RGS ESTD 1562
HIGH WYCOMBE



SPORT IMPACT REPORT 2024–25

JAMES HONEYBEN

Director of Sport, Head of Rugby



It gives me great pleasure to welcome you to the 2024–25 RGSHW Sport Impact Report and the chance to reflect on another year filled with exceptional commitment, participation and achievement across our sporting community.

At RGSHW, sport plays a central role in the development of our students. Whilst results and fixtures are important, our primary focus remains on the deeper, lasting impact that sport can have in shaping character.

This year, we have once again seen how sport acts as a powerful tool for building resilience and self-esteem alongside the development of attributes such as humility, selflessness and integrity. These traits, consciously and subconsciously developed through training, competition and the experience of being part of a team, form the foundation of Character Education at the school and help to prepare our pupils for life beyond RGSHW.



Alongside character development is the profound sense of belonging that sport can bring. From Inter-House competitions, peer on peer coaching, the support our teams receive on matchdays and mixed year-group training sessions, sport offers a unique way for students to feel part of something bigger than themselves. With nearly 400 fixtures played and over 650 students representing RGSHW, the sense of shared identity, camaraderie and pride in our teams has never been stronger. These moments create lifelong memories and connections that extend far beyond school.

We are also proud of the progress we continue to make in providing an all-inclusive environment focused on participation. With over 80% of students taking part in co-curricular sport, ensuring that all pupils are encouraged to participate and to enjoy sport and physical activity remains at the heart of the RGSHW Sport ethos. Whether through elite competition or recreational activity, all of our students are supported to strive for their personal best. This academic year we have welcomed girls into our Sixth Form for the first time, giving us a wonderful opportunity to expand sport at the school even further, with multiple mixed sports on offer, as well as the introduction of netball.

Lastly, I would like to express my sincere thanks to all those who contribute to RGSHW Sport and make the breadth and quality of these opportunities possible. It is a genuine privilege to lead a programme supported by such committed staff, engaged students, supportive families, generous donors and dedicated volunteers. Your time, enthusiasm and belief in what we do is absolutely critical, and I hope this year's report provides a snapshot of the collective impact we have made.

SENIOR SPOTLIGHT

Since joining in Year 7, sport has been at the very heart of my school life. The sheer breadth of opportunities on offer here is unbelievable. From the day we put our RGSHW blazers on, we were encouraged to immerse ourselves fully in the sporting culture of the school, playing sports I had never even heard of before. Over the years I have had the chance to try everything from hockey and Eton Fives to basketball and badminton, with countless other opportunities available.

