D and D club

Open to all

Tuesday lunchtime

Drama Studio 2

Miss K O'Brien

Activities

Alpha Club

(The hour of Hope and Inspiration)

Who am I?

What is life all about?

What am I doing here?

How can I live a fulfilling life?

Is there more to life than this?



Every Wednesday lunch time you will have the opportunity to debate (**Eloquent**), be **Curious, Faith-filled, Intentional, Learned, Wise, Discerning, Compassionate** and **Active** by asking questions bothering your mind regarding issues pertaining to **LIFE** in a safe, non-threatening environment. No question is too simple or unimportant.

Yr 10-13

Wednesday lunch time session starts at 12.45pm in MA4

Mr R Ayidah

The session begins at **12.45pm** prompt with a short video followed by group discussions.

Above all else, guard your heart, for everything you do flows from it! (Prov 4:23)

Army Cadets

Wimbledon College has its own detachment of the Army Cadet Force (ACF) belonging to the Princess of Wales's Royal Regiment (Infantry). Army Cadets offer pupils a wide range of activities including field-craft, survival, map reading, first aid, weapons training, drill and sports. There are weekend camps, fun activities and an annual summer camp. Cadets also offer pupils the opportunity to complete the Bronze, Silver and Gold levels of the Duke of Edinburgh Award Scheme as well as the BTEC programme.

Who can join: Y8 and above (you must be 12 at the time of joining) – Intake for new recruits - date to be confirmed

Parade day and time: Thursdays 7.00 – 9.00pm

Kit: Uniform supplied by the Army (except boots)

Cost – Nil per week

No cost for weekly and most weekend activities (summer camp costs around £90 for two weeks)

Detachment Commander CS Cox, SI Hicks, PI Powell

Art GCSE Support

Additional time and coursework support for pupils doing GCSE Art.

Y10

Tuesdays 3.15–4.15pm (ART1) Miss K Kitchenham

Y11

Tuesdays 3.15-5.00pm (ART2) Mr N England

Comic Club

An opportunity for pupils to learn how to draw like a comic book artist.

Y7- Y13

Wednesdays 3.15-4.15pm (Art1)

Miss K Kitchenham

DT Club (starts after Christmas)

An opportunity for pupils to extend their skills in areas of DT that they may not experience in lesson time.

Yr7-9

Thursdays 3.15-4.15pm (DT1)

Mr J Syer

Design Technology GCSE Support

Additional time and coursework support for pupils doing GCSE Design Technology.

Y11

Tuesdays 3.15-4.15pm (DT1) Mr J Syer

Art and Photography A-Level Support

Additional time and coursework support for pupils doing A-Level Art and A-Level Photography.

Yr12-13

Tuesdays 3.15-5.15pm (Art1)

Mr N England and Miss K Kitchenham

Pupils doing A-Level Art and Photography are also welcome to use the Sixth Form Art Room and Art 3 during study periods, lunch and after school

Balloon Dragsters

In 5 teams of 3, pupils will design their own balloon dragsters. Investigating the forces that will be applied to the dragster and how best they can overcome these challenges. They will then create them in 3D CAD and 3D print them and compete against each other in the following categories:

Fastest / Longest distance / Innovation and team work

Year 7

Thursdays 3.15 – 4.20pm DT1

Mr J Syer

Board Games Club

An opportunity for pupils to enjoy classic board games and friendly competition.

Y7-Y9

Mondays 12.40-1.20pm Art2

Mr N England and Miss K O'Brien

Chess

All standards of player are welcome from beginners to experts. There is a league, a chess ladder and we enter competitions against other schools. There are also daily competitions against the digital timer, and chess problem solving questions to be cracked.

Y7-Y13

Thursdays 12.40–1.20pm MA6 – Mr L Vairavamoorthy

Fridays 12.40-1.20pm H4 - Mr M Simpson

Computer Science Club

Computer Science Club is open to pupils in Years 7 to 9 who would like to develop logical reasoning and problem solving talents, develop programming skills and have computer access to complete homework.

