



Notes from the Sports Information Evening, held on Wednesday 21 September 2018

Extracurricular information

- Timetables are in form rooms and in the PE Department.
- Clubs at lunchtime are for everyone and involve just turning up and playing.
- After school involves technical and coaching development.

Fixtures

- Information on matches is found on www.socscms.com/login/3667. The password has been sent out in a previous email. If you have forgotten this password or cannot access it please contact mmurray@shsk.org.uk.
- Weekday match information will be sent out the previous Friday at 4pm, weekend fixture information will be sent out on a Tuesday at 12pm for the coming weekend.
- Parents should not use this service to reply to say whether your daughter can play or not. Students are to come and tick the board in the PE Department if available and communicate with the department to let them know if they are unable to play.
- For away matches students need to write their travel codes by the side of their names using a B (bus/coach) or C (car). This will inform us how they are getting to and from the match. An example would be BB (bus both ways), BC (bus one way, collect by a parent in a car on the way home), CC (taken by parents in a car both to and from the match).
- All students are expected to attend match day teas for home matches unless excused.
- One of the biggest challenges is balancing external sporting commitments with school matches particularly on a Saturday. We ask that parents try and allow students to play both. We ask that schedules are provided in advance of external club commitments so that we can try and work out a plan with the relevant coach.
- All students are expected to represent the School unless excused for a reasonable commitment such as a wedding.
- Student collection and pickup points after fixtures – if students are not collected immediately after a weekday match, they will be sent to Reception to wait, where they will be supervised.

Access arrangements

- All students will need to collect their belongings on a Friday to take home and they will not be able to access lockers at a weekend.

Medical information

- Inhalers and epipens – students will be expected to bring their inhalers and medical supplies with them to each match. Staff will also be equipped.
- Concussions/head injuries – graduated return to play (GRTP). If your daughter displays any symptoms of concussion please communicate with their Form Tutor, PE Department and Head of Section regardless of whether the injury has taken place in or outside school. If they are concussed, they will be signed off sport for two–three weeks and a GRTP process will be followed and monitored by the medical centre and PE Department. The [head injuries and concussion protocol](#) can be found on the school website.

- Ear piercings – students must not wear earrings for lacrosse and netball matches and all other jewellery must be removed. With that in mind, students should not get their ears pierced during term time. Earring tape can be worn for PE lessons, but must be provided by the student. Earring tape is not allowed for matches and all jewellery must be removed.

Sports scholarships

- Scholarships are awarded in Year 9 upwards (13+). The process begins after Christmas in Year 8. Scholars will be expected to have high commitment levels to school sport as well as attending weekly conditioning sessions, where they will be fully supported and have an individual fitness plan to follow.

Sports tours

- Ski trip – Year 8 and Year 10 – February half-term
- Easter tennis trip to Portugal cancelled
- USA lacrosse tour – (seniors only, but runs every three years, planned for 2021)
- Girls' Schools Association (GSA) UK based netball tour – Years 8 and 9 (planned for September 2019)

Kit

- Students should ensure they wear the correct kit for PE
- Leotards and shorts for gymnastics and dance
- Lacrosse – goggles and mouth-guard, boots when necessary
- All other sports – blue skirt and top, white socks and trainers

GCSE PE

- Available in Year 10