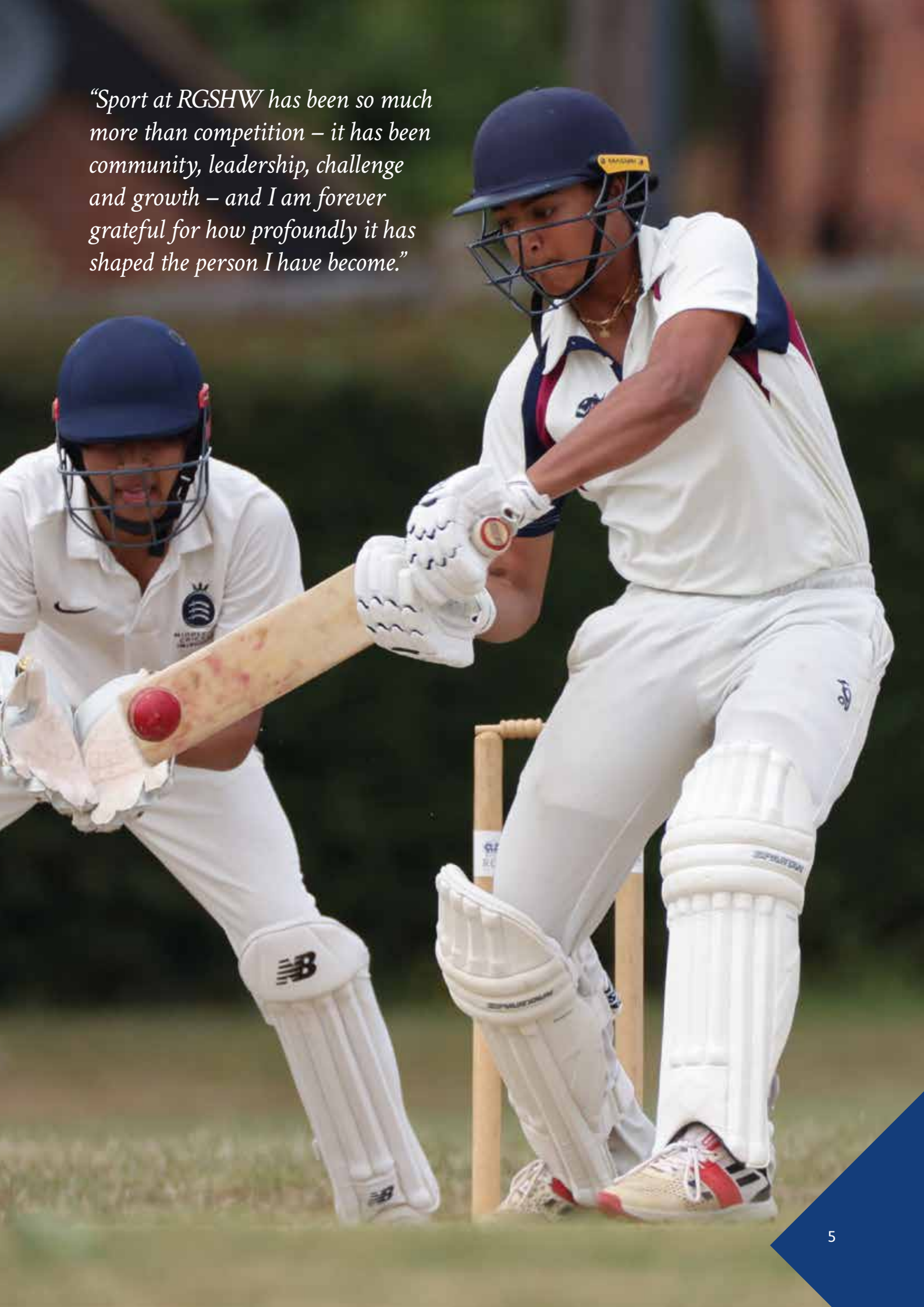
Particularly with my main sport – cricket – what struck me early on was the exceptional standards and the high expectations set within every team. When I joined the 1st XI in Year 10, the older boys created a welcoming environment and led by example, setting standards that have since shaped the way I try to lead within the school.

RGSHW has a unique way of entrusting pupils with responsibility. I have been fortunate enough to captain my age group A team since Year 7 and these early experiences of leadership laid the foundation for everything that followed. They have prepared me for the wider responsibilities I now hold as School Captain and, in my final season, to hopefully lead the 1st XI.

Leadership opportunities came in many forms, captaining the rugby C team in Year 9 remains one of my sporting highlights, it was hugely enjoyable and even earned me the nickname "Tharul the Terminator" – a memory that will stay with me. Although moments such as losing the County Cup Final in a super over were painful, they were also learnings; they taught me to stay positive and to accept defeat with grace.

THARUL WANNI-ARACHCHIGE, YEAR 12





"Sport at RGSHW has been so much more than competition – it has been community, leadership, challenge and growth – and I am forever grateful for how profoundly it has shaped the person I have become."

JUNIOR SPOTLIGHT

My passion for athletics began at a young age and has been a constant driving force in my personal development. Nurtured through structured training and competition, particularly during my time in the RGSHW athletics club run by Ms Caesar, I was able to hone my abilities in both sprinting and jumping events. This foundation enabled me to go from my victorious primary school sports days to winning an overall silver at the Bucks Schools' Athletics Championships, an achievement that marked a significant step in my athletic journey. Competing at a higher level, I have now been scouted to represent Bucks at the UK Sportshall Athletics, a testament to my commitment, discipline, and continuous pursuit of excellence in the sport.

Throughout the summer, the athletics team competed in the District League and, with a high team spirit, achieved 3rd in the English Schools' Athletics Association (ESAA) District Qualifiers' Cup. Finally, we competed in the High Wycombe Inter-District Championships where we ended our team season with a 2nd place victory.