Y7-Y9

Thursday 12.40-1.20pm starting after half term in IT1

Mr S Kuczewski

Craft Club

An opportunity to make models from dough, which can be painted once dried. Pupils get the opportunity to be creative, whilst practising fine motor skills. This is especially useful for pupils with Dyspraxia.

Y7-9

Tuesdays 12.40–1.20pm Brackenbury's SEN1

Ms S Morgan

Design Ventura

In 2 teams of 6, pupils will be set a design brief by the Design Museum in London to create a product for a certain price. Pupils will need to think about material costs as well as manufacturing costs to ensure they generate a profit from the set retail price. They will compete against other schools across the country. The winning design will be made and manufactured to be sold in the Design Museum Shop.

www.ventura.designmuseum.org/

Year 9 – now until February 2024

Wednesdays 3.15 – 4.20pm DT1

Mr J Syer

Duke of Edinburgh Bronze Award

The Duke of Edinburgh Bronze award is available at the College to pupils entering Year 10. The award requires pupils to complete a physical, skills and volunteering section in their own time for a time period of up to 6 months. The final section is the completion of a 2 day self-sufficient expedition of the Surrey Hills where pupils will work as a team to navigate their way through the countryside, be responsible for their equipment and cook and prepare their food for each day. The award is very popular with up to 50 pupils participating in the award each year, some of whom later go on to complete the Gold Award with Merton whilst studying in the Sixth Form. It is a nationally recognised award and has been seen to have a real impact on our pupils, who upon completion have grown in confidence and developed a range of life skills that fit closely with the characteristics and virtues of the Jesuit Pupil Profile.

For more information about the Duke of Edinburgh award please visit www.dofe.org

Duke of Edinburgh Co-Ordinator

Mr C O'Connor

Handwriting Club

A chance to learn how to write in a neat, cursive script. Lots of opportunities to get proficient with writing patterns and to develop a joined-up writing style.

Y7-11

Fridays 12.40–1.20pm Brackenbury's **SEN1**

Ms S Morgan

Homework Club

This club is run by the learning support assistants, so is especially useful for pupils who are struggling with their English homework, or with English in general. However, support will be given for any problematic homework.

Y7-11

Every day during break, lunchtime and after school until 4pm

Brackenbury

Latin Club – An Introduction to Latin

As well as being the official language of the Roman Catholic church, the Latin language is the root of many languages (especially Spanish, Italian, French and Portuguese). Latin provides a framework for understanding many other languages, including English. Many careers and academic fields include Latin or Latin-derived terminology including Law, Medicine, Science, Music, Theology and Philosophy. Much English literature is developed from older Latin (and Greek) models. In addition, study of Latin can greatly enhance your ability to think critically and logically.

Open to boys in Figures and Rudiments. Please fill in the form below to sign up.

https://docs.google.com/forms/d/1f6miGX9WUx3Wl9Z_h72EKfTnJ_FwnmPShvSSBlh7ps8/edit

Friday lunchtimes with Mr I Thomas.

Lego Club

The Lego Club will be open to all pupils in Y7 who would like to build and play with technical Lego in a warm and friendly environment. The club has a vast range of advanced Lego pieces. Each week a theme is decided to base the building of models on and prizes are awarded for the best one. Each school term members of the Club undertake the building of a large project model which is in turn displayed for pupils and staff to enjoy within the reception foyer. This is a fantastic opportunity to escape from the hustle and bustle of the school playground and join one of the most popular lunch time clubs the College has to offer pupils. Members of the Club visit Legoland in Windsor in the Summer Term.

Y7

Wednesdays and Fridays 12.40–1.20pm IT4 (Business classroom)

Mr S Afshar, Mrs B Waghorn and R Stephenson

Library

The School Library is a space for pupils to read quietly, to borrow and share books. There will also be opportunities to enter competitions, write reviews and to participate in book reading schemes.

