

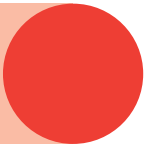
WELCOME

TO THE SPORTS DEPARTMENT

2024-2025



SEVENOAKS SCHOOL



Our Department Vision

To be the leading school, internationally, for students seeking to combine the best of both an academic and a sporting education.

Our Department Mission

To provide opportunity for every student to flourish, within an inclusive and inspirational environment.

Communication

All our sports fixtures can be found on the calendar on the school website. We also have a school sports app, SOCS, which contains fixtures, results, locations, team sheets and timings. We encourage all parents and students to download the app to access up-to-date team lists, match cancellations etc. **Please see the link below and go to page 11 for more information about SOCS.**


Where to find us


Website

www.sevenoaksschool.org/sport

SOCS

www.sevenoaksschoolsport.org

 [@sevenoakssport](https://www.instagram.com/sevenoakssport)

 [@Sevenoaks_Sport](https://twitter.com/Sevenoaks_Sport)

On the school campus

The Sports department is based in The Sennocke Centre.

Welcome

Welcome to Sports at Sevenoaks School.

This booklet will provide you with information about sports options and opportunities, the performance programme, and how to use the sports calendar and app, SOCS.

Sevenoaks offers an outstanding sporting education, enabling every student to flourish within an inclusive and inspirational environment. The department's philosophy of opportunity and excellence is reflected in every element of the sports programme. We provide an extensive range of opportunities to engage in sport and fitness across the academic year, fostering a positive, lifelong interest and creating an environment where performance can be developed at every level. We place a strong emphasis on development of character through sport and encourage students to develop behaviours which positively affect sporting culture such as humility, resilience and independence.



Mr Steve Brenchley

Director of Physical Education
and Sport



Miss Lauren Cripps

Assistant Director of Sport



Mr Jamie Cullen

Assistant Director of Sport

Sports options

Students can choose from these sports.

Current students will be able to choose their sports for the year ahead using SOCS.

We will contact new students before they join to request their sports choices.

Please note: shooting, sailing, golf and fencing carry an additional charge. Further details can be found on the following pages.

Sport takes place on the following days:

Monday:	Year 10
Tuesday:	Year 11, Year 12 (Lower Sixth) Year 13 (Upper Sixth)
Wednesday:	Years 7 and 8
Thursday:	Year 9
Friday:	Years 7 and 8
Saturday:	Years 9 -11

Year Group	Michaelmas Term	
	Girls	Boys
7	Hockey (until November Exeat) then Netball	Football (until November Exeat) then Rugby
8	Hockey (until November Exeat) then Netball	Football (until November Exeat) then Rugby
9	Aquatics Hockey Sailing Volleyball	Aquatics Rugby Sailing Volleyball
10	Aquatics Hockey Sailing Shooting Volleyball	Aquatics Rugby Sailing Shooting Volleyball
11	Cross country Dance Fencing Football Hockey Sailing Shooting Swimming Volleyball	Cross country Dance Fencing Rugby Sailing Shooting Swimming Volleyball
12 and 13	Archery Badminton Basketball Climbing Cross country Dance Fencing Fitness Football Golf Hockey Netball Sailing Shooting Squash Swimming Tennis Volleyball Yoga	Archery Badminton Basketball Climbing Cross country Dance Fencing Fitness Football Golf Rugby Sailing Shooting Squash Swimming Tennis Volleyball Yoga

