



St Edmund's Prep Sports Extra



Issue 1.1

December 2013

Games and P.E

This term, Forms 1-6 (boys and girls) will need **shinpads** and **mouthguards** to participate fully in hockey and rugby sessions. Please also ensure that your child has a **St Edmund's Prep tracksuit**, these will be worn in cold conditions and are regulation kit for sports fixtures.

The days for P.E and Games:

Form 1:

P.E- Wednesday **Games-** Friday

Form 2:

P.E- Wednesday **Games-** Friday

Form 3:

P.E- Friday **Games-** Monday

Form 4:

P.E- Tuesday **Games-** Monday

Form 5:

P.E- Thursday **Games-** Friday

Form 6:

P.E- Monday **Games-** Friday

The days for **tennis** and **swimming**:

Tennis:

Tuesday-

Form 4 (*until February Half Term*)

Form 3 (*after February Half Term*)

Swimming:

Monday-

Forms 1 and 2

Tuesday-

Forms 3 and 5 (*until February Half Term*)

Forms 4 and 6 (*after February Half Term*)

Wednesday-

Reception and Nursery

The Games and P.E kits for this term are as follows:

Forms 1 and 2:

Games- Tracksuits, Red T-Shirts, Black Shorts, Long White Socks, Mouthguards, Shinpads, Football Boots (advisable) and Trainers

P.E- Red T-Shirts, Black Shorts, White Socks, and Plimsols/
Indoor Trainers

Forms 3-6: *Games*– Tracksuits, Long-Sleeve Tops, Blue Shorts (and Skirts for girls), Long Striped Socks, Mouthguards, Shinpads, Football Boots (advisable) and Trainers

P.E– Blue Polo Tops, Blue shorts, White Socks and Plimsols/
Indoor Trainers

Squad Practices

This year we have already had **after-school Squad Practises** for our football and netball teams on **Mondays** between **4.30pm and 6.00pm**. These focused on fitness, skills work and team play and really benefitted the school teams with training from the Prep School coaches. These sessions proved extremely popular with our children, with almost all of the girls in Forms 4-6 involved and most of the Form 5 and 6 boys coming along too. Our children also trained with the College hockey and rugby Year 7 and 8 teams on a Friday after-school to help prepare them for next term's sports matches.

After Christmas, our **Monday** squad practices will focus upon **boys' hockey** (Forms 5 and 6) and **girls' hockey** (Forms 4-6), with the girls playing **rounders** shortly after half term. There will also be a **cricket squad practice** for Form 6 children on **Mondays** after school and an **extra hockey squad practice** (with the College Year 7 and 8 teams) on **Fridays** for Form 6 children.

Michaelmas Term 2013 Sports Review

This term we have introduced the **SAQ Fundamental Movement** programme into our sports provision at St Edmund's Prep. It has been incorporated into our Squad Practices and PE programme from Years 3-6 and included the use of our new speed ladders and hurdles.

The new St Edmund's College **website** also includes an updated Prep Sports section, including all tournament reports, updated fixture lists, results, School Records for Athletics, Prep School Sports Achievements and a Photo Gallery. These can also be viewed on the sports page of the **Prep VLE**, along with an interactive blog and other interesting videos, pictures and features. Additionally, our communication now extends to a new **Twitter** account that gives regular updates on Prep Sports news and results (**SEPsports**).

In the first term we offered out-of-hours provision for **Football and Netball Squad Practices** on a Monday evening, whilst some of our children also attend College Practices for Hockey and Rugby (sports that we will be playing in the Lent Term).

In PE, in addition to the SAQ Fundamental Movement programme, we also worked on the **SportsHall Athletics** scheme. Results will be reported to parents via an end-of-term report card on their child's progress in the five disciplines of: 10x10m shuttle runs, foam javelin, balance test, speed stepper and standing long jump. This gives parents of children in Years 3-6 an opportunity to compare their child's achievement against a class average, with all of the children being rewarded with certificates and

badges from the UK Athletics Ladder of Success in recognition of the level that they achieved.

Sports Teams

Overall: Won 60 D16 L51 (including tournaments)

Our sports teams have won around half of their matches overall, with the U11 and U9 Football A and Netball U11A (in particular) achieving well.

Our netball A team has been very successful this year, winning most of their games, winning a tournament and beating several much larger schools. We have two England Netball qualified coaches who are also head coaches at clubs (Sue Gamby at Turnford U11 and Sam Goodfellow at Hertford Hornets U10).

We have entered ten tournaments since the beginning of September, winning three of them. We won the **U11 Forest Netball Tournament**, the **U9 Heathmount Football Tournament** and became Wix District Champions after winning the **U11 Wix District Football Finals** at Howe Green (the county finals will be held in March in St Albans).