Y7-Y9

Every lunchtime in EN2
Mr M Slempe

Literature Club

Exploring literature outside of the curriculum

Yr 11-13

Monday lunch time in EN5
Mr M Simpson

Debate

We will be debating topics ranging from school life to global politics, everything from school uniform to socialism

Open to all years

Thursday lunchtime in EN1
Mr Coleman

Scrabble

Come and play Scrabble with other students from Years 7,8 and 9. You will be guaranteed a club that is fun, creative and mentally challenging. The board game will help build up your vocabulary and improve your literacy skills. It's also a game of strategy and will definitely be for those who like to take part in a battle of wits!

Yr7-9

Thursday lunch time in EN3
Ms L Yeung

Maths Enrichment Breakfast Club

What's for breakfast?

UKMT Mentoring, problem solving techniques, GCSE revision

Who is being served?

Any curious and learned KS4 student, who is always looking for the **NEXT CHALLENGE in Mathematics.**

Yr 10-11

Thursdays 7.50-8.20am before school
MA4
Mr R Ayidah

MFL Syntax French support

Practising the 4 skills for exams

Yr 11

Wednesdays 12.40-1.15pm ML3 and ML5
Mrs Anderson / Mrs Jonasson / Miss Bagardie

MFL Syntax Spanish support

Practising the 4 skills for exams

Yr 11

Wednesdays 12.40-1.15pm ML1 and ML2
Miss Cameron-Webb / Ms Picton

MFL KS5 Spanish support

Exam preparation

Yr12-13

Wednesday 12.40-1.15pm ML1 and ML2
Miss Cameron-Webb / Ms Picton

Model Railway Club

The Brackebury Model Railway club has its own layout and rolling stock in a dedicated Model Railway Club room. Please apply to the Senior LSA, Mrs Waghorn in Brackebury for permission to attend

Y7-Y11

Mondays 12.40-1.20pm
Mr J Austin and Mrs B Waghorn

Peer Mentoring

Sixth Form pupils act as peer mentors and offer help to younger pupils, especially in Y7 and Y8. This help can be general or in specific subject areas, often in reading and literacy and basic maths. Mentoring is done on a one-to-one basis and the programme is overseen by the Special Needs department.

Sixth Form

Days and locations vary to suit mentor and pupil

School Council

The School Council meets twice a year and provides an opportunity for pupils to have their say and contribute to the development of policies and arrangements which affect their lives at school. Each Tutor Group elects a representative and Council meetings are preceded by an extended tutor period which encourages every pupil to discuss the agenda. Minutes from the meeting are discussed at the next available Senior Leadership Team Meeting.

Star Wars Club

Members will be able to watch films and TV series, play Star Wars related games, learn how to draw Star Wars characters and much more

Yr 7-13

Thursday lunch time in Art2
N England

Study Hub

A quiet space where pupils can complete their homework, coursework or get support with their organisational and study skills.

Y7-11

Monday – Thursday 3.15-4.15pm IT3
Ms M Jones

War Hammer Craft

This club is open to pupils in Year 9 who wish to play 'War Hammer' games and build and paint model characters ranging from 'Space Marines' to 'Orcs & Skelton armies'. Very much like a 'Games Workshop' club.

Y9

Thursday after school 3.10pm – 4.30pm in IT4 (Business Classroom)
R Stephenson

Y8 – runs alongside the Lego Club

Wednesdays and Fridays lunch time 12.40–1.20pm IT4 (Business classroom)
Mr S Afshar, Mrs B Waghorn and R Stephenson

Pokémon club

This club is open to pupils in Years 7,8 and 9 - trading Pokémon cards, Pokémon go, watching Pokémon – all things Pokémon!

