



ABINGDON



SPORT & PE

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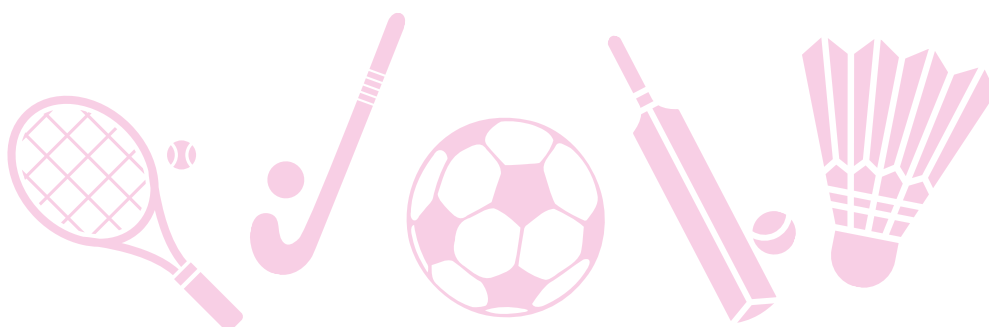
## Contact details



Contact details of all relevant members of staff can be found by visiting [abingdonsport.org.uk](http://abingdonsport.org.uk)

Abingdon sports department emergency number:  
01235 422858

Director of Sport, Mr Bignell, can be contacted via phone:  
07717 777183 or email: [pete.bignell@abingdon.org.uk](mailto:pete.bignell@abingdon.org.uk)



# Welcome



We are immensely proud of our sports provision at Abingdon and the renowned dedication and good sportsmanship of all our teams. Sport is valued, not only for its health and fitness benefits, but also for the camaraderie, teamwork and self-motivation it inspires.

Our provision focuses on traditional sports and is enhanced by a wide range of alternative options. It is delivered through four separate programmes (Core Sport, Physical Education, Other Half Sport and Athletic Development) within the School timetable enabling our students to develop their own individualised sports programme.

Each student is expertly coached to help them reach their full potential and we provide the opportunity and encouragement to those who simply want to enjoy their sport and physical activity, whilst fully supporting those exceptionally talented and motivated young athletes who aspire to compete at the highest level.

In the 1st and 2nd Years, pupils follow a fixed curriculum whilst in the 3rd Year and above, pupils will be asked to select their Core Sport and Other Half sporting options when they join. These programmes, together with information on our facilities, sports kit and Saturday sport, are outlined within this booklet.

I hope you will find this information helpful and I look forward to welcoming your child to Abingdon.

**Peter Bignell**  
Director of Sport and PE

# Sports Programme

**Core Sport:** This forms part of every student's timetable and all lessons occur in the afternoon. In the 1st and 2nd Year, students receive one lesson each week from a fixed curriculum of rugby, hockey and cricket. In the 3rd to 5th Year and the Sixth Form, students receive two lessons each week from a choice based options system.

3rd, 4th and 5th Years

Michaelmas	Lent	Summer
Cross-Country	Cross-Country	Athletics
Health Related Exercise *	Football	Cricket
Rackets (Badminton, Squash or Table Tennis)	Hockey	Rowing
Rugby	Rackets ** (Badminton or Squash)	Tennis
Swimming	Rowing	Water Polo *
Rowing **	Swimming	*4th and 5th Years only **5th Year only

Sixth Form

Michaelmas	Lent	Summer
Badminton	Badminton	Athletics
Cross-Country	Cross-Country	Cricket
Health Related Exercise	Football	Health Related Exercise
Rowing	Health Related Exercise	Rowing
Rugby	Hockey	Tennis
Squash	Rowing	Volleyball
Swimming	Rugby 7s	Water Polo
Tennis	Squash	
Hockey	Swimming	

# Sports Programme



**Physical Education:** This is a timetabled activity for all students in Lower School (1st and 2nd Year) and Middle School (3rd to 5th Year). The curriculum focuses on activities that are predominantly not defined as 'traditional games' such as swimming, health related exercise, gymnastics and athletics.