Football Won 38 D12 L27 (including tournaments)



Football Team Captain 2013/14- James Rose

U11A W21 D6 L14 (including tournaments)



The U11A football team have had quite a mixed season. They performed very well in tournaments, winning the Wix District Finals and only narrowly losing on penalties in the ISFA Regional Qualifiers. Unfortunately, they lost several games throughout the season by the odd goal. However, the last match against **Woodford Green Prep** was particularly pleasing when the team passed and defended as a team much better, winning 3-0.



U11 Wix District Football Tournament Winners 2013

U11B W9 D4 L2(including tournaments)



The U11B football team have had a very successful year. They have won most of their matches and have played some exciting, attacking football. The team recorded several victories by high scores, but it was a tight 2-1 victory against a good **Duncombe** team that provided the best game.

U10A W3 D0 L2 (including tournaments)



The U10A football team finished third at the hotly-contested **Kingshott U10 Football Tournament**. After beating **St Joseph's In The Park**, **Lockers Park** and **Sherrardswood**, the boys were very unlucky to lose their final two matches against **Heathmount** and **Kingshott**. However, the boys played some of the best football witnessed throughout the season and they are a committed and skilful team.

U9A W5 D2 L3(including tournaments)



The U9A football team won the **Heathmount U9 Football Tournament** and received their first tournament winners' medals for the school. They also recorded a very exciting 3-2 win in their first match against **Duncombe**, where a last minute wonder strike settled the tie and sent the crowd home elated!



**U9 Heathmount Football Tournament
Winners 2013 (pictured here with Ashley
Young, Manchester United and England)**

U9B W0 D0 L4



The U9B football team have really enjoyed playing football this year, whilst for many it was their first experience of playing in matches against other schools. Although a win proved elusive, they all played with great spirit, enthusiasm and excitement!

U7A W0 D0 L1



The U7 football team had their football matches blighted by the weather this year. Two were cancelled due to heavy rain, but the match that did go ahead against **Hormead** was a very exciting contest. The match was eventually lost 3-2, but we scored two good goals and the children had a great time.

Netball Won 22 D4 L25 (including tournaments)



Netball Team Captain 2013/14- Niamh Beagon

U11A W17 D3 L5(including tournaments)



The U11A netball team have had a very successful term. The only match that they lost, other than those in tournaments, was in their final game. This saw them finish their season having played ten games and only lost once.

They also won the **Forest Netball Tournament** to cap a great year so far. The passing and movement has been slick, using some well-drilled routines, whilst the defending has also been fantastic to watch.

One game that stood out in particular was the great win against **Howe Green**, where our girls battled to a 5-3 victory against a notoriously good side.



U11 Forest Netball Tournament Winners 2013

U11B W2 D0 L13(including tournaments)



The U11B team have played well this year and have made very good progress. The team are committed to extra training sessions outside of school and they all have a passion for the game. A 4-1 victory against **Duncombe** was a highlight of their season, where they passed the ball well and worked excellently as a team.

U10A W2 D0 L2 (including tournaments)



The U10A team were unfortunate not to get through to the semi-finals of the **Heathmount U10 Netball Tournament** after beating an excellent team from **Stormont** and **Duncombe**. The netball that they played in these two matches was really impressive, but two narrow defeats against **Beechwood Park** and **St Francis' College** halted any further progression in the tournament.

U9A W1 D1 L4



The U9A netball team participated in their matches enthusiastically. They were rewarded for their efforts with a fantastic 5-0 victory against **St Francis' College**, the girls passed the ball with more confidence and also shot with increased accuracy.

U7A Endball W0 D0 L1



The U7A netball team played in a highly-entertaining match against St Mary's. With many content to make new friend's with their opposition or to explore the other team's hall, the match was a good opportunity for them to develop their throwing and catching skills in a fun and friendly match situation.

Sports Coaches For 2013/14

Netball- **Mrs S Goodfellow**, **Mrs S Gamby**, **Miss J Warnes** and **Miss E Christen**

