

Sporting Sparsholt



January 2007

Induction week—Mathew Greathead

Where to start..... I know! It started as any other day, but there was a twist. I was on my way to the college of my dreams, the bright light at the other end and the one that could save me from this deadlock of what to do when I'm older?!!?

I sat there in the car with my dad, at Salisbury Coach Station, thinking of what will it be like, what people will I meet and become friends with; will I make any friends?!

I said goodbye to my dad and wondered if I would ever see him again. I was there on the bus wondering what lay ahead, into the unknown. The bus stopped at Sparsholt College and I stepped off the bus to go to the

Sports Centre where I would meet my doom.

We were all asked to go into the sports hall and split into our course groups and then we were put into our tutor groups. That's when I met Ree and she explained to us about what we would be doing on the course.

As week one went on, the second years and first years (I and others in my group) went on a two day walking and camping expedition. This was a group bonding exercises and I enjoyed it very much and made some very good friends. We did team building, climbing, team work and swimming.

In the second week, we were given our first assignment by Ree. We also had to choose between climbing and

mounting biking. I chose climbing and was told that Kayaking was compulsory Thursday.

I've enjoyed my time so far at Sparsholt College; I've made some really good friends, have tried to keep on the good side of the teachers and am looking forward to our New Forest walking expedition next on week 6, where we will be practising what we have learnt so far.



New Outdoor Education Students



Winning Rugby Team

Under 18 Rugby Hampshire Bowl Final

9 months had passed and Sparsholt and Stanbridge met again in the final of the Keast Bowl.

The next 80 mins were to be a battle of revenge, honor and passion. From the first whistle of the match Sparsholt has a slight edge over Stanbridge. Not allowing them out of their half and nearly scoring within the first 5 mins of the game.

The scrum and lineouts were very strong with Will Clayton stealing most of their ball. On our ball, Stanbridge found it difficult to compete in a very complex but well drilled lineout devised by coaches Tom O'Connor and Marc Borner.

The Sparsholt backs were well drilled and penetrated the Stanbridge defence with Rob Gould commanding the moves. Greg Sullivan and Todd Duncan ran some fantastic lines and linked well with each other. Sandy Campbell at full back was very strong, not dropping a single ball. Ashley Waite at scrum half was the link between the forwards and the backs and had a solid game. The skipper Nick Carroll led the Sparsholt team to a fantastic victory, and kept the discipline amongst the team.

Other outstanding performances were shown by Rory Hughes, who also received "Man of the Match", Tommy Horn, Hector Hoyte-Bone, Pete Dugan Rees and James

Wilson.

The final score was 31-10 to Sparsholt with tries being scored by Rory Hughes (3), Tom Allen and Hector Hoyte-Bone and conversions being kicked by Rob Gould.

Ice Skating —The Hockey Team



The Hockey Team ice skating

The Sparsholt hockey team is a team of eleven students from different courses which meet every Monday for training and Wednesday for matches. We have played some friendly matches this year and every member of the team has put their heart into every game while enjoying themselves. The team is made up with different levels of

ability starting, with people who have only just picked up a stick, to the regular Saturday club players who have a few years experience behind them. The whole team sees each other as equals and enjoy being part of the Sparsholt hockey team. At the end of term just before Christmas the team went out to the ice rink in Winchester to celebrate the

festive season as shown in the picture.

“It has been an amazing experience and everyone who took part really enjoyed themselves.”

Power Boating—Matt Leadbeater

We have been power boating for the past four weeks before Christmas at the Southampton Water Activities Centre (SWAC). We have all achieved our power boating level 1 in those sessions. This included things such as mooring, coming along side, reversing, 3 point turns, anchoring and picking up a buoy. For some people this was easier to achieve than others, as a few collisions occurred between their boats and stationary objects!

We learned how to use the R.I.Bs (Rigid Inflatable Boats) and the Jaffas, also known as “cakes”. It has been an amazing experience and everyone who took part really enjoyed themselves. After Christmas we will be continuing power boating so that we can hopefully achieve our level 2. On the level 2 course, we will be looking at coming along side, navigation, where we will be planning a trip

up the River Hamble and man over board (where we are hoping they are going to use mannequins rather than us).



Swimming Gala — First Diploma Fitness

We were asked to assist the community by helping out at a swimming gala. We weren't sure what to expect when we turned up to college, but had all made an effort by dressing smartly. On arrival we were given T-shirts (which we still wear), pens, clipboards and stopwatches and given a crash course as timers. Karl

was given the task of being chief timer and had to record the all the times for each race. We were all a bit nervous about what we had to do but picked it up pretty quickly.

Despite being very hot we managed to record results for all the races. We ended up getting a free pen, T-shirt and half a day off

college – we would definitely do it again!!



New Arrivals—Chris Thompson

Joining us in January 2007 was Chris Thompson. Chris replaces Tom O'Connor, the previous Community Rugby Coach, who has left the College to take up a post as Head Coach to the Great Britain Paralympics Wheelchair Rugby squad in preparation for the Olympics in 2008.