Yr7-9

Thursdays 12.50-1.20pm Sc 5
Ms Hill

YOUNG SCIENTISTS

Chemistry GCSE and A- Level Support

These weekly sessions allow A Level and GCSE pupils to receive extra support on any topic they are finding difficult. It involves small group teaching, problem solving and one to one support where needed. Those looking for an additional challenge at A-Level are also welcomed and accommodated working towards the Chemistry Olympiad run by the Royal Society of Chemistry and the Cambridge University Chemistry Challenge.

Yr 12 & 13 Support – Thursdays 3.10pm (Sc5) Mr Graham
GCSE Support Year 11 – Wednesdays 12.40-1.20pm (Sc3) Mr Sadiq

Physics Support

These weekly sessions allow A level and GCSE students to receive additional support and mentoring on topics which they find difficult. There will be the opportunity for peer mentoring from the Yr 12 & 13 students for the younger students. Students will have access to the extra resources such as text books and journals which are crucial for the breadth of reading that is required for A level studies.

A Level and GCSE Students
Friday lunchtime 12.40-1.20pm in Sc7
Mr Fenocchi

Science Club

As a science and maths specialist school, we offer a number of enrichment activities in these areas. The science clubs provide an opportunity for scientists to extend their knowledge and design their own experiments.



Science

Y7-Y9
Wednesdays after school 3.20pm – 4.30pm in Sc5
Ms Hill

KS4 Stem Club (starts in the Spring term)

This science club offers an opportunity to look at some areas of science in a deeper way over a longer period of time. It will involve project work or mini investigations. It will often involve small group work, a key skill needed in the modern world.

Y10-11
Wednesdays 3.15 – 4.15pm in Sc6
Mr Lalljee

Scouts

The Sacred Heart Parish Wimbledon has a large and thriving Scout Group. Many College pupils are committed and enthusiastic members of the group which is open to all. As well as a full programme of weekly and weekend activities, there is an annual camp.

10½ -14 years of age
Mondays 7.30 - 9.00pm
Sacred Heart Parish Hall, Edge Hill, Wimbledon
Contact: Mr M Orbell email: michaelorbell@hotmail.com

Major Sports

The **Major Sports** programme is the core of the sporting activity and offer at the College. We currently have seven major sports: **RUGBY, RUGBY 7s, FOOTBALL, CRICKET, BASKETBALL, ATHLETICS and SWIMMING.**

The aim of the Major Sports programme is:

- to involve large numbers of pupils and field as many competitive teams as possible
- to select teams on talent
- to run a full fixture list against other schools
- to enter competitions
- to train at least once a week
- to give pupils the opportunity and encouragement to play at district, county, regional and national level

All pupils are encouraged to try out for the Major Sports. Pupils who have a talent for a sport and are selected for teams will be expected to train and play for the school. This must take precedence over out-of-school teams and commitments.

A full list of fixtures, team sheets and match details can be found on the School Sports website <https://www.socscms.com> which is synchronised to the College's own website; <http://www.wimbledoncollegesport.org.uk/Default.asp?Id=562>

Regular updates, stories and achievements are posted on the Sports Department Twitter page @wimb_coll_rugby please follow, like and retweet

Director of Sport: **Mr J Simon**

Athletics

We field teams in a full range of competitions: Road Running, Cross Country Running, Sports Hall Athletics, Indoor Athletics, and Track and Field Athletics.

The boys participate in local, regional and national competitions where they compete against other schools, and clubs. There is the possibility of borough, district, county, and regional representation too!

Athletics practice takes place all throughout the year:

Winter Term - We train for Road Running, Cross Country, Sports Hall Athletics, and Indoor Athletics.

Summer Term - We train for Track and Field Athletics.

The boys are coached in the full range of Athletic disciplines:

Sprinting, Middle Distance Running, Long Distance Running, Hurdles, Relay, Long Jump, Triple Jump, High Jump, Discus, Shot Putt, Javelin and Hammer.

Training is open to all boys, in all years. It takes place on Tuesdays at Lunch Time in the Sports Hall / on the school field. In the Summer Term, once a week after school, we travel to Wimbledon Park Athletics Stadium, and use the facilities there.

