



HOLMWOOD HOUSE

SPORTS AND GAMES POLICY

We are justifiably proud of our excellent, modern sports facilities at Holmwood House School, and by the variety of sporting opportunities that we can offer to all our pupils, irrespective of aptitude or natural ability. We believe that we can cater for everyone. Our facilities include an indoor heated swimming pool, indoor and outdoor tennis courts, squash courts, a fully equipped sports hall and ample acreage for pitches (all team games) and an athletics track

Sport represents a critical component in every young person's education, providing unique opportunities for developing skills of cooperation, stamina and leadership as well as laying the foundations for a healthy lifestyle. It has the power to raise aspirations, and to provide the environment where life-long friendships are formed.

It is the aim at Holmwood House that every encouragement is given to all pupils to develop their skills at every level, to promote the values of good sportsmanship and to make the team sports experience a rewarding and enjoyable one for all.

Every year group has a compulsory programme of indoor physical activity and outdoor sport that is suited to its age and capabilities including, swimming, gymnastics, cross-country, running and athletics. The school has a well founded reputation for team sports; our teams regularly win matches and tournaments against a range of local schools in rugby, hockey, soccer, netball, cricket, tennis, rounders and athletics. We also offer the opportunity for some children to join tennis and squash squads.

ADDITIONAL SPORTS ACTIVITIES

We also organise biannual rugby, hockey and netball tours.

HEALTH AND SAFETY

Safety is an absolute priority. We follow the Codes of Conduct set by the sporting bodies concerning the age at which pupils can be safely introduced to the more physically demanding aspects of contact sports, such as rugby.

PROTECTIVE SPORTS EQUIPMENT

We are strict in ensuring pupils always wear the recommended protective equipment. Any pupil can expect not to be allowed to play if he or she arrives at one of the following sports without the essential safety equipment.

- Rugby: mouth guards/fitted gum shields
- Hockey: mouth guards/fitted gum shields and shin guards
- Soccer: shin guards
- Squash: protective goggles

We supply cricket helmets, and goal keeping equipment for hockey and soccer.

STAFF

Teachers are encouraged to gain coaching qualifications and they are required to follow guidance contained in the IAPS sports handbook governing competitive sport between Prep schools. In addition to teacher/coaches, this provision may be supplemented with experienced external coaches.

MATCHES

Without compromising academic standards, we will enable and encourage pupils to compete for places in teams and even to achieve national recognition. It is our aim that all children in the Prep school (and in Year 3 too), will get a chance to represent the school each term. Competitive sport by its very nature, has winners and losers, and it is an important aspect of the teaching of sport, that the children learn that whilst playing to win, they must also learn to manage disappointment and failure.

- The selection of teams is consistent at all ages and in all sports. The 'A' team will always be represented by the strongest players, while there is more opportunity for flexibility in varying team selection at other levels.
- Every season, a fresh assessment will be made of each child's ability and potential, and on a weekly basis, sports coaches will discuss in detail who to select for particular teams. Parents may, of course, speak to a coach regarding the progress of their child, however, it must be understood that the final decision on team selection must be that of the coach alone. Under these conditions, selections are made even-handedly and independently of parental ambition, wishes or judgement and without placing the coach in a difficult position.
- Team selection and management at any level is the responsibility of the team coach(es). Obviously not every child can be in the 'A' team, it is therefore very important that those who are in the 'A' team do not boast and show off, or criticise the play of those in other teams. Such behaviour would be very hurtful and undermining, and the school does not in any way condone such behaviour.
- In addition to full and comprehensive fixture lists throughout the year, we have internal and Element matches, which also offer competitive opportunities for all boys and girls.

MATCH DAYS

The vast majority of matches in the Prep school are arranged for Wednesday afternoons. Preparation for all matches is complex and both staff and pupils have specific duties to carry out. Parents are strongly encouraged to attend all matches whether at home or away and support their child(ren), the benefits to all are immeasurable.