- In 1st Year to 3rd Year: students receive one 50 minute lesson each week.
- In 4th Year and 5th Year: students received one 50 minute lesson each fortnight.

**Other Half Sport:** Offered outside students timetabled lessons, the Other Half expands sporting opportunities as well as providing an extension to the Sports curriculum. These sessions are run during lunchtimes, after academic lessons during period 8, the Wednesday afternoon Other Half slot and at weekends. There is an extremely wide range of options available and students choose what activities they would like to do each term, in consultation with their tutor.

**Athletic Development:** Our Athletic Development programme has been implemented in the Physical Education and Core Sport curriculums; as well as the Other Half opportunities. It focuses on holistic and long-term training with the aim of benefiting the health, well-being and physical literacy of all students as they progress through School into adulthood. As part of this approach, students will learn to become accountable for their actions within sport, PE and daily exercise. This helps to create an appreciation for the countless health benefits that exercise has to offer, along with solidifying life-long habits.



# Medical Provision

We are aware that participation in sport brings with it a risk of injury and we would like to reassure parents that the following provision is available in the event a student does become injured:

**Health Centre:** Our onsite Health Centre provides care to students who are unwell or injured.

**Medical practitioners:** A doctor, paramedic or qualified first aider is present pitch-side for all contact sports fixtures. They are easily identifiable in Hi-Vis jackets.

**Physiotherapist:** Our school physiotherapist can provide students with injury triage assessment on a Monday, free of charge.



Each member of staff can put forward a student for assessment, so if your child has sustained an injury (especially if it is not obvious), please make sure they inform a member of staff.

**Further treatment:** Following this initial assessment, your child may be advised to return to training; given a short-term action plan; or be referred for further treatment. Physiotherapy treatment is offered on a Wednesday afternoon and can be booked through the School physiotherapist. This is charged to students at a reduced rate.

Further information is available in the School Health Centre or in the physio suite within the Sports Centre.



# Facilities



Our extensive sports facilities are located between four main sites as follows:

## **Senior School**

We are fortunate to have a number of sports pitches on our senior School site and these are utilised throughout the course of the year for rugby, football and cricket. In addition, our Sports Centre accommodates multi-sport activities, including badminton, volleyball, basketball and indoor hockey and has space for four cricket lanes. In addition, there are two squash courts, a fitness suite, a climbing wall and a large multi-purpose studio, ergo suite, as well as an eight lane indoor swimming pool.

## **Boat Club**

Our Boat Club is situated on Wilsham Road, about a mile from the School site. In addition to having direct access onto the river, it features its own ergo suite for training, as well as being well equipped with a variety of boats.

## **Tilsley Park**

Abingdon School took over the management of Tilsley Park in 2014 and since then has undertaken a comprehensive programme of improvement and investment. Today, Tilsley Park offers some of the best sports facilities in the area. We have use of a 3G rugby / football pitch, two full-size ATP hockey pitches and a running track. This offers all-year-round, high-quality floodlit sports facilities.

## **Cox's Fields**

Some sports matches are played at Cox's Fields which is located at Abingdon Prep School - 4 miles from Abingdon School at Frilford. There are six rugby / football pitches and three cricket squares that we regularly use for training and fixtures.

# Fixtures & Match Day Protocols

All information on fixtures, including team sheets, results, locations and staff contact details for all sports can be found on [abingdonsport.org.uk](http://abingdonsport.org.uk) and we recommend parents add this to their favourites. If accessed from a mobile device, this webpage loads as a mobile app.

## Expectations

In order for us to honour our competitive fixtures list and provide the well-documented benefits team sport can provide, the School expects every student to be available for all sports fixtures within their own core sport and other half options. We ask for parents' support in this matter.

