



ST GEORGE'S SCHOOL HARPENDEN

A non-denominational Christian day and boarding school



End of Year Review: Extra Curricular Sport Parent Contribution Scheme 2020-2021

I would like to start by saying well done to all those who have persevered and participated to make this season another great success despite lockdowns and Coronavirus and the lack of competitive fixtures

against other schools. Thank you for giving full support to the extra-curricular sport contribution scheme, ensuring that it can continue to be successful. It could not happen without you, be you a parent, a player or a coach.

We have been particularly pleased with the skills that the pupils have developed through training. It has taken dedication and perseverance to remain focused on their sports without the frequent reward of competitive games. They have demonstrated excellent teamwork and we have been delighted to see their individual player commitment over the course of the season. We are very proud of all those pupils who have been involved this year and very grateful to you, their parents, who do so much to support them.

We understand that dedication, commitment and practice along with willingness to 'Aim Higher', are the key attributes that enable each player to develop and grow and we have seen this once again this season. The large number of pupils, who have attended training sessions, played whatever matches we can at school and actively participated in Lacrosse and Rugby, has delighted us. It is very pleasing to know that such a large body of talented sports people have been engaged in sport and have consistently done so with enthusiasm, whatever their level of skill. It is thanks to the generosity of parents who continue to support and contribute to the 'extra-curricular sport voluntary contribution scheme' that we have been able to offer further opportunities for all pupils within our rugby and lacrosse programs. Pupils have been able to develop sport specific skills and further enhance their relationships with their peers and coaches.

As you are aware, we currently request a suggested contribution of £50.00 for the year per player. I am delighted to announce that the final amount raised this academic year was £29,900. Over 610 parents contributing achieved this. Thank you for your generosity.

With the money raised, we were able to fund additional coaching and support in the shape of Miss Prescott (Lacrosse) and Mr Dyke (Rugby). This brought excellent knowledge and skills to the teams and contributed to the coaching of Lacrosse and Rugby respectively. In total, the amount spent on staffing was £21,000. Plans for the remaining money include purchasing a new software programme which will be a central point for publishing team lists, recording scores and much more. In addition, despite the challenges faced this year, teams had the support of an excellent team of volunteer coaches and staff to whom we are most grateful. They gave up their time and worked tirelessly for the benefit of the pupils, we cannot thank you enough. We said farewell to Miss Prescott and Mr Dyke at the end of the season and wished them well in their future endeavours.

We continue to be grateful to the Cecil Grant Trust Fund who continue to support the cost of transport to and from sports fixtures and to the PSA for their continued support in purchasing equipment.

We are always looking for new volunteers, so if you fancy being part of an excellent coaching team, please contact Mr Rees (Director of Sport) drees@stgeorges.herts.sch.uk for further details. We will also be asking for further financial contributions to the scheme from September 2021, and we hope that you will show the same generous level of support as you did last season.

Thank you to all those involved.

Mrs Laura Howard
Assistant Head teacher

Reviews from the PE Department

Firstly, I would like to thank all those parents that contributed to our extra-curricular program this year, be it financially or by giving up their time to become one of our parent volunteers. Mrs Howard has mentioned above the impact this has on our pupils and without your help, we would not be able to create the thriving program we have, which with your support continues to grow.

This season we have also seen the benefit of the maintenance and regeneration work, which has been undertaken, on our pitches. This has provided a much-improved playing surface for all allowing greater drainage and grass coverage on all surfaces. This maintenance will continue next season as part of an ongoing cycle of maintenance work. We have also taken the opportunity to invest in SOCS sports software, a co-curricular programme which will enable us to communicate fixtures, schedules, team lists and results with staff, parents and students efficiently, further details will follow ready for the new season.

Finally, I would like to thank Mr Harris and Miss Foster for all their work as Head of Rugby and Lacrosse this season. We are extremely fortunate to have two passionate professionals leading our programmes and it is their expertise and dedication, which has again brought about growth in both our programmes. I hope you enjoy reading their reviews of the season and I look forward to another great season next academic year.

Mr D Rees
Director of Sport

Lacrosse Review 2020 - 2021

It has been an extraordinary year for lacrosse this season, with restrictions affecting us left right and centre. As a sport, we were very lucky that the return to play pathway enabled us to play the full version of lacrosse in September bar the exception of the centre draw. With no Saturday fixtures on the horizon we decided to still run a 80% full training programme which enabled all teams to receive a minimum of one mid-week training session and a by weekly Saturday morning session.

