



RUGBY SCHOOL



SPORT AT RUGBY SCHOOL



**Debbie Skene,**  
**Director of Sport**

The sports department offers sport 7 days a week. We have over 25 physical activity clubs throughout the year that students can choose to attend.

Students can choose to join one of 3 pathways for their sports sessions. Our first pathway, **Participation**, allows students to try new activities, find enjoyment in exercise, and a lifelong love of physical activity, examples of these activities include Zumba, HIIT, road running, badminton, squash, Fives, yoga, Pilates and swimming.

A vast majority of our activities permit students to move to pathway two, **Competition**. Here, we promote all the factors from **Participation** but allow students to receive specialised coaching by qualified professionals and to give them the confidence to apply their skills in match play. Students can choose to enter internal or external leagues and fixtures. Through this pathway we promote cooperation, leadership, tolerance and shared values. This pathway is the most popular at Rugby School and even more so in the team sports. With sports such as rugby, tennis and hockey, that nationally see a drop in students aged 16-18 years playing the game, we see high numbers choosing the sport. In 2019/2020, 78% of our Year 13 students choose an activity that allows them to compete in an external fixture. We catered for 158 teams in 20 different sports to play in over 1072 fixtures in 2018/2019 (out last full sports year – due to COVID). Rugby school abides by the motto “Nobody on the bench” and due to our outstanding provision for sport we can ensure every pupil, no matter which level they play at, can receive quality coaching from professional coaches, supportive mentoring from team managers and fun and engaging competitions that make each and every pupil feel valued.

Our timetabled sport provision means we do not have to ring-fence our experienced, professional coaches to work only with A-teams and Sports Scholars but instead they work with all teams and all players.

Heads of each sport create environments within their activity that allows them to deliver regular and pertinent coach training to academic staff, free flowing lines of communication and support during training sessions and fixtures so all staff feel a valued member of our sports community regardless of their experience or knowledge. This ambience naturally disseminates to the students, and this is how our inclusive, supportive and engaging sports programme has evolved.

Our 3<sup>rd</sup> pathway is **Excellence**. Students who choose this pathway wish to aspire to be the best in their chosen sport and join our Aspiring Athletic Performer Programme (AAP). This programme gives our students access to our Sports Science team who measure the students current physical abilities and produce individual fitness training plans based on each individual’s goals. Students have access to an online training platform that they can access all year round and from anywhere in the world. Students experience one to one strength and conditioning sessions alongside one to one sports coaching sessions on top of their usual sports sessions. We track the students training using GPS trackers and video analysis to provide accurate data on training loads and physical exertion.



We link closely with a lot of professional sports organisations such as Northampton Saints RFC, Warwickshire County Cricket Club and Wasps Super League netball. We aim to make our provisions mirror those of professional clubs, so our elite athletes have a seamless transition from student to professional. Last year 3 pupils were awarded professional contracts with premier ship Rugby clubs. We have over 50 students who represent county, regional or academies in over 6 different sports.



The sports department consists of 8 full time members and over 30 part time staff / professional coaches. The department prides itself on consisting of the most highly qualified and experienced sports professionals. The majority of the department has either played sport professionally or represented their country at elite level. Over 140 academic staff are also required to help on the sports programme. We delight in mentoring each other and believe that coaches and sports professionals can never stop learning.

Rugby School is a 7 day a week boarding school. We have over 850 students attend and are accommodated in 16 boarding houses. We predominately run sport on Tuesdays and Thursdays. Saturday afternoons are dedicated to fixtures and we often have over 7 sports playing in 50 matches against 5 different schools. Our timetable starts at 8:15am and can go on until 9pm in the evenings. We often run additional sports clubs and training throughout the week in the evenings and on Sundays. Our school year lasts 33 weeks.

We specialise in the following sports each term:

Advent term: rugby (boys) & hockey (girls)

Lent term: hockey (boys) & netball (girls)

Trinity term: cricket, athletics & tennis (boys & girls)

We also provide the following activities:

Badminton, swimming, squash, Fives, cross country, golf, polo, rifle shooting, riding, clay pigeon shooting, aerobics, sailing, basketball, rackets, HIIT, fencing, circuit training, weightlifting, and rugby sevens.



## Working at Rugby School

The suitable applicant needs to have a desire to work hard, learn and fully submerge themselves in life at Rugby School and in the sports department. Whilst we aim to provide a specialist environment for each role to develop, we also believe in working as a team to support each other.

The school offers an extensive range of benefits including:

- All full-time staff at Rugby are issued with a computer for administration and coaching.
- Technical support is available and INSET training is conducted on a frequent basis in School time.
- Full-time Staff join in fully with boarding school life and can use the excellent facilities including membership of the Sports Centre with its fitness centre and 25m swimming pool.
- Staff have access to lunch with the students in a different house every day of the week.
- Morning coffee is held in the Senior Common Room every day except Sunday.
- The Senior Common room committee are very active in providing a variety of social events for staff throughout the year. We actively encourage staff to be aquatinted with all of the senior common room and enjoy the benefits of our school community.

## What next?

Informal enquiries about the post may be made the Director of Sport, Debbie Skene, [sports@rugbyschool.net](mailto:sports@rugbyschool.net)

Applications must be made on the school's application form, which can be obtained via the school website [www.rugbyschool.net](http://www.rugbyschool.net)



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