



Wimbledon College

Extra-Curricular Activities 2019 - 20

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

All boys are encouraged to participate in at least two activities and most do so. By getting involved in activities beyond the classroom, boys 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 boys) could be raised by as much as 66%. It is certainly our experience that boys 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.

Merton Citizens Group

Wimbledon College is part of Merton Citizens, a group of organisations in Merton who work together to help improve our local community. If you want to help learn leadership skills, put your faith into action, and get involved in making a difference in the wider community, then join us on Tuesday lunch-times. Current projects involve Refugee Welcome, Mental Health, The environment, and engaging young people in politics and democracy.

Figures- Syntax

Wednesdays 12.40-1.20pm (Chaplaincy Office)

Guild of St Stephen

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 and frequently at our Monday Lunch Time Mass, 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

Lunchtime Mass

Mass is celebrated once a week at Lunchtime in the Chapel (day to be confirmed in September). We regularly offer Mass for the intentions of students and their families (if you would ever like a Mass said for a particular intention, please let us know). There are lots of opportunities for musicians, readers, servers, Eucharistic Ministers & sacristans (the Church equivalent of "stage crew") as well as to just join in as part of the congregation.

Monday Lunchtimes (Chapel)

Bible Study Group

The Bible is one of the greatest gifts we have, and yet it can also be quite difficult to understand. This group is for people with open minds who are interested in discovering more about this amazing book and how it can have meaningful things to say to us and inspire our lives today.

Figures - Rhetoric

Tuesdays 12.40-1.20pm (Chaplaincy Office)

Eucharistic Ministry

Sixth Formers are invited to train as Extra ordinary Ministers of Holy Communion and then to help distribute communion at College Masses, and the new Wednesday Lunchtime Mass.

**Exclusive to
Sixth Form**

Sixth Form
Training begins in September

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.

**Exclusive to
Sixth Form**

Sixth Form
Date October (*exact date TBC*)

Generations Together Questions and Forum

In the same spirit as the Generations Together lunches, the Generations Together Forum is an opportunity for six Wimbledon College and UHS Sixth Formers to debate topics of the moment with elderly members of the parish. Generations Question Together features a small group of Sixth Formers from each school and local parishioners discussing a topic in front of a Y9 audience who will be able to ask questions of the panel. This is a joint programme with the UHS.

**Exclusive to
Sixth Form**

Sixth Form with UHS
Generations Together Forum dates to be announced
Generations Together Questions dates to be announced

Pilgrimage

Pilgrimage is an ancient religious and Christian practice of journeying to a holy place. For people over the centuries pilgrimages have been a profound time of experiencing something different, taking time out to see life differently, a journey of self-discovery and a time for encounter with God. The College offers two pilgrimage experiences to Sixth Form pupils.

**Exclusive to
Sixth Form**

Lourdes Pilgrimages

The College has a long tradition of sending Sixth Formers to help with pilgrimages to Lourdes. There are two different opportunities to do this:

Easter - Pupils accompany handicapped and sick children on the HCPT pilgrimage.

Summer (last week of August) - Pupils are invited to join the Old Wimbledonian Association on their annual pilgrimage to work in Lourdes at the service of other sick and handicapped pilgrims

Eco-Schools

Caring for our planet, being responsible citizens, living simply, sustainably and in solidarity with the poor, caring with a preferential option for the poor are all very important aspects of living out our faith. Eco-schools is an international award program that guides schools on their sustainable journey, providing a framework to help embed these principles into the heart of school life. The Geography Department have been taking the lead on this, and if you are interested in getting more involved go along to the Geography Club run by Mrs Corkery-Highet.



Eco-Committee Meeting
Thursday Lunchtime (Chaplaincy Office)

Fairtrade

Fairtrade is a fantastic international initiative set up to ensure that workers get paid a fair price for their produce. There is now a wide range of Fairtrade goods available in England, not just the coffee, chocolate, and bananas that have now been around for a number of years, but clothes, flowers, drinks, jewellery. We now have Fairtrade representatives for each tutor group in the school, and a number of sales have been organised. If you are interested in getting involved, please speak to Mr Potter in the Chaplaincy.