Early on, we decided we had an excellent opportunity to kick on with our skill development across the spectrum. The aim was for the girls to play and learn through game play wherever possible. In order to make this happen we hosted our annual coach and parent volunteer training day where coaches undertook a day of learning for the season ahead. With new rules to implement and our new playing philosophy to embed, the team of coaches had their work cut out. Throughout the season, we hosted weeks of super series where year groups were put into mixed teams and played a rotation of full matches before a winner was announced.

After Christmas, we unfortunately returned to lockdown and the year 7&8 lacrosse teams took on the various stick skill challenges we set with great enthusiasm. I have already seen the impact on the girls' progress who were able to complete the challenges; I hope the constant wall ball did not break any windows!! Some of our older pupils also managed to keep their fitness up by joining me for zoom fitness sessions every Monday, Wednesday and Thursday during the lockdown period. Well done for all the pupils who managed to stay engaged in lacrosse activities during lockdown, I hope you will all reap the rewards next season!

The highlight of the season for me has to be the Winter Finals Day held after the Easter break. A return to competitive lacrosse in school was a memory I will hold onto for a very long time. Seeing year 7 play in their first official competitive fixtures, the inters demonstrating their determination to win and the

seniors offering a different outcome in house matches makes it one of the most memorable finals day in the past few years.

We are very much looking forward to the 2021 - 2022 lacrosse season. With a return to competitive fixtures, a senior lacrosse tour to Canada & the USA to prepare for, and the opportunity to get as many girls enjoying lacrosse as possible. I look forward to seeing you all on the sidelines in September!

Thanks

Miss J Foster

Deputy Director of Sport

Rugby Review 2020-2021

It seems strange to write an end of season report for school rugby without there actually having been a season! As always a huge thank you to all the coaching teams who continue to commit to St G's rugby and create such great opportunities for our players of all ages and abilities.

Training and Finals Day

Back in September, we were all delighted when the Senior Leadership team of the school gave us the green light to continue extracurricular rugby within the school. Many players, coaches and parents met this with great enthusiasm and relief.

For the players the last 12 months focussed on technical skill and decision-making skills. We have used conditioned games to try to bring fun to all our sessions, whilst also challenging their skills in different scenarios. Our numbers at training have remained high throughout the year groups and we had a record of 50 sixth form players at training each week. It was great to see so many year 7 players each Friday making the most of the extra time created from the early school finish time.

We were able to run fortnightly Saturday morning training sessions for all year groups, which allowed us to play more internal touch games.

Finals Day was no doubt the highlight of the rugby calendar this year and as Director of Rugby, I was hugely proud of how the players showed their skill and precision in a highly competitive environment. I think we saw the impact of a skill focussed season and our aim is to now build on this next year when contact rugby returns. With finals day becoming a touch rugby competition, it allowed us to make history by having our first female play in the competition. Year 13 Mia Lorrain-Smith has trained with the senior squad for the past two seasons and the new format allowed her to represent Monk House on the day. Obviously I am hugely biased, however it was also brilliant to see Watts House take the win overall.

Coach Development

Away from the pitch, we used the lockdown as an opportunity for coaches to not only develop and enhance their skills but also reflect and review our current coaching. All of the coaching staff including our band of excellent helpers met weekly via zoom and guest speakers joined us each week including Old Georgian and England international Jack Singleton, Georgia defence coach Joe Worsley, professional coach James Perceival, and Saracens coaches Dan Vickers and Joe Shaw. These were all eye opening and hugely beneficial sessions with many learning moments created for us all.

In December we also ran a coach development day with USA Eagles head coach Rob Cain, giving an insight into his work with international players whilst also giving the coaches an opportunity to practice their coaching skills in small teams.

Next Season

We are all excited and very much looking forward to next season, we hope as many of you as possible will come and support on match days. We are excited for more Friday night games at Harpenden Rugby Club under lights as this has been hugely popular with many players and spectators. We will continue to strive to maintain and increase the opportunities for players to represent the school against well matched other institutions.

I would also like to take this opportunity to welcome Max Eke into the prestigious position of 1st XV captain for next season, whilst also thanking outgoing captain Jamie Cutler whose opportunity to lead the side was minimal.

We have once again appointed a strong individual to take the role as rugby coach and we look forward to welcoming him into the programme. Through this appointment, we are looking to enhance our game/training analysis along with our strength and conditioning programme.

See you in September

Mr N Harris
Director of Rugby