In parallel with athletics, I have also dedicated myself to fencing, a discipline that has sharpened my physical and mental dexterity. Through over two years of persistent training and preparation, I have risen to rank 8th and 4th in UK Schools for Sabre and the Master-At-Arms (Foil, Épée & Sabre), respectively, in my age group (Mount-Haes). In addition to this, I secured Gold in Southern Britain, which bought me a ticket to Sheffield for the British Youth Championships (BYCs).

All through the year, I competed in several team events at Colleges like Eton and Winchester, led by the RGSHW fencing captains: Alex and Liam; the most notable victory being versus Bradfield College (45–28).












My season finished on a high note – being awarded with the John Roebuck Fencing Trophy and the Hawkinsport Sporting Star Award.

These achievements were made possible in no small part thanks to the support and encouragement I received from Jacky Faulkner at RGSHW and Jenny Douglas at club Dilettante, where I was able to further develop my skills and passion for the sport. Fencing has become the sport that I will take with me to university and beyond; it has taught me the value of precision, mental fortitude, and adaptability – 'physical chess' as some may call it.

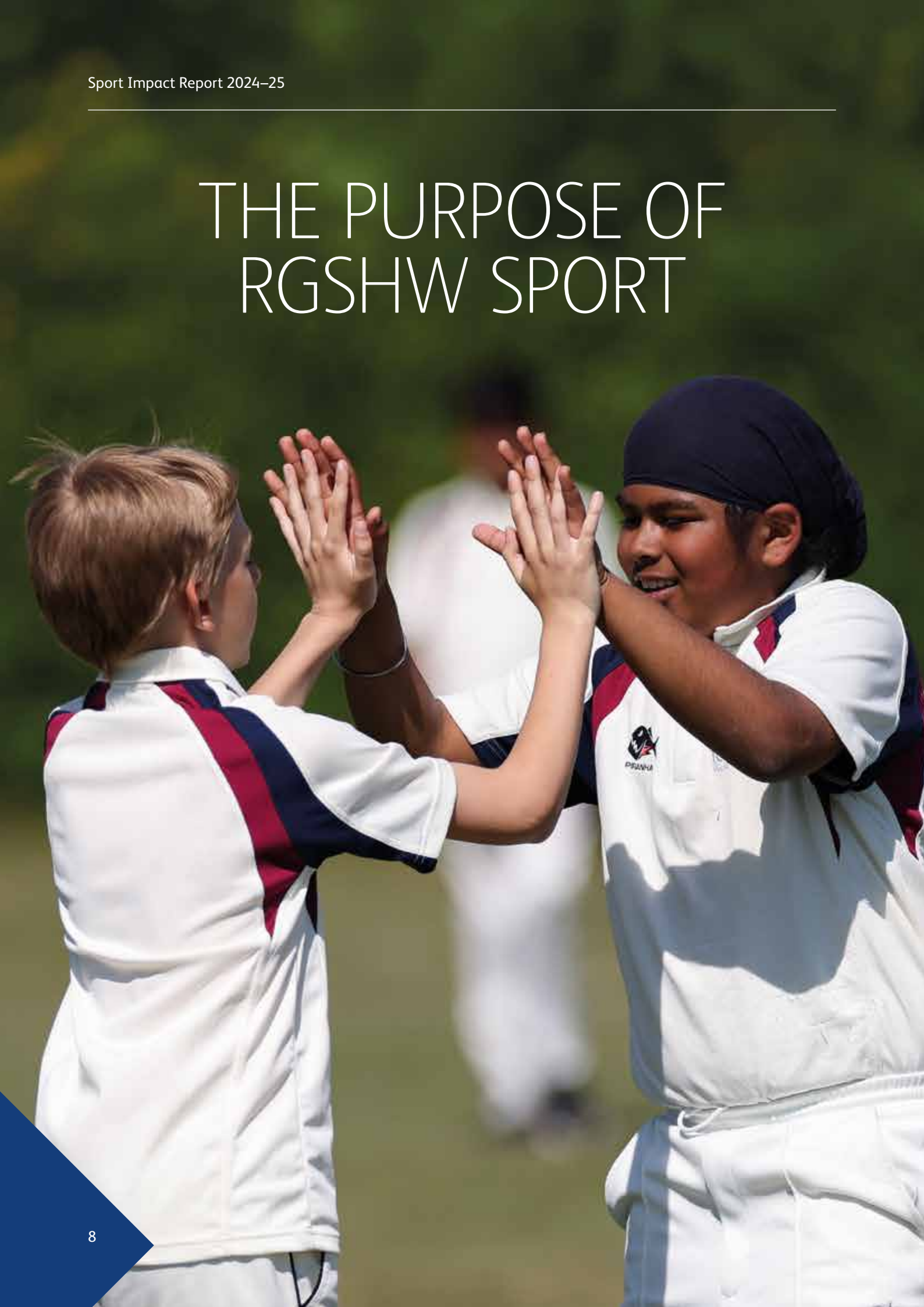
On a more recreational level, I have relished the school badminton sessions at break times twice a week. Playing badminton has had a positive impact on me both mentally and athletically. It keeps me active and helps improve my coordination and reflexes, which I notice even in other sports. Beyond the fitness side, it gives me a chance to relax and have fun, taking a break from the pressures of schoolwork. The social aspect is just as important – playing with friends makes the sessions more enjoyable and helps me feel part of a team, even in a casual setting.