Year Group	Lent Term			Summer Term	
	Girls	Boys		Girls	Boys
7	Netball and Football	Rugby (until half term) then Rugby Sevens or Hockey		Athletics Cricket Tennis	Athletics Cricket Tennis
8	Netball and Football	Rugby (until half term) then Rugby Sevens or Hockey		Athletics Cricket Tennis	Athletics Cricket Tennis
9	Netball Football Sailing	Football Hockey Sailing		Athletics Cricket Sailing Tennis	Athletics Cricket Sailing Tennis
10	Netball Football Sailing Shooting	Football Hockey Sailing Shooting		Athletics Cricket Sailing Shooting Tennis	Athletics Cricket Sailing Shooting Tennis
11	Cross country Dance Fencing Football Netball Sailing Shooting Water Polo	Cross country Dance Fencing Football Rugby Sevens Hockey Sailing Shooting Water Polo		Athletics Cricket Dance Golf Sailing Shooting Tennis Volleyball Water Polo	Athletics Cricket Dance Golf Sailing Shooting Tennis Volleyball Water Polo
12 and 13	Archery Badminton Basketball Climbing Cross country Dance Fencing Fitness Football Boys' Hockey Netball Sailing Shooting Squash Tennis Water Polo Yoga	Archery Badminton Basketball Climbing Cross country Dance Fencing Fitness Football Hockey Rugby Sevens Sailing Shooting Squash Tennis Water Polo Yoga		Archery Athletics Badminton Basketball Climbing Cricket Dance Fitness Golf Sailing Shooting Tennis Volleyball Water Polo Yoga	Archery Athletics Badminton Basketball Climbing Cricket Dance Fitness Golf Sailing Shooting Tennis Volleyball Water Polo Yoga



Sports clubs

In addition to the afternoon sports programme detailed on the previous pages, there are many other opportunities to get involved, ranging from fencing and futsal to dance and basketball. Details of the clubs on offer will be made available for students to sign up to on the first day of each new term through SOCS.

Pre-season sport

Each year we release pre-season sport dates so you are aware of what will be taking place and when. This is designed to provide you with a basic idea of the sport, the dates and the age groups involved so that you may enter them into your diary should they be relevant to you. More details will be provided to the students via SOCS with specific details such as timings and locations.

Michaelmas term 2024

Tuesday 27, Wednesday 28 and Thursday 29 August

Football	Years 12-13	Boys and girls
Hockey	Years 9-13	Girls
Rugby	Years 9-13	Boys
Sailing	Years 11-13	Boys and girls
Volleyball	Years 9-13	Boys and girls

Lent term 2025

Monday 6-Tuesday 7 January

Football	Years 9-13	Boys and girls
Netball	Years 9-13	Girls

Summer term 2025

Tuesday 22-Wednesday 23 April

Athletics	Years 9-13	Boys and girls
Cricket	Years 9-13	Boys and girls
Sailing	Years 11-13	Boys and girls
Tennis	Years 9-13	Boys and girls



Sports Performance Programme

Sevenoaks is keen to support every student's ambition to develop their potential in performance sport. To this end, we have established a Sports Performance Programme which provides access to coaching and ancillary support. Most of our Sport scholars participate in the programme, but any student serious about working towards sporting excellence can apply for the programme. Participation in the Sports Performance Programme may lead to the award of a Sport scholarship.

This programme is holistic and tailored to each individual. It includes:

- **Athletic development:** Physical preparation support which underpins movement relevant to individual sports.
- **Mentoring:** Staff and peer mentoring tailored to the individual.
- **Coaching:** 1-to-1 coaching and performance analysis from sport-specific coaches.
- **Education:** Seminars and workshops delivered by elite coaches and athletes.
- **Responsibility:** A seat on the Sports Council, a student/staff forum which aims to develop the school's sporting environment and provision.
- **Higher Education:** Individual guidance and support in all aspects of the process, in conjunction with the school's Higher Education department.
- **Wellbeing:** Staff mentoring to maintain balance between academic work and sports, in collaboration with the student's tutor and pastoral leads.

Sports tours

We offer a variety of different sports camps and tours during the holidays. Details of these are circulated with information about other school trips.

Sports kit

Detailed information about sports kit will be included in induction information to follow.