We do, however, recognise that there may be exceptional circumstances (such as a family wedding) where students are unable to participate on a Saturday. On these rare occasions, leave can be requested by emailing the Headmaster and copying in the Director of Sport. Please provide as much notice as possible, and at least one week in advance.

## Selection policy

Team selection and management is the prerogative of the team coach (or coaches). They give due diligence to the selection of players within particular teams and, throughout the course of the year, continually review and assess a child's ability and potential. As a result, they are best qualified to take all factors into consideration and to make the right decision for the team as a whole, endeavouring to strike a balance between encouraging excellence and giving opportunities for all. It can be disheartening for a child to be dropped from a team but our coaches will always explain why this has happened. Not all children can be in 'A' teams but it is also very important that those who are, do not boast or criticise the play of those who aren't as this can be very hurtful and undermining and the School will not condone this behaviour.

## Team sheets

Parents are asked to presume their child is in the squad for their chosen sport unless informed to the contrary. Team sheets are published on the Thursday ahead of a Saturday fixture; and on a Monday evening ahead of a mid-week fixture. Sometimes, however, selection is only finalised a day beforehand, so please bear with us. In addition to being published on the website, players will be informed verbally about selection. It is the responsibility of parents and students to check the team sheets and we recommend this is done the day before a fixture.



# Fixtures & Match Day Protocols



## Timings

We work on the principle that students should be at the venue to change and warm up, approximately 1 hour before the published start time. Parents should normally allow 2 hours for the duration of the match, to include changing and match tea. For away fixtures, travel time also needs to be taken into consideration for a departure and return time. Please be aware that all listed times are provisional and, on rare occasions, weather conditions may result in start times or locations having to be rescheduled.

## Cancellations

In the event of an on the day cancellation, students and parents will be informed by email. We strongly advise parents to regularly check the fixture card throughout each term on [abingdonsport.org.uk](http://abingdonsport.org.uk).

## Direct travel to and from a fixture

If students are travelling directly to a fixture, it is important they report to their teacher as soon as the rest of the squad arrives; likewise if they are travelling directly home with parents at the end of a fixture, they should let their teacher know.



# Fixtures & Match Day Protocols



## Illness on the day of a fixture

In the event your child is unable to attend a Saturday fixture due to illness, we ask parents to contact the relevant member of staff in the first instance (details on [abingdonsport.org.uk](http://abingdonsport.org.uk)) so that replacement players can be sought. Parents may also use the sports department emergency number (on page 1) or contact the Director of Sport.

## Uniform

Students are expected to wear school uniform prior to, and after, all sports fixtures (unless specified to the contrary on the team sheet). Students should wear Abingdon sports kit, as requested by their chosen sport (outlined in the [School Uniform](#) section of the website) at all matches and training (this may mean a quick turnaround in the washing machine on a Friday).

## Match tea

All players are expected to attend the post match hospitality provided and to socialise with their own team and, where possible, the opposition team. We firmly believe this is a vital aspect of the sporting provision, helping players' bodies recover from the physical exertion of the match and also offering students a time to reflect on, and talk about, their individual and team performance.

## Spectators

Parental encouragement can be of great benefit to players and the wider team and so we warmly welcome parents to attend fixtures - both home and away.

# Sports Kit

Students are expected to wear the correct kit for all lessons, training and fixtures. Kit for core sport and physical education is compulsory and is listed below. Additional kit from the 'optional list' may be needed but will be dependent on the sports selections your child makes during the course of the academic year. Given how quickly children can grow, it is recommended that kit for use in the summer term is not bought at the beginning of the academic year.