Training kit – College PE kit and trainers.

Competitions – A College running vest and running spikes are provided. Boys must bring their own white shorts, white socks, trainers and running spikes (if they have a personal pair).

Master i/c Athletics: Mr A Soalla-Bell

Basketball

Basketball is an ever-growing sport in this country and has been established as a Major Sport at Wimbledon College for many years. All Wimbledon College teams participate in Surrey Leagues and Cups in Year 7 and Year 8 in the junior NBA. Domestically there are Merton Festivals in which all teams play.

Autumn & Spring Terms

Y7 Thursdays 3.15 – 4.45pm (Sports Hall)

Y8 Wednesdays 3.15 – 4.45pm (Sports Hall)

Y9 Tuesdays 3.15-4.45pm (Sports Hall)

Yr10 Mondays 3.15-4.45pm (Sports Hall)

College PE kit for training, match kit provided

Master i/c: Mr J Simon

Cricket

Cricket is the main sport in the **Summer Term**. Indoor nets begin after the February half term break in preparation for fixtures beginning after Easter. There is an extensive cricket fixture list against other schools played predominantly on Games afternoons. Outdoor cricket nets, built in 2010, have also extended opportunities for practice and the addition of a bowling machine has helped coaches target specific areas for improvement.

		Winter Nets (After Feb ½ term – Easter)	Summer Cricket Training
Y7	U12	Tuesday 3.15 – 4.30pm	Monday 3.10 – 4.45pm
Y8	U13	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
Y9	U14	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
Y10	U15	Wednesday 3.15 – 4.30pm	Wednesday 3.15 – 4.45pm
Seniors	1 st XV/Senior	Wednesday 3.15 – 4.45pm	Tuesday 3.15 – 4.45pm

Cricket whites for training and fixtures

Master i/c Cricket: Mr N Hulatt

Please note timetable may change closer to the time

Football

Following much success, particularly in the Surrey Cup, Football, along with Rugby Sevens, becomes the main sport in the **Spring term**. All year groups have A & B teams, with occasional C teams. Fixtures take place on Saturdays and during the week, and are against some of the most prestigious schools in the London area. All year groups enter the Surrey Cup, whilst the 1st XI also enter the National Catholic Schools cup.

	Team	Football Training
Y7	U12A	Tuesdays 3.15 – 4.45pm
	U12B	
Y8	U13A	Thursdays 3.15 – 4.45pm
	U13B	
Y9	U14A	Wednesdays 3.15 – 4.45pm
	U14B	
Y10	U15A	Fridays 3.15 – 4.45pm
	U15B	
Yr 11 and Seniors	1 st XI	Mondays 3.15 - 4.45pm
	2 nd XI	

College rugby kit for training and fixtures
Master i/c Football: Mr C O'Connor

Cont/....

Rugby

Rugby is the main sport in the **Autumn Term**. All year groups have A and B and some C teams, with occasional further teams at U12, U13 & U14 level. There is an extensive rugby fixture list against many of the most prestigious schools in London and the South East. Most fixtures take place on Saturdays mornings. There are also games during the week, including for the National Schools Cup for the U15's and the 1st XV as well as the new National schools cup competition for the U14s age group. The College also runs rugby tours every two years. In 2018 the U14's & U15's toured British Columbia (Canada) and Washington State (USA), whilst the seniors toured Australia in 2014. Tours in 2020 we unfortunately cancelled due to Covid-19 restrictions but resumed in 2023 (U18 touring Portugal) and with further tours planned for 2024 for the Senior U16-18 (destination tbc) and Junior 14 & U15 age groups (British Columbia, Canada).

Training takes place on the school field on the following days.