Football- **Mr G Goodfellow** and **Mr G Duddy**

Rugby- **Mr G Duddy** and **Mr G Goodfellow**

Hockey- **Miss E Wilkin**, **Mr G Goodfellow** and **Mrs S Goodfellow**

Swimming- **Mrs L Short**

Lent Term Fixture List

Date	Fixture	Location	Time	Sport
Thurs 16 th Jan	Forest	Away	4.00pm	U11 Netball
Weds 22 nd Jan	Howe Green	Home	3.45pm	U11 Boys' Hockey
Weds. 22 nd Jan	Howe Green	Home	3.45pm	U11 Hockey
Fri 24 th Jan	Duncombe	Home	3.45pm	U7 Tag Rugby
Weds 29 th Jan	Manor Lodge	Away	4.00pm	U11 Rugby
Thurs 30 th Jan	Kingshott	Home	3.45pm	U9 Rugby
Sun 2 nd Feb	Haileybury Netball Tournament	Away	10.00am-1.00pm	U10 Netball
Weds 5 th Feb	Kingshott	Away	3.45pm	U11 Rugby
Thurs. 6 th Feb	Howe Green	Home	3.45pm	U9 Quicksticks Hockey
Fri. 7 th Feb	Loyola	Home	2.30pm	U11 Boys' Hockey
Fri. 7 th Feb	Loyola	Home	2.30pm	U11 Rugby
Sat 8 th Feb	Belmont Netball Tournament	Away	10.00am-2.00pm	U11 Netball
Mon 10 th Feb	Hormead	Away	3.45pm	U7 Tag Rugby
Weds. 12 th Feb	Duncombe	Home	3.45pm	U11 Hockey
Weds. 12 th Feb	Duncombe	Home	3.45pm	U11 Rugby
Thurs. 13 th Feb	St Nicholas'	Home	3.45pm	U11 Football
Thurs. 13 th Feb	St Nicholas'	Home	3.45pm	U11 Girls' Football
Weds. 26 th Feb	Sherrardswood	Home	3.45pm	U11 Hockey
Weds. 26 th Feb	Sherrardswood	Home	3.45pm	U11 Rugby
Thurs 27 th Feb	Loyola	Away	3.00pm	U9 Rugby
Fri. 28 th Feb	St Joseph's In The Park	Home	3.45pm	U11 Hockey
Fri. 28 th Feb	St Joseph's In The Park	Away	3.45pm	U11 Rugby
Sat 1 st Mar	Kingshott U9 Sports Festival	Away	10.00am-1.00pm	U9 Netball, Hockey and Girls' Football
Weds 5 th Mar	Sherrardswood	Home	3.45pm	U9 and U10 Rugby
Thurs 6 th Mar	Manor Lodge	Home	3.45pm	U9 Rugby
Fri 7 th Mar	Duncombe	Away	3.45pm	U7 Football
Mon 10 th Mar	Aldenham Netball Tournament	Away	10.00am	U11 Netball
Weds. 12 th Mar	Heath Mount	Home	3.45pm	U11 Boys' Hockey
Weds 12 th Mar	Bancrofts Netball Tournament	Away	1.30pm-4.30pm	U11 Netball
Thurs 13 th Mar	St Joseph's In The Park	Home	3.45pm	U9 Rugby
Fri 14 th Mar	Forest Tournament	Away	1.30pm-5.30pm	U9 Football
Sat 15 th Mar	St Francis' Netball Tournament	Away	9.00am-1.00pm	U11 Netball
Weds. 19 th Mar	Forest	Home	4.30pm	U11 Hockey
Weds 19 th Mar	Woodford Green Prep 5-A-Side Tournament	Away	1.15pm-4.30pm	U11 Football
Thurs 20 th Mar	St Mary's	Home	3.45pm	U9 Tag Rugby
Thurs 20th Mar	St Mary's	Home	3.45pm	U7 Tag Rugby
Fri 21 st Mar	Queenswood Cross Country	Away	4.30pm	U11 and U9 Cross Country
Fri. 21 st Mar	St Joseph's In The Park	Home	3.45pm	U11 Hockey
Sat 22 nd Mar	St Edmund's Football Tournament	Home	1.00pm-5.00pm	U11 Football
Weds 26 th Mar	St Edmund's Cross Country	Home	2.00pm	U11 and U10 Cross Country
Weds. 26 th Mar	Duncombe	Home	3.45pm	U11 Hockey
Weds. 26 th Mar	Duncombe	Home	3.45pm	U11 Rugby
Fri 28 th Mar	Duncombe	Home	3.45pm	U9 Rugby
Fri. 28 th Mar	Duncombe	Home	3.45pm	U9 Quicksticks Hockey

Important Notice: This fixture list may be subject to change. It is intended to give parents as much notice as possible with fixture dates. If your child is selected for a sports fixture they will be given a letter prior to the match, which will give further details regarding times and the location.

Contact Details for Mr Goodfellow

If you would like to speak to me about an issue regarding sport in St Edmund's Prep for your child, please contact me on:

Sports Mobile: 07595 081859

(this will be also be with the coaches listed during sports fixtures)

Work: 01920 824341

E-Mail: ggoodfellow@stedmundscollege.org