Being able to play various sports alongside my education is an integral part of my school life at RGS. As 2025 comes to an end, knowing I have competed in various sectors including sports, instruments, and co-curricular activities gives me a sense of accomplishment and motivates me to keep challenging myself next year.

DANIYAL HUSSAIN, YEAR 9

"Being able to play various sports alongside my education is an integral part of my school life."

THE PURPOSE OF RGSHW SPORT



The purpose of Physical Education, Sport and Activity is to create an environment that:

Supports and nurtures all students to develop a high sense of self-worth and the character to contribute positively to society.

Supports and nurtures all students to develop the motivation, confidence and competence to thrive through a healthy and physically active lifestyle.

We have a broad and balanced curricular and co-curricular timetable that is carefully planned in conjunction with our three Tiers of Sport. This allows all students to regularly maximise their development and lifelong enjoyment of sport within a safe, inspiring and inclusive environment.

TIERS OF SPORT

Core Sport

Cricket, Hockey and Rugby

Representational Sport

Athletics, Badminton, Basketball, Cross Country, Fencing, Fives, Handball, Rowing, Squash, Swimming and Tennis

Recreational Sport

Badminton*, Basketball*, Cross Country*, Fives*, Fencing*, Football, Rowing, Squash, Table Tennis and Tennis*

**These sports feature as both Representational and Recreational.*

Netball and Padel were added as Representational and Recreational Sports in 2025–26.

TEAM SPORTING ACHIEVEMENTS

Athletics

- Junior Boys – English Schools Track & Field Cup – B Final
- Year 9 – District Athletics Championships – 2nd
- Year 10 – District Athletics Championships – 3rd

Cricket

- 1st XI – RGS Cricket Festival Runners Up
- 1st XI – National Cup – Regional Quarter Finals
- U15A – County Cup Semi Finals
- U14A – County Cup Semi Finals
- U12A – County Cup Runners Up

Hockey

- U14's – LWC Super 7's – Winners
- South Central State School Hockey Boys Tier 1 Cup – Runners Up

Rowing

- J14 Double Sculls – Bedford Springs Fours & Small Boats Head – 3rd

Rugby

- U18 National Cup – Semi-Finalists
- Sedbergh 10's – Cup Semi-Finalists
- St. Joseph's Rugby Festival – Runners Up
- Warwick School 7s U16 Plate – Winners








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PRIZEGIVING

Senior Prizegiving

Harry Jones Fencing Trophy	Alex Roberts
Derek Stubbs Senior Athlete Trophy	Freddie Grimmett
Coales Cross Country Salver	Rory Crichton
Chacksfield Fencing Cup	Zain Khan
PA's Award Physical Education	Tom Dunmall
RGS Trustees' Physical Education Prize	Lockie Lee
Nick Duncombe Award for Overall Contribution to School Sport	Alex Lloyd-Taylor & Monty Evans
Nic Richter Athletics Trophy	Louis Bouzidi
J N Pearce Cup for Senior Hockey	Zaim Rana
Saunders Rowing Trophy	Sam Twitchen
Geoff Baker Rowing Cup	Will Patke
Phil Newport Bowling Trophy	Miles Hodges
Higginson 100 Bat	Tharul Wanni-Arachchige
RGS Fencing Cup	Liam Sheehan
Nick Duncombe Cup	James Kucera
Stephen Newman Rugby Trophy	Adam Boodhun