Music

Collegium Cantorum

This Choir sings at school liturgies and concerts. Joining this choir is through audition only. The choir goes on annual tour. Next year this will be to Venice

Rehearsals times are as follows:

Trebles – Tuesdays and Thursdays at 7.55am

Altos, Tenors and Bases – Mondays and Fridays at 12.50pm

Full practices are Fridays at 7.55am

Mr I Thomas

Instrumental and Voice Music Tuition

Tuition in most instruments and voice is offered by visiting music teachers during the school day. Lessons are scheduled so that the same subject is not missed each week. Please contact the Director of Music for an application form for instrumental tuition. This will be sent out at the end of August

Mr I Thomas

House Music Competition

The annual Music Competition is open to all boys 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.

Spring Term and Summer Term 2020

Mr J Reynolds

Saturday Music School

The Saturday Music School at Wimbledon College offers music tuition to adults and children of all ages. Tuition is available in a wide range of instruments, often with a choice of being taught individually or in a small group. Vocal tuition is also available. Individual lessons are currently offered in Piano, Keyboard, Violin, Saxophone, Guitar, Drums, and Voice. Group lessons are offered in keyboard. Where there is sufficient demand, tuition can be arranged in other instruments. The Saturday Music School also offers a Young Musicians' Programme for 3-4 year olds, and a Junior Musician's Programme for 5-6 year olds. Saturday Music School is a good alternative for parents who prefer their sons not to be withdrawn from classes for music tuition. See the school website or the SMS leaflet for further details.

All years (from 3+ to adults)

Saturdays 8.00am – 5.00pm (most lessons last 30-minutes)

Autumn Term lessons begin Saturday 14th September 2019

Spring Term lessons begin Saturday 11th January 2020

Summer Term lessons begin Saturday 25th April 2020

Co-ordinator: Mrs M Millington sms@wimbledoncollege.org.uk

Acoustic Guitar Club

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

Wednesdays 12.40-1.20pm Day
Mr M Slemp

St Cecilia Sinfonia and Wimbledon College Orchestra

The Orchestra is comprised of players from both Wimbledon College and the Ursuline High School and will perform at various concerts either with the Ursuline (St Cecilia Sinfonia) or on its own (Wimbledon College Orchestra)

Rehearsal day and time TBC
Mr J Reynolds

Strings Project

The Strings Project runs from January to December and offers all Y7 boys the opportunity to learn an instrument (Violin, Viola, Cello or Double Bass) free of charge for one year. Loan of the instrument is also free. Tuition takes place each week in small groups. Participants are expected to commit to 20 minutes practice each day.

Further information will be sent

Music Liturgy Group

This is open to all musicians who wish to be involved in the musical liturgy at mass.

TBC
Student led

Jazz and Rock Bands

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

TBC
Student led

School Musical Theatre Productions

This is open to all singing actors and a musical will be produced prior to Easter.

Tuesdays and Thursdays 3.30-5.00pm
Mr I Thomas

Drama

The Christmas Play - 2019 *A Christmas Carol*

Open to all
Auditions in September
Rehearsals TBA

The Easter Play - The Frogs - Sondheim

Open to all
Auditions in September
Rehearsals TBA

The Summer Play - tba

TBA

The Mystery Club

Y7-Y9

Rehearsals Monday, Tuesday, Wednesday lunchtimes (depending on year group) (starts after Christmas)

To perform The Mystery Cycle near to Easter

Drama Laboratory

Open to all
Thursday lunchtimes Drama 1 – drama games, small projects, come and be creative

Readers' Theatre

Open to all
Thursday lunchtimes Drama 2

We read through plays and go on trips to see the plays we have read – a great chance to get to know more theatre (useful for your applications to drama school and university as well as being fun)

Stage Crew

There is a permanent stage crew which works on school plays and provides technical support for concerts and other events throughout the year. Recruitment is mostly from Y9 and above. Opportunities exist for scenery and props construction and decoration, stage management, sound, lighting and special effects. Boys are expected to commit two afternoons a week. In the two weeks before a performance stage crew will be required for additional afternoons and at weekends.

Y9-11 and Sixth Form

Recruiting at the beginning of each rehearsal period
Boys are expected to work two days a week (Monday to Friday) 3.15-5.00pm

Activities

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 boys 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 boys 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 will be in September 2019

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 Lt E Burrows, SI S Hicks, C/Sgt Hurcumb, PI Cox.