Chris comes from a background in rugby coaching in Bath and is also a qualified Personal Trainer, where he previously worked on a self-employed

basis. He is a qualified RFU Level 2 coach and is currently coaching with the junior sides at Bath and the Dorset & Wilts U15 squad. In addition to the 2-days per week he spends coaching in local schools, Chris will be managing the continuing growth in the Rugby Academy and ensuring that all the players in the Academy are able to reach their fitness and playing potential.



New Forest Expedition — 1st Year Outdoor Education

At the start of the year, the first year outdoor education students visited the New Forest on two one-day educational visits. We looked at putting classroom based skills into practice which included improving our communication skills, navigating from checkpoint to checkpoint through unfamiliar terrain and also learning to work as a team under pressure.

During our walk we learnt about local history, local industries and how to find ancient landmarks that have long since vanished. One of our tasks was to navigate to an old grave yard which we only found by chance, tripping over the embankment! We also discovered about plant life (what's brown and

sticky? – A stick!), conservation and animals of the New Forest

Throughout the two days our navigation skills were put to the test and we are pleased to say that we were only momentarily misplaced (or as some people may refer to it – Lost!) on the odd occasion.

Despite the typical British weather we all still managed to enjoy ourselves especially with Iain's and Kai's endless knowledge how to lick deer tracks and the musical art of acorn flutes!



GB Training Camp – Porto (Portugal) December 2006 — Andy Cornick

During the summer of last year, I was lucky enough to get selected as the sole Welsh representative to join up with the Great Britain squad for the build up to the Olympic Qualifiers and then the Beijing Olympics in the summer of 2008.

We meet to train on Mondays at Bisham Abbey on a weekly basis and have also had a few training weekends as well in the build up to the 8 day training camp in Porto. The sessions are all two hours long and on training days it involves two hours in the morning and then two in the afternoon.

The longest training camp I had been on before this was a three day training camp with the Welsh side which is very intense but, in truth, does not have the same skill and quality of outcome as GB sessions do. I was, though, still looking forward to the prospect of training

with the best players in Britain and attempting to play my way into the side.

I picked up an injury on the last day of the domestic season so I had to sit out the first day's training but luckily this day included fitness testing so I escaped (but only until day four). The training was intense, but very enjoyable, as we were playing in a new stadium that was very picturesque and we had blue sky for our entire stay, even though it was not that warm.

The quality of play was very high and sessions were often recorded and played back to us so we had a chance of watching skills in the third person.

The trip was incredibly tiring and I think I must have still had around 12-14 hours of sleep a day, but the experience out-weighed this.



New Climbing Wall

Sparsholt,
Winchester
Hants.
SO21 2NF

Phone: 01962 776441
Fax: 01962 776587

For more details, or to ask questions about any of the courses, please contact Stuart Barlow, Manager, Sport and Outdoor Education. sbarlow@sparsholt.ac.uk

The college has extended the climbing wall to create seven extra climbing routes. The wall has been designed for intermediate and above climbers. The new wall has a mixture of vertical and overhung walls stretching to a height of seven metres; there is a left and right hand corner section. We have an overhang section that is 30° off vertical for 3.5 metres and a chimney section.

The second overhang with a ½ metre roof section and progressive overhang section to the top.

For the start of September 2007, the wall will be fully installed and finished in a textured grip paint with a section of wall that can be used for practising gear placement. An abseil platform off the top of the wall gives approximately 8 meters of descent into free air.



www.sparsholt.ac.uk



The Wessex Sports Academy 2007/08

Next year we are introducing a new National Diploma. The Performance and Excellence Course has a full time sports academy built into it so students can decide whether to study the National Diploma in Football, Rugby or Golf.

This will work slightly differently to what we are currently offering the students as the Academy will be written into the course. We are going to tailor subjects to the needs of the sport so, for example; we will run Training and Fitness for Rugby and Principles of Coaching for Golf. This pathway will be known as a **Tier 2** academy pathway.

Alongside the new course, we will still offer the Academy to the outdoor and fitness groups but it will be on a slightly different basis. They will have

the opportunity to participate in 1-2 sessions a week depending on timetabling and it will run similarly to this year's version. This will be known as a **Tier 1** academy pathway. There is also a chance that the A level students at Cricklade College will have the opportunity to participate in this pathway depending on timetabling and transport issues.

We want the experience on the Sports Academy to be as professional as possible, so that, hopefully, a transition into the coaching or even playing world can be as seamless as possible. By "professional", we are talking about dedication to tailored fitness plans and nutritional programmes as well as concentrating on the aspects of their games that they are to improve.

We hope the athletes will have the chance to prove themselves as coaches by going into local schools through Hampshire.

For more details contact Andy Cornick
(acornick@sparsholt.ac.uk)