

Sport at MCS

In order to provide pupils with the best opportunity to experience first class sporting opportunities, whilst at the same time allowing the school the opportunity to offer something of quality, Sport at MCS is structured as follows

Focus Sports – Run with an emphasis on performance and participation.

Participation Sports – Giving pupils the opportunity to represent the school

Recreational Sport – Encouraging regular physical activity

FOCUS SPORTS

There are 4 focus sports at MCS, which feature full fixture lists, comprehensive training sessions and access to first class coaching and facilities. These are

Rugby, Girl's Hockey, Boy's Hockey and Cricket.

It is within these sports that MCS has invested significantly in both its staffing and facilities. Pupils regardless of ability will find an environment that is inclusive but challenging. We aim to field as many sides as possible within these sports and seek to play against the strongest schools both locally and nationally. It is important that as many pupils as possible get the opportunity to represent their school as part of a team and also have the opportunity to engage in a sport which they may wish to carry on beyond their time at MCS.

Focus sports will run at least a two term programme, with one reserved for fixtures. Any pupil required for either an A or a B team in the Upper Fourth to Sixth Form and A-C team in the Second to Lower Fourth, in any of these sports will be required to play this sport during the fixture term. During the non-fixture term/s, it is encouraged and possible for pupils to combine their training with a full commitment to another sport.

Pupils not selected for the focus sports may be able to choose between the following two options

1. Participation sports

These sports have a fixture programme and some after school training sessions. Pupils choosing these sports are required to be available for all fixtures and training.

Participation sports include

Michaelmas – Badminton, Cross-Country, Netball, Rowing***, Sailing, Tennis

Hilary – Basketball, Cross-Country, Football**, Rowing***, Sailing

Trinity – Athletics, Tennis, Rowing***, Golf**, Sailing

* No fixtures and dependant on numbers

**Options only available in the Fifth Form upwards

***Limited spaces available

2. Recreational Sport

These options do not have fixtures and are aimed at promoting regular exercise to pupils who may feel uncomfortable with competitive sport. Gym sessions are occasionally used by pupils who are training for another sport.

Michaelmas – Gym (conditioning), Running, Squash, Climbing

Hilary – Gym (conditioning), Running, Squash

Trinity - Gym (conditioning), Running, Social Tennis, Climbing

n.b Participation and Recreational sports may change from year to year depending in levels of interest, staffing and facility availability.

Games Options

Second Form

All pupils are required to play the Focus Sport in the Michaelmas and Hilary Terms. Due to facility limitations, pupils not selected in the A or B cricket teams in the Trinity Term can choose tennis after 2 weeks.

Michaelmas: **Rugby**

Hilary: **Hockey**

Trinity: **Cricket**, tennis

Third Form

The majority of pupils are required to play the Focus Sport in the Michaelmas and Hilary Terms. Rowing is offered as an option to a small number. Selection for rowing is based upon pupils being able to pass a swim test, and rowing ability.

Michaelmas: **Rugby**, rowing

Hilary: **Hockey**, rowing

Trinity: **Cricket**, tennis, rowing

Lower Fourth Form

The majority of pupils (including all new pupils) are required to play the Focus Sport in the Michaelmas and Hilary Terms up until half term. Those not selected for A, B or C team squad training, are encouraged to play the Focus Sport, but may also have the option to select a participation sport. Rowing is offered as an option to a small number. Selection for rowing is based upon, pupils being able to pass a swim test, rowing ability and rowing experience.

Michaelmas: **Rugby**, rowing, badminton, sailing

Hilary: **Hockey**, rowing, sailing, basketball

Trinity: **Cricket**, tennis, rowing, athletics, sailing

Upper Fourth Form

Pupils selected into A, B or C training squads are required to play the Focus Sport in any particular term. Pupils not selected in those squads are encouraged to play the Focus Sport, but may also be able to choose either a participation or recreational option.

Michaelmas: **Rugby**, rowing, badminton, gym, sailing

Hilary: **Hockey**, rowing, basketball, cross country, gym, sailing

Trinity: **Cricket**, tennis, rowing, athletics, gym, sailing

Fifth Form

Pupils selected into A or B training squads are required to play the Focus Sport in any particular term. Pupils not selected in those squads are encouraged to play the Focus Sport, but may be able to opt for either a participation or recreational option.

Michaelmas: **Rugby**, rowing, badminton, gym, sailing, climbing, tennis (depending on numbers)

Hilary: **Hockey**, rowing, basketball, cross country, gym, football, tennis, sailing

Trinity: **Cricket**, tennis, rowing, athletics, gym, golf, sailing

Sixth Form

Pupils selected into A or B training squads are required to play the Focus Sport in any particular term. Pupils not selected in those squads are encouraged to play the Focus Sport, but may be able to opt for either a participation or recreational option

Michaelmas: **Rugby**, rowing, badminton, gym, squash, sailing, running, climbing, tennis (depending on numbers)

Hilary: **Hockey**, rowing, basketball, cross country, football, gym, tennis, squash, golf, sailing

Trinity: **Cricket**, tennis, rowing, athletics, gym, golf, sailing, running, climbing

Girls

Pupils selected into A or B training squads are required to play the Focus Sport in any particular term. Pupils not selected in those squads are encouraged to play the Focus Sport, but are able to opt for either a participation or recreational option.

Michaelmas: **Hockey**, netball, badminton, rowing, gym, Pilates, Sailing

Hilary: **Netball**, hockey, rowing, basketball, cross country, gym, Pilates

Trinity: tennis, rowing, athletics, cricket, gym, golf, Pilates

Weekly sessions, practices and matches

All year groups have 2 Games sessions each week, including one Games afternoon. Pupils involved in teams will also have an additional afterschool practice. Lunch time position specific clinics are also offered throughout the year as well as one 2 one coaching opportunities in Rugby, Hockey, Cricket and Sailing

Matches take place either on games afternoons, after school practices sessions or on Saturdays. Pupils selected to play in fixtures must do so. Those wishing to be excused need to give as much notice of the request as possible, to the relevant Master in Charge.

Conditioning

The Gym is open for use, before school, most lunchtimes, after school and in school holidays. Pupils are encouraged to follow a personal programme designed by specialist conditioning coaches at the school. For further information on opening times, please see the gym timetable in the sports hall.

Kit Requirement

Pupils will require PE Kit and Games Kit: there is a separate Sixth Form Uniform and Kit list which outlines kit requirements in detail.

Mouth guards are compulsory and must be worn at every rugby and hockey session. We recommend that parents consult their dentist. Shin pads are also compulsory for all hockey and football sessions.