Junior Prizegiving

Derek Stubbs Junior Rugby Trophy	Archie Oakley
Derek Stubbs Junior Athlete Trophy	Aidan Henshaw
The Jordan Coupland Cup for Rugby	Edgar Jordan
John Roebuck Fencing Trophy (Junior)	Daniyal Hussain
Michael Abbott Cup for Junior Hockey	Jack Elliott

Swan Colours

Luke Poulton	GB Representation, Swimming, European & World Aquathlon Championships
Max Roughton	Wales Representation, Rowing

HAWKINSPORT SPORTING STAR AWARD

The academic year 2024–25 saw the introduction of the Hawkinsport Sporting Star Award, kindly supported by Hawkinsport, a Corporate Sponsor for Sport, in recognition of exceptional sporting achievements within RGSHW and externally. Loukas Baker was the first recipient of the Award. Read about his incredible progress in handball and how he earned this prestigious honour.

"My sport had always been football and I had been goalkeeper for Hughenden Valley Football Club since I was 9 years old. At the end of Year 9, my friend and I went to a handball taster session together. Neither of us had played handball before but we really enjoyed the game, we liked the coach and who we were playing with. During that summer there were a few coaching sessions held at school and on returning in Year 10, I joined the RGSHW Handball Club as a regular attendee as goalkeeper.

Throughout the start of that year we undertook intense training to prepare us for the upcoming schools tournament. Sadly, due to our lack of experience, we didn't progress far in the competition but myself and a few others were lucky enough to be selected by England Handball to join the Regional Academy. This really started to fuel my passion for the sport and after a few training sessions I was able to improve dramatically. I then joined Bucks Mavericks (Handball Club) where I settled quickly and









was able to improve further. After having won some high performance tournaments with Regional Academy I was invited to a National Academy U19s tournament where our team won all their games and I made many saves! From there I was invited to the Futures team for a camp in Portugal. Futures is the best 16 players from all Regional Academies across England. This camp was a huge step up with very intense training sessions with professional coaching and games against the top teams in Portugal. The camp allowed me to experience what it was like for an elite athlete and how they need to train, eat and even think to perform at such high levels.

After the Futures camp, I was selected for another camp in Portugal for Great Britain U18s. It was a great privilege to be representing my country internationally and the camp exceeded my expectations. It was much more intense than the Futures camp and the opposition teams were even more competitive. The GB team and coaching staff are all at such high levels within handball that it creates an environment where you can improve really rapidly.

On returning from the GB camp, I was once again selected for a Futures camp, this time at Loughborough College and was also selected for another GB U18s camp in Nottingham. These camps further allowed me to develop my skills and get to know my teammates whom I work with well and get along with closely. After my GCSE exams the GB 20's coaches recognised my performance at a camp and invited me to a tournament with them in Portugal. I was thrilled with this offer as I was now playing with those much older than me and it allowed me to get much more knowledge of the game and allowed me to get to know other coaches whom I will work with in the future.

From September 2025 I will be studying for my A-levels at Loughborough College whilst training in the EPA (Elite Performance Academy). Alongside this I will be joining Nottingham Handball Club & Loughborough Handball Club and have been selected for GB18's to attend a training camp in Serbia in October 2025."