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Fencing information and requirements

The school will provide masks, weapons, body wires and scoring equipment. Students will need to buy the following equipment (approximate cost £300):

- Jacket Minimum 350N
- Breeches Minimum 350N
- Plastron FIE 800N
- Glove Foil/épée
- Chest protector (girls only)

There is also the option to buy the full kit (including mask, épée etc), should you prefer. The cost of the complete kit with bag is approximately £600:

www.leonpaul.com/mens-deluxe-eppee-kit-2.html

Equipment can be bought from any fencing shop, provided it meets the specifications detailed above. Below is a list of some stockists:

UK shops

Leon Paul (British)	www.leonpaul.com
Allstar (German)	www.allstar-fencing.co.uk
PBT (Hungarian)	www.pbt-uk.com
Excalibur Sports	www.excalibursports.co.uk

International shops

Prieur	www.prieur-sports.com
Fence with fun	www.fencewithfun.com

Golf opportunities

Golf is a games option in the Michaelmas and Lent terms in Year 11 (based on prior experience) and for anyone in the Sixth Form.

Membership of the school golf club costs £170 in the Michaelmas term and £80 in the Summer term. This covers all match fees, range balls during the Saturday practice sessions and coaching from a PGA professional on Tuesdays in the second half of the Michaelmas term. Home matches are played at Knole Park, with away fixtures against other schools at a number of prestigious venues such as Walton Heath, Worplesdon and Rye.



Sailing as a sports option

If you participate in school sailing, you will not be able to elect to join another sport during the same term, although it will always be possible to join the after-school sports and clubs. Most students choose to sail year-round, but you can choose a different sport in advance each term.

For students wishing to sail, previous experience isn't essential. However, it may occasionally be necessary to limit numbers, and priority will be given to those that have some sailing experience. Before joining school sailing, students would ideally have the equivalent of an RYA Level 2 course.

Pupils who sail are charged £160 per term. Students must also purchase their own sailing clothing, which can be done independently or through the school (more details will follow to those who sign up). Clothing will be available to borrow for the first few weeks.



Shooting opportunities

Shooting is a sports option in Year 10 and upwards, and a sports club for younger years. All equipment is provided and no experience is necessary. We have our own newly renovated 25-yard range at school where we train, and access to Bisley National Shooting Centre in Surrey where we shoot at distances between 50 metres and 1000 yards.

Please note we have a limited number of places available for shooting. Students are charged £150 per term (Years 10-13).



Tennis groups, squads and lessons

Assessment sessions for group and squad coaching take place during the first week of the Michaelmas term. After this initial assessment, students will be notified which group lesson or team squad(s) they have been allocated to. Groups and squads are charged (per term) at around £8 per session.

Group coaching is suitable for all abilities and takes place at lunchtime between 13:15 and 14:15.

Team squads take place either before school, 07:15-08:30, or after school from 16:30 onwards.