	Team	Rugby Training		Staff
		September – October	November – December	
Y7	U12A	Fridays 3.15 – 5.00pm	Mondays 3.15 – 4.45pm	Mr J Simon
	U12B			Mr T West
	U12C			Mr N Hallett
	U12DEF			Mr G Rodrigues/Mr J Potter/ Mr P Hoban
Y8	U13A	Tuesdays 3.15 – 5.00pm	Wednesday 3.15 – 4.45pm	Mr T West
	U13B			Mr C Van Der Hoeven
	U13C			Mr P Fitcher
	U13D			Mr A Laing
Y9	U14A	Mondays 3.15 – 5.00pm	Thursdays 3.15 – 4.45pm	Mr J Stock
	U14B			Mr C O'Connor
	U14C			Mr R Milloy
	U14D			Mr N Hallett
Y10	U15A	Thursdays 3.15 – 5.00pm	Wednesdays 3.15 – 4.45pm	Mr D Bracken
	U15B			Mr A Soalla-Bell
	U15C			Mr J Skinner/T Causton
Y11	U16A	Wednesdays 3.15 – 5.00pm	Tuesdays 3.15 – 4.45pm	Mr G Blowes
	U16B			Mr J Cornwell
Seniors	1 st XV	Wednesdays and Fridays 3.15 – 5.00pm	Tuesdays and Fridays 3.15 – 5.00pm	Mr N Hallett & Mr Hillhouse
	2 nd XV			Mr D Doran & Mr W Shepherd

College rugby kit for training and fixtures
Master i/c Rugby and Rugby Sevens: Mr N Hallett

Training details are correct at time of print but will be in-line with the completion of the College playing field.

This will change all training nights and be conducted at our playing fields at Coombe Lane after school on the days that the year group has their GAMES session in the afternoon;

- Monday = Lower Grammar (Y9)
- Tuesday = Rudiments (Y8)
- Wednesday = Syntax (Y11) & Seniors (Y12 & Y13)
- Thursday = Grammar (Y10)
- Friday = Figures (Y7) & Seniors (Y12 & Y13)

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Games sessions will be extended for a further 60-90 minutes to facilitate travel time for both staff and pupils in Population 2 who are at school. Transport will be available for those at school. Please go to the Sports Hall if you require a lift to Coombe Lane.

Rugby Sevens

Rugby Sevens runs alongside Football as the main sport in the **Spring Term**. The College has achieved much success in rugby sevens with many tournament victories, including the Rosslyn Park National Sevens in 2010, 2013 and 2014. Training begins in January, with tournaments running in February and March. Tournaments take place during the week and on some weekends. Our own John Pieroni U15 Sevens takes place during the Spring Term.

	Team	Rugby Sevens Training	Staff
Y7	U12	Fridays 3.15 – 4.45pm	Mr J Simon & Mr N Hallett
Y8	U13	Fridays 3.15 – 4.45pm	Mr C O'Connor & Mr vd Hoeven
Y9	U14	Thursdays 3.15 – 4.45pm	Mr J Stock & Mr J Farrell
Y10	U15	Fridays 3.15 – 4.45pm	Mr D Bracken & Mr A Soalla-Bell
Y11	U16	Thursdays 3.15 – 4.45pm	Mr G Blowes & Mr J Skinner
Seniors	1 st VII	Thursdays 3.15 – 4.45pm	Mr N Hallett & D Doran

College rugby kit for training and fixtures
Master i/c Rugby and Rugby Sevens: Mr N Hallett

Training details are correct at time of print but may be subject to change once work commences on the College playing field.

This will change all training nights and be conducted at our playing fields after school on the days that the year group has their GAMES session in the afternoon.

Details are exactly the same as for the Rugby XV training nights. Please see previous page.

Swimming & Water polo

The College swimming team competes in 15-20 Galas throughout the **Autumn and Spring Terms** against other schools. It also participates in a programme of events promoted by Surrey Schools Swimming Association. Each age group team will be made up of 4-6 swimmers. The College Water polo teams compete against schools in the area through **Autumn and Spring terms** as well. *Due to maintenance work the pool will have no access till October, but Swimming and Water polo training will recommence once this is finished and the days are below*

	Team	Swimming Training
All Ages	Swimming	Tuesday 3.15 – 4.30pm
All Ages	Water Polo	Wednesdays 3.15 – 4.30pm
All Ages	Swimming	Thursday 3.15pm – 4.30pm

Swimming Uniform can be purchased through the school gateway and picked up from Mr Blowes in the PE office:

College swimming team hat, team shirt, Wimbledon College swimming shorts/jammers

Coaching staff: Mr G Blowes, Mr S Afonso and Mr D Wong

Master i/c Swimming: Mr G Blowes

Minor Sports

In addition to the major sports, the school aims to provide sport for all pupils through an extensive and growing programme of Minor Sports. The aim of the **Minor Sports** programme is:

- to be open to all
- to be run as much for health and enjoyment as for competition
- to have a handful of fixtures or events

All pupils are encouraged to find at least one sport they enjoy. We do expect pupils to make a commitment to minor sports – once they have signed on, they are expected to attend regularly and participate in any fixtures and events.

Boxing

One of the most popular and highly attended minor sports Wimbledon College offers. Wimbledon College Amateur Boxing Club (ABC) is a Boxing Club fully affiliated to the 'Amateur Boxing Alliance.' Pupils from all year groups welcome (we are particularly keen for pupils in Yr7 and Yr8 to join). This is a competitive contact sport and there is a high level of fitness and strength initially expected and required for pupils to go on and represent the College competitively. The club has excellent equipment and two very experienced coaches. Those that are considered ready and have demonstrated the ability to box to a high standard will have the opportunity to box competitively against other pupils of similar age/ability from other boxing clubs across the country and enter both London and National Boxing Championships.

Y7-Y13

Autumn, Spring and first ½ of Summer Term

Wednesdays 3.10-4.30pm Competition Boxers only (Weights Room)

Fridays 3.10-5.00pm – All boxers (Sports Hall)

Boxing club Top (to be purchased from Head Coach) and gum shield to be purchased (own).

Club termly fee is £20 payable in the first four weeks of season

Master i/c Boxing: Mr S Afshar & Mr S Kuczewski

Cross-Country Running

Cross Country Running is open to all boys, in all years.

The boys participate in local, regional and national competitions where they compete against other schools, and clubs. There is the possibility of borough, district, county, and regional representation too!

Autumn and Spring Terms

Training – This is overseen by the coaches at 'Hercules Wimbledon Athletic Club' at Wimbledon Park Athletics Stadium, AND 'Herne Hill Harriers' at Tooting Bec Track.

Training at both venues takes place on **Tuesdays and Thursdays from 6.00pm – 7.30pm.**

Training kit – College PE kit and trainers.

Competitions – A College running vest is provided. Boys must bring their own white shorts, white socks, trainers / Football boots / Cross Country running spikes (if they have a personal pair).

Master i/c of Cross Country: Mr A Soalla-Bell

Fitness Training

Fitness Training is a term for the many types of exercise devoted to the increase of muscle tone, strength and endurance. The combination of resistance training with a program of aerobic exercise is a key component to overall individual health. Benefits include raised metabolism, strengthening bones, increased endurance, resistance to injury, increased confidence and improved co-ordination and balance. Training will range from beginner to advanced with focus on resistance training and isometric exercise. All muscle groups will be targeted. Attention will also be paid to sport specific muscle development.

This club will also offer the opportunity for those who wish to build their cardiovascular and muscular endurance using the CV machines

Y7-13

Tuesdays 3.30-4.20pm (Fitness Room)

College PE kit to be worn

Teacher i/c: Mr J McDonald

Y7-13

Wednesdays 3.15-4.10pm (Fitness Room)

College PE kit to be worn

Teacher i/c: Mr G Rodrigues

Numbers per session will be limited and pupils may have to do an induction prior to being allowed in. PE staff will do the induction.

Wimbledon College
September 2023