LOUKAS BAKER, YEAR 11

HIGHER REPRESENTATIONAL HONOURS

Athletics

- **Isaac Collier**
  English Schools
- **Isaac Collier (1500m), Aidan Henshaw (Triple Jump) & Daniyal Hussain (100/200m)**
  Buckinghamshire Track and Field Championships Medallists
- **Aidan Henshaw (100m), Loni-Eli Ikumelo (200m) & Timi Jack (100/200m)**
  Buckinghamshire Track and Field Championships Finalists

Cricket

- U12
  Harry Edwards, Otto Grimmett, Dinush Hettiaratchi & Abhiraj Khosla
  County (Bucks)
- U13
  Xavier Feare & Gowshanth Maheshkumar Sugunaraj
  County (Bucks)
- U14
  Ajaykrishna Harikrishnan
  County (Bucks)
- U15
  Curran Batra & Josh Tiwana
  County (Bucks)
- U16
  Rohan Shukla
  County (Bucks)
- U18
  Monty Evans & Alex Lloyd-Taylor
  County (Bucks)

  Nipun Chopra
  County (Berks)

  Tharul Wanni Arachchige
  County (Bucks)
  Bucks EPP

Fencing

- **Daniyal Hussain, Daniel Mathew, Kai Morgan & Alex Roberts**
  British Youth Championship Finals
- **Alex Roberts**
  Cadet Winton
- **Zain Khan, James Martin, Kai Morgan & Esa Yazdani**
  Warwick Epee







Golf

- **Max Modray-Lane & Josh Sykes**
  Bucks South East Golf Championships
- **Max Modray-Lane**
  Bucks County Championships SE Handicap Winner

Handball

- **Loukas Baker**
  Bucks Mavericks U16 & U19
  England Handball Talent Pathway
  England Handball Futures 2025
  GB U18 & U20

Hockey

- **Zaim (Ziggy) Rana**
  USA U21
- **Jack Elliot, Ernie Newbold, Lucas Roberts, Josh Sykes & Josh Tiwana**
  Reading Talent Academy
- **Owen Folmer**
  Hampstead & Westminster Talent Academy

Skiing

- **Seb Lescott**
  National Schools Alpine Squad

Squash

- **Ayaan Khan**
  U14 County Champion
  U14 Regional Champion

Swimming

- **Luke Poulton**
  Swim England
  400 IM at Swedish Grand Prix (2nd)
  European Aquathlon Championships (3rd)
  World Aquathlon Championships AG 16–19 (8th)
  GB Swimming Championships

Rowing

- **Max Roughton**
  GB U19 Early ID Trials
  U19 Long Distance Trial
  U19 Trials Regatta
  Wales for Home International Regatta