Individual lessons

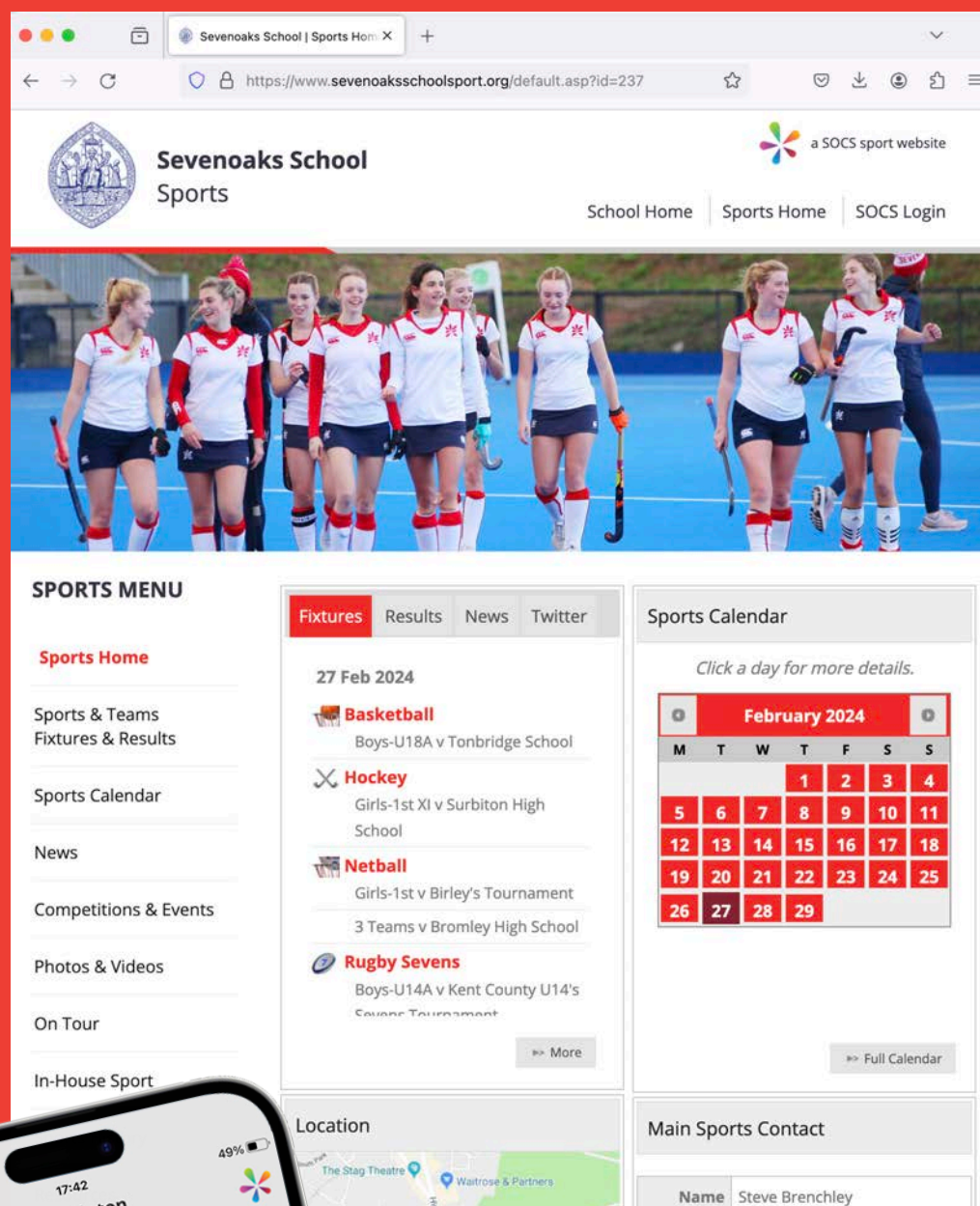
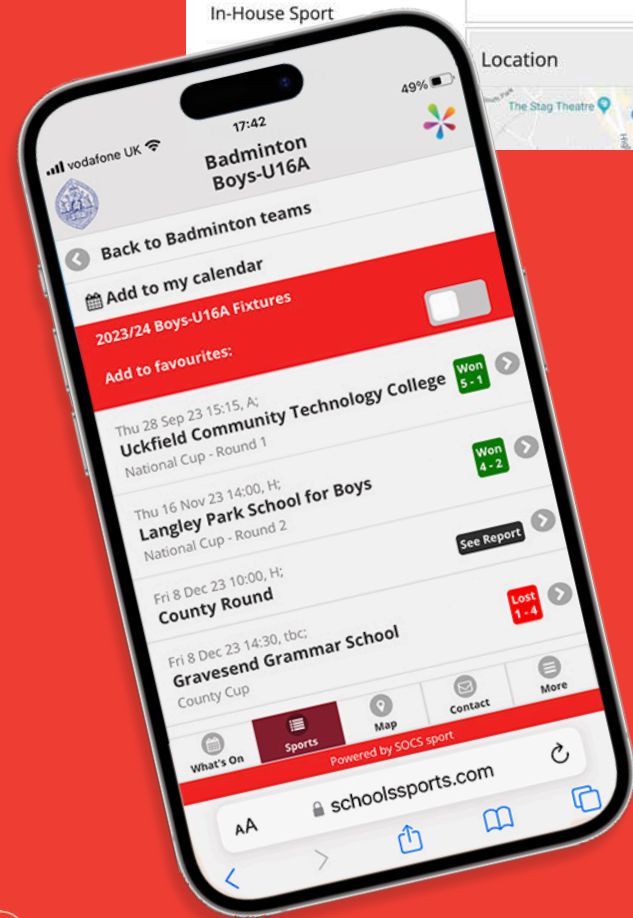
Priority for individual lessons will be given to those students who are

- regularly competing in LTA tournaments
- already taking part in a group or squad.