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

Art Club

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

Y7-Y9

Wednesdays 3.15-4.15pm (Art2)

Mr N England

Art GCSE Support

Additional time and coursework support for pupils doing GCSE Art.

Y10

Tuesdays 3.15–4.15pm (ART2)

Mr N England

Y11

Tuesdays 3.15-4.15pm (ART1)

Miss K Kitchenham

Design Technology GCSE Support

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

Y11

Thursdays 3.15-4.15pm (RM1)

Art and Photography A-Level Support

Pupils in Y12-Y13 doing A-Level Art and Photography are welcome to use the Sixth Form Art Room and ART IT during study periods, lunch and after school.

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 (H4) - Miss C Walters

Fridays 12.40-1.20pm (H4) - Mr M Simpson

Computer Science Club

Computer Science Club is open to boys in Years 7 to 8 who would like to develop logical reasoning and problem solving talents, develop programming skills and have computer access to complete homework.

Y7-Y8

Thursdays 12.40-1.20pm

Ms N'Jai

Craft Club

An opportunity to make models from dough, which are then baked so that they can be painted. Pupils get the opportunity to be creative, whilst practising fine motor skills. This is especially useful for boys with Dyspraxia.

Y7-9

Tuesdays 12.40–1.20pm (Brackenbury's)

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 boys 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
Wednesdays 12.40–1.20pm (Brackenbury's)

Homework Club

This club is run by the English support team, so is especially useful for boys 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,

Jack Petchey Award Scheme

Wimbledon College are part of the Jack Petchey Award Scheme. Boys are nominated for their commitment to an activity (sport, music or drama) or to voluntary work both in and out of school. Nine awards of £250 are made through the year. The successful boy has input into what the money is spent on and is primarily used to further the development of this chosen activity/involvement.

Lego Club

The Lego Club will be open to all boys in Y7-8 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 chosen 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-Y8

Wednesdays and Thursdays 12.40–1.20pm (BS1)

Mr S Afshar & Mrs B Waghorn

Library

The School Library is a space for boys 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-Y11

Every morning, break time and lunchtime in EN2

Mr M Slemph

MFL KS4 Languages Help

French - Ms N Anderson/Ms Cordones (ML3) 12.40-1.15 day TBA

Spanish - Miss Cameron-Webb/Ms Jonasson (ML5) 12.40-1.15 day TBA

MFL KS5 Languages Help

A Level Spanish Mrs Cordones (ML1)

12.45-1.20pm day TBA

Model Railway Club

The Brackenbury Model Railway club has its own track and rolling stock layout in a dedicated Model Railway Club room. Admission is by application and invitation only and is run as part of special needs provision.

Y7-Y11

Mondays 12.40-1.20pm

Peer Mentoring

Sixth Form pupils act as peer mentors and offer help to younger boys, 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 boy to discuss the agenda. Minutes from the meeting are discussed at the next available Senior Leadership Team Meeting.

YOUNG SCIENTISTS

Biology Club

This is a lunchtime club designed for students of Biology (Y12-13). It is intended as a place where those who are struggling or who are not achieving their target grade can come for support. Support will take the form of peer-mentoring – with Y13 students taking the lead in helping Y12 students with difficult areas of the curriculum, or with exam technique. This mentoring should be mutually beneficial, with the ‘mentors’ in Y13 having the opportunity to consolidate their understanding of AS topics in preparation for synoptic questions in A2 exams.

Sixth Form

12.40-1.20pm (Sc7) Day tbc

Ms S Brech

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. The AS and A2 students will also be available once a week to coach the GCSE students and assist them with homework issues under the supervision of a member of the Chemistry Department.

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.

AS Support (Mr Graham) – 3.15pm (Sc5) day tba

GCSE Support Year 10 (AS and A2 students plus one chemistry teacher) – 12.40-1.20pm (Sc5) day tba

GCSE Support Year 11 (AS and A2 students plus one chemistry teacher) – 12.40-1.20pm (Sc4) day tba

A2 Support (Mr Ngwenya) – 3.15pm (Sc3) day tba

Physics Support

These weekly sessions allow GCSE and A level students to receive additional support and mentoring on topics which they find difficult. There will be the opportunity for individual support as well as peer-mentoring from the AS and A2 students for the younger students. Other activities will also take place where students can carry out practical work with guidance; videos will be available and shown on a monthly basis. Students will have access to the extra resources such as text books and journals which are crucial for the breadth of reading that is crucial for A level studies.