The whole match day experience includes hosting the opposition from the moment they arrive, during the match and finally sharing tea with the opposition. This is all part and parcel of the Prep school way of life and encapsulates many of the values we wish our children to hold. Therefore, each child is expected to follow the format detailed below.

- Meet and greet opposing teams
- Ensure opponents are looked after during their visit
- Approach all matches with a true sense of sportsmanship
- Follow the rules and judgements of the referee; do NOT argue
- Follow instructions for changing after the match
- Attend Match Tea and 'host' opponents
- See opponents off after Match Tea
- Children must go home showered, in uniform, (NOT KIT), with the only exception being if there is no opportunity to change at away fixtures

In the event of a child being unable to attend Match Tea, then the parent(s) must make a written request to the Head of Games at least 24 hours before the match. Children who are removed from school immediately after the match without such permission, place the remaining members of the team in an awkward position which reflects poorly on the school.

KIT AND UNIFORM

Boys' PE and Games time kit

- **PE** – Specific to the activity
- **Rugby** – Reversible training top, maroon socks, full training suit, football boots, gumshield, blue under armour.
- **Football** – Reversible training top, maroon socks, full training suit, shin pads, football boots, blue under armour.
- **Hockey** - Reversible training top, maroon socks, full training suit, football boots, shin pad and gumshield, blue under armour.
- **Swimming** – Navy blue shorts
- **Athletics** – White T shirt, maroon shorts, white ankle socks, training suit, trainers/spikes
- **Squash/Tennis** – White T shirt, white shorts, white ankle socks, trainers (indoor trainers for squash), tracksuit

Girls' Games time kit

- **PE** – Specific to the activity
- **Hockey** – Reversible training top, maroon socks, maroon skort, full training suit, football boots, shin pad and gumshield, sky blue under armour.
- **Netball** – White t-shirt, maroon skort, white ankle socks, full training suit, trainers, sky blue under armour (optional)
- **Rounders** - White t-shirt, maroon skort,, white ankle socks, full training suit, trainers
- **Tennis** – White T shirt, white skort, white ankle socks, training suit, trainers
- **Swimming** – Navy blue costume
- **Athletics** – White T shirt, maroon shorts, white ankle socks, training suit, trainers
- **Squash/Tennis** – White T shirt, white shorts (squash) white skirt (tennis), white ankle socks, trainers (indoor trainers for squash), tracksuit

IAPS Guidelines on Sport

PARENTS' GUIDELINES

Children develop differently, at different rates and react differently to the same pressures

- Don't force an unwilling child to participate in sport; he or she is not playing to satisfy your ambitions.
- Children and young people are involved in organising sport for their enjoyment – not yours.
- Encourage your children always to play by the rules.
- Teach your child that effort and teamwork are as important as victory so that the result of each game is accepted without undue disappointment.
- Turn defeat into victory by helping your child work towards skill improvement and a positive sporting attitude. Never ridicule or shout at your child for making a mistake or losing a competition.
- Children learn best by example. Applaud good play by your team and by members of the opposing team.
- Don't question publicly the officials' judgement and never their honesty.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Recognise the value and importance of coaches. They give their time and resources to provide guidance for your child. Set an example by being friendly to the parents of the opposition!
- Emphasise enjoyment and fun.
- Praise and reinforce effort and improvement.

SPECTATORS' GUIDELINES

Children at play are not professional entertainers

- Children play organised sport for their own fun. They are not there to entertain you, and they are **NOT** miniature adults or professional sportsmen and women.
- Don't harass or swear at players, coaches or officials.
- Applaud good play by your own and the visiting team. Show respect for your team's opponents. Without them there would be no game.
- Never ridicule or scold a child for making a mistake during a competition.

- Condemn the use of violence in all forms.
- Respect the officials' decisions.
- Encourage players always to play by the rules.
- Relax and enjoy the game whether your team wins or not.

Our sports teachers and coaches have all read, contributed to and agreed this policy and we undertake to continue to abide by it.

Reviewed by: _____SCG_____

Date: April 2015