## Where to source

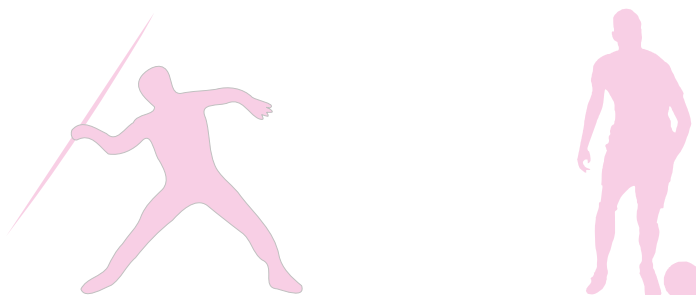
Abingdon sports kit can be purchased through our uniform supplier, [Stevensons](#). Kit (including hockey sticks and tennis rackets) is also available to buy through the Abingdon [Second Hand Uniform Shop](#) (SUS) which is located on the main School site in Faringdon Lodge.



## Sizing and labelling

To ensure you obtain the correct size kit for your child, we would recommend checking the 'sizing guide' on Stevensons website and, where possible, trying kit on prior to purchase.

We are a large School so it is vital that all kit is clearly labelled with your child's full name so that, in the event it gets mislaid, it can be easily returned to your child.



# Kit Lists

## 1st and 2nd Years

Compulsory	Optional
Abingdon white PE polo shirt Abingdon reversible rugby shirt Abingdon cricket shirt Abingdon black shorts White socks Abingdon black games socks Trainers Rugby / football boots Black swimming trunks Abingdon swim cap Abingdon tracksuit top and bottoms Mouthguard Shin pads	Base layers - black or white only Cricket whites Abingdon cricket sweater Abingdon athletics vest Abingdon baseball cap Abingdon holdall Abingdon boot bag Abingdon water bottle

## 3rd, 4th and 5th Years

Compulsory	Optional
Abingdon white PE polo shirt Abingdon black shorts White socks Trainers Black swimming trunks Abingdon swim cap Abingdon tracksuit top and bottoms	Base layers - black or white only Abingdon cricket sweater Abingdon athletics vest Abingdon baseball cap Abingdon holdall Abingdon boot bag Abingdon water bottle

Dependent on what Core Sports your child chooses they will need the following compulsory clothing in excess of the items listed above:

<b>Core Sport: Rugby</b> Abingdon reversible rugby shirt Abingdon black games socks Rugby / football boots Mouthguard	<b>Core Sport: Hockey or Football</b> Abingdon pink games shirt Abingdon black games socks Astros / trainers or football boots Mouthguard (hockey) Shin pads
<b>Core Sport: Cricket</b> Abingdon cricket shirt Cricket whites	<b>Core Sport: Rowing</b> Abingdon rowing suit Abingdon rowing splash top



# Kit Lists

Dependant on what Core Sports your child chooses they will need the following compulsory clothing:

Sixth Form

Compulsory	
<p><b>Core Sport: Rugby</b>            Abingdon 6th Form hooped rugby shirt            Abingdon black shorts            Abingdon black games socks            Abingdon tracksuit top and bottoms            Rugby / football boots            Mouthguard</p>	<p><b>Core Sport: Hockey or Football</b>            Abingdon 6th Form hockey/football shirt            Abingdon black shorts            Abingdon black games socks            Abingdon tracksuit top and bottoms            Astros / trainers <b>or</b> football boots            Mouthguard (hockey)            Shin pads</p>
<p><b>Core Sport: Cricket</b>            Abingdon cricket shirt            Cricket whites</p>	<p><b>Core Sport: Rowing</b>            Abingdon rowing suit            Abingdon rowing splash top</p>
<p><b>Core Sport: Athletics / Badminton / Cross-Country / Health Related Exercise / Squash / Tennis / Volleyball</b>            Abingdon white PE polo shirt            Abingdon black shorts            White socks            Trainers</p>	<p><b>Core Sport: Swimming / Water Polo</b>            Black swimming trunks            Abingdon swim cap</p>
Optional	
<p>Abingdon tracksuit top            Abingdon tracksuit bottoms            Base layers - black or white only            Abingdon cricket sweater            Abingdon athletics vest            Abingdon baseball cap            Abingdon holdall            Abingdon boot bag            Abingdon water bottle</p>	





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[abingdon.org.uk](http://abingdon.org.uk)

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