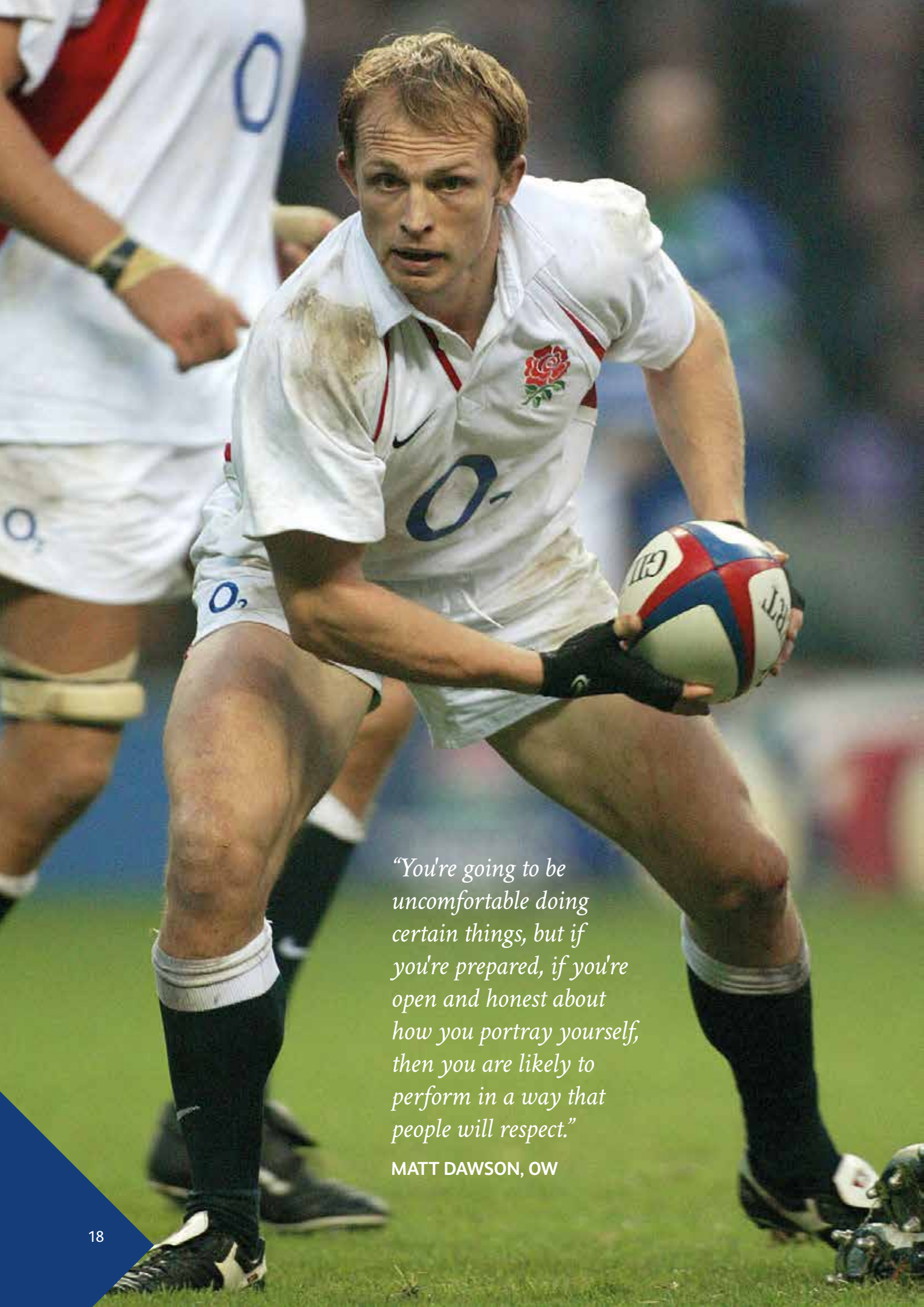
Rugby

- **Charlie Kingsford**
  Saracens U18
- **Noah Agnew, Ethan Horne, Lockie Lee, Raymond Mafeni, Lucas Norton, Billy Ray & Cam Shaw**
  Northampton U18
- **Harrison Denee, Johnny Goss, Mackenzie Philpot & James Ressell**
  Northampton U16
- **Malachi Randolph & Thomas Schofield**
  Bath U16
- **Lucas Norton**
  England Mixed Touch Rugby U18
- **Malachi Randolph**
  England Touch Rugby U18









"You're going to be uncomfortable doing certain things, but if you're prepared, if you're open and honest about how you portray yourself, then you are likely to perform in a way that people will respect."

MATT DAWSON, OW

MATT DAWSON: FROM RGSHW RUGBY TO WORLD CUP WINNER

In this exclusive interview with James Honeyben, Rugby World Cup winner Matt Dawson reflects on his time at RGSHW and the profound impact sport had on his development. He shares his first memories of the school's sporting environment, his pride at RGSHW breaking into the private school rugby circuit, and the enduring characteristics—like work ethic, resilience, and the bond of the team—that he learned at the school, which ultimately underpinned his successful 15-year professional rugby career and subsequent media work.

What is your first memory of Sport at RGSHW?

For me it was that first sense of the enormity of the school as a whole and how many rugby teams that were out there. I think it was just the scale of everything really that was very daunting, because I was from a small primary school in Marlow. There were quite a lot of very established sports people, kids that were used to those types of environments and facilities, whereas I was very different from that.

My first memory is probably strolling out from where the changing rooms were, in the main block behind the old tuck shop, with all the metal cages everywhere that you would hang all your kit on.

Was rugby the first sport you played at RGSHW?

Yes, it would have been. Everyone was trialling out, trying to get into the A team. Just a mass of lads out there, it felt like there were loads of kids running around trying to impress the teachers. It's probably the same now, but I suspect that the boots are slightly more comfortable these days. My mum and dad bought me a brand new pair of Adidas Flankers, even though I was a back. But, oh my god, they were so uncomfortable and I was trying to kick goals with them as well. It was just ridiculous.



Did you play any other sports at the school?

We did two terms of rugby, but I also enjoyed playing basketball and then I would do a little bit of athletics, which was more javelin and discus as opposed to track events, and then cricket in the Summer Term. I tried to do as many sports as I could.