We offer individual tennis lessons for Lower and Middle School students at lunchtime and after school (although group lessons and team squads take priority at these times).

Sixth Formers who wish to book tennis lessons during study periods in the school day should liaise with the Head of Tennis once they receive their timetable.

Please complete and submit this [Tennis Coaching](#) form to register your interest in receiving tennis coaching.



SOCS

Sevenoaks School Sports

SOCS is the most up-to-date place to look for fixtures, results, team sheets, timings and maps. You can follow teams' successes and even view competitor teams' sporting history.

You can access SOCS at: <https://www.sevenoaksschoolsports.org/>

When you visit the site from a mobile device, it will automatically load as an app.


SOCS is also accessible through [Parents Online](#) or from the [Sport page](#) on our website.

Fixture details

On a desktop computer: Navigate to our **Sports Calendar** via the main menu and then select the day you are interested in and click the **Details** link. This shows the venue and, if we are playing away, will have a link to the location map of our opponent's school.

On a mobile device: Go to **What's On**.

Team details

You can also see the team selected for the fixture wherever you see this blue image:  Usually we announce team selections at least the day before, and in some cases 48 hours before.

To protect confidential details of our students, team sheets are password-protected. This password is 'ourteams'. Please do not share this with anyone other than parents, staff and students.

From the Sports Calendar you can also click directly through to a team's fixtures and results listing by clicking the team name, for example, 'Boys-U18A Hockey'.

Team-specific results and fixtures

On a desktop computer: If you are following a particular team, you can also select [Sports & Teams Fixtures & Results](#) from the main menu (PC). Then select a particular sport and your team to see results and fixtures. You can save your child's team(s) as one of your favourites.

On a mobile device: Go to **Sports & Teams**.

Updating your calendar

From any team's **Fixtures & Results** or **Fixtures** listings you can also download the entire fixture list to your personal calendar on your computer or mobile device. Once you have done this, any changes we make to our fixtures will be synchronised with your personal calendar.

Maps and Locations

To find an away venue for one of our opponents, select the fixture, then click either the Home or Away map link, or the Details button as described above. Alternatively, you can select [Opponent Maps & Links](#) from the main menu.

Changes and cancellations

These are detailed at the top of the relevant team page.



Safety in sport

The safety of our students and staff is of primary importance to us. As a department, we take health and safety very seriously. As sportspersons, our students have access to a 24-hour medical centre, as well as to a physiotherapist based onsite. We have paramedics on site every Saturday afternoon, and operate strict injury reporting and concussion protocols, working closely with students, staff and parents to ensure injuries are managed and rehabilitated appropriately. We partner with Podium Analytics, an NGO committed to reducing injury in sport, working with the University of Oxford. As one of Podium's earliest partner schools, we are able to analyse and report on injury data in a myriad of ways, meaning we can constantly evolve and reform our programme, and ultimately minimise injury.

Throughout our sports programme we work to limit the occurrence of injuries by:

- Teaching movement competency to all students in PE lessons
- Adapting sports options
- Planning the fixture programme carefully
- Implementing safety standards and requiring appropriate protective equipment. Students will wear goggles for squash, mouthguards for hockey and rugby, shin guards for football, and appropriate protective equipment for all other sports.

We fully support England Rugby Football Schools Union's drive for change towards a safer, more inclusive game, enabling positive player experiences across the school environment. We continue to ensure that we meet the RFU's operating standards to deliver a safe, inclusive and player-centred rugby programme. Our rugby programme follows both regulation and best practice, optimising performance of staff through ongoing training. We also provide multi-format playing opportunities (such as touch rugby options) catering for the varying needs and motivations of our students.





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