3.15pm (Sc7) A Level Students day tba

3.15pm (Sc7) GCSE Students (from October Half Term) day tba

Mr Berry and 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.



Y7-Y9

12.45-1.15pm (Sci1) day TBA

Ms J Topping

Scouts

The Sacred Heart Parish Wimbledon has a large and thriving Scout Group. Many College boys 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

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 boys 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 boys the opportunity and encouragement to play at district, county, regional and national level

All boys are encouraged to try out for the Major Sports. Boys 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 Athletic competitions, i.e. Cross Country, Sportshall, Indoor and Track and Field Athletics. The boys participate in local, regional and national Athletic competitions where they compete against other schools, clubs, counties and districts.

Athletics practice takes place throughout the year

Winter Term we train for Cross Country, Sportshall 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 boys in all years. It takes place every day at break time in the Sports Hall, and once a week in the morning before school (Cross Country Running). In the Summer Term we travel once a week to Wimbledon Park Athletics Stadium by minibus and use the facilities there for our training.

Training kit – College PE kit and trainers

Competitions – College vest / single 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. We have had past success in National Competitions and our Senior squad recently finished Runners up in the Surrey Cup. All Wimbledon College teams participate in Surrey Leagues and Cups and in 2017 our Year 8 squad made the Surrey League Finals. 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-Y10 Tuesdays 3.15-4.45pm (Sports Hall)

Y11-Y13 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. All year groups have A and B teams and the U12 have a C team. There is an extensive cricket fixture list against other schools played predominantly on a games afternoon. 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	U12A	Tuesday 3.15 – 4.30pm	Monday 3.10 – 4.45pm
	U12B		
	U12C		
Y8	U13A	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
	U13B		
Y9	U14A	Thursday 3.15 – 4.30pm	Thursday 3.15 – 4.45pm
	U14B		
Y10	U15A	Wednesday 3.15 – 4.30pm	Wednesday 3.15 – 4.45pm
	U15B		
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

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	Mondays 3.15 – 4.45pm
	U12B	
Y8	U13A	Mondays 3.15 – 4.45pm
	U13B	
Y9	U14A	Wednesdays 3.15 – 4.45pm
	U14B	
Y10	U15A	Wednesdays 3.15 – 4.45pm
	U15B	
Yr 11 and Seniors	1 st XI	Tuesdays 3.15 - 4.45pm
	2 nd XI	

College rugby kit for training and fixtures
 Master i/c Football: Mr B Barnes

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 & U15 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. There are also games during the week, including for the National Schools (used to be Daily Mail) Cup for the U15's and the 1st XV. 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. The next tours are scheduled for 2020 to Romania (Seniors) and USA (Juniors)

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

	Team	Rugby Training	
Y7	U12A	Mondays 3.15 – 4.45pm	Mr J Simon
	U12B		Mr M Ventom
	U12C		Mr I Thomas
	U12DEF		Mr T Causton/Mr J Potter/ Mr B Barnes
Y8	U13A	Thursdays 3.15 – 4.45pm	Mr C O'Connor
	U13B		Mr C Van Der Hoeven
	U13C		Mr P Hoban
Y9	U14A	Thursdays 3.15 – 4.45pm	Mr T Adams
	U14B		Mr J Farrell
	U14C		Mr J Berry
	U14D		Tba
Y10	U15A	Wednesdays 3.15 – 4.45pm	Mr D Bracken
	U15B		Mr A Soalla-Bell
	U15C		Mr R Milloy
Y11	U16A	Tuesdays 3.15 – 4.45pm	Mr N Hulatt
	U16B		Mr L Hillhouse
Seniors	1 st XV	Tuesdays and Fridays 3.15 – 5.00pm	Mr N Hallett
	2 nd XV		Mr D Doran & Mr B Barnes

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 both during the week and on some weekends. Our own John Pieroni U15 Sevens takes place during the Spring Term.

	Team	Rugby Sevens Training	
Y7	U12	Fridays 3.15 – 4.45pm	Mr J Simon & Mr M Ventom
Y8	U13	Fridays 3.15 – 4.45pm	Mr C O'Connor & Mr P Hoban
Y9	U14	Thursdays 3.15 – 4.45pm	Mr T Adams & 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 N Hulatt & Mr L Hillhouse
Seniors	1 st VII	Thursdays 3.15 – 4.45pm	Mr N Hallett

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

Swimming

The College swimming team competes in around 14 galas in the **Autumn and Spring Terms** against other schools and participates in a programme of events promoted by Surrey Schools Swimming Association.

	Team	Swimming Training
Y7	U12	Tuesdays and Thursdays 3.15 – 4.30pm
Y8	U13	Mondays and Wednesdays 3.15 – 4.30pm
Y9	U14	Mondays and Wednesdays 3.15 – 4.30pm
Y10 and Seniors	U18	Mondays and Wednesdays 3.15 – 4.30pm
Endurance Sessions	all	Tuesdays 7.30 – 8.10am

College swimming team hat, team shirt, plain black swimming briefs, aqua-shorts or jammers
 Coaching staff: Mr C O'Connor, Mrs C Clarke and Mr R Morris
 Master i/c Swimming: Mr C O'Connor

Minor Sports

In addition to the major sports, the school aims to provide sport for all boys 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 boys are encouraged to find at least one sport they enjoy. We do expect boys 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.

Badminton

Badminton is a popular recreational sport for all ages. We have four courts in the Sports Hall and also use Wimbledon Squash and Badminton Club. As well as the chance to play against friends, coaching gives boys the opportunity to learn and improve.

Y7-11 and Sixth Form

Autumn Term and Lent Terms

Thursdays 3.30-4.30pm (Wimbledon Squash and Racquets Club off Worple Road)

College PE kit (badminton racquet provided or bring your own)

Teacher i/c: Mr J Simon

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 'Amateur Boxing Alliance.' Boys from all year groups welcome (we are particularly keen to get boys in Yr7 and Yr8 join), however, this is a competitive contact sport and there has to be a reasonably high level of fitness and strength initially expected and required for boys 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 boys 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 (Weights Room)

Fridays 3.10 – 5.00pm (Sports Hall)

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

Club termly fee is £15 payable in the first four weeks of season

Master i/c Boxing: Mr S Afshar

Cross-Country Running

Weekly training in the school grounds and on Wimbledon Common with a full list of challenging fixtures and the possibility of county and regional representation. There are fixtures during the season against various schools, including the Kings Trophy, Haskell Cup, Judge Cup, Merton Borough Championship, and Surrey Schools Championships.

Y7-11 and Sixth Form

Autumn and Spring Terms

Fridays 7.15–8.25am (arrive in kit at the Sports Hall)

College PE kit, outdoor trainers, College athletics vest for fixtures

Teacher i/c: Mr C van der Hoeven and Miss J Topping

Skiing

The College organises ski trips each year. There is a great demand for places and you are advised to book early. Further details are announced at assemblies with information available for boys to take home.

This year's ski trips are as follows:

Y8 – Easter 2020 – Mayrhofen, Austria

Teacher i/c: Mr T Causton

Y10 – February Half Term 2020 – Hochfugen, Austria

Teacher i/c: Mr N Hulatt

Trips for 2021 will be announced later this academic year

Squash

Squash has proved a popular recreational sport for all ages. Squash takes place at the Wimbledon Squash and Racquets Club, off Worple Road. Coaching is provided by well qualified and experienced coaches from the club and provides players of all ages and abilities the opportunity to develop their skills and knowledge. Boys who wish to play squash need to sign up with Mr Simon in the first week of September.

Y7-11 and Sixth Form

Autumn and Spring Terms

Thursdays 3.30-4.45pm (Wimbledon Squash and Racquets Club)

College PE kit (squash racquet provided or bring your own)

Teacher i/c: Mr J Simon

Swimming Survival and Lifesaving

Swimming survival and lifesaving classes are open to all boys in Y7-9 who can swim 400m. The sessions are on Wednesdays in the Summer Term and lead to the ASA Certificate in Personal Survival or the Bronze, Silver or Gold ASA Lifesaving Awards.

Y7-9

Summer Term

Wednesdays 3.15–4.30pm

College swimming kit to be worn

Teacher i/c: Mr O'Connor

Weight & Fitness Training

Weight 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.

Y10-13

All Terms

Tuesdays 3.30-4.20pm (Fitness Room)

College PE kit to be worn

Teacher i/c: Mr J McDonald

Wimbledon College
September 2019

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