A year or so after I joined, the main Sports Hall was built, and that allowed us to start playing basketball, badminton, and volleyball. Any opportunity to go into the Sports Hall, you'd go and play sport.

From a sporting perspective, what do you think is the proudest moment you had at school?

I think the U16 group I was in, coached by Colin Tattersall, and breaking into the private school circuit was quite a big move. Being part of that squad was a challenge, because we just had no visibility, and then we played Wellington College in the Daily Mail Cup. I think it was the quarter finals and we won that game and all of a sudden, the bigger schools started to take notice.

We'd beaten Radley College, St Benedict's, Watford Grammar and some others and

all of them were good schools, but you wouldn't have said that they were on the top tier. After the Wellington game, it became very apparent that we were capable of playing against the top teams. It was a bit of a game changer for the school and I was very proud to be a part of that. You can always pick out certain games, trips to St Joseph's Festival or tours that we would go on. Very rarely do you get to be part of teams that have a fundamental change to the environment of the school.

And because of the great squad that we had, and not just that year, but for the next couple of years, we had a great 1st XV. They're the things that have a little bit of legacy, so quite rightly be proud of them.

Representing my country on the back of playing for the school, at U16s and U18s. I would never have professed to have been an academic, but I really enjoyed representing the school and putting the school on the map with rugby, opposed to my mates who were off to Oxford and Cambridge.

You had 15 years in professional rugby. What do you think were the important characteristics that you learnt from your school days that allowed you to stay at the top of the game for so long?

It certainly wasn't my Latin, that's for sure. I think the standards that I mentioned before, that Colin Tattersall set us, and the environment that him and his coaching team had and, again, it wasn't just about the winning, but it was that bond and representation of the shirt, whether it's the songs that you sing when you win, or the badge, the tracksuit, the reputation.

All that gave me an understanding of what it's like to be part of a team and the sense of belonging that comes with that. Personally, this was of huge benefit to me because I wasn't in a time of my life where I was absorbing information around academics, as I would be laterally in my life. There were moments when I was struggling and every time I struggled, I would revert to sport, revert to rugby, and I think the school saw that.

I didn't do as well in my GCSEs as I should have, but the school gave me an opportunity to re-evaluate all of that and slightly change the way that I was going to approach my A-levels, enabling me to continue to enjoy my rugby and develop as a sportsman. I'll always be eternally grateful for that because if I hadn't attended RGSHW for my A-levels, the chances are my path to England 18s would have been different. I played for England under 18s against France, at Franklin's Gardens, and it was Northampton who then approached me, so there are these sliding door moments that I don't overlook.

For many of our students, being part of a sports team gives them a focus, a sense of purpose. We try to develop the behaviours first and if they have a strong work ethic and a positive attitude they will maximise their potential.

I wouldn't have said that that would have been a priority when I was at the school 35 years ago. It was probably down to a few individuals, teachers who had that sort of mantra, as opposed to where the school sits as a culture across the board now.

I was very fortunate to be amongst a handful of teachers who took that sort of perceived risk on me, that slight gamble and they were right. They tapped into exactly what you're talking about, that work ethic and getting better every day. Of course, those disciplines and characteristics are transferable into all walks of life. As my sporting career disappeared, I utilised those characteristics in other facets of my life.

Reflecting on your professional rugby, it all speaks for itself in terms of England caps, World Cup winner. What do you think your fondest memories of professional rugby are?

It's very difficult to get past the successes of 1997 Lions and the 2003 World Cup because they were just so enormous. You can't really move in sporting circles without people talking to you about it. In the same breath, I've had great individual moments that not many people would either remember or care to remember but they were very important to me.

You tend to be measured on the success and you remember those successful trips. As Jim Telford said, it's that Everest moment where there's only a very small percentage of people that have ever done it. You can't neglect how unique that is.

There's a huge intensity around the Lions. More so now, I guess. But in 97, there were lots of other reasons why it was very intense. It gripped the rugby public because they'd been used to watching it on terrestrial TV, so more people knew about the Lions. More people were out there in South Africa, so it gained a lot of interest and it was a little bit more tangible for fans. And of course, we were massive underdogs and because we were building a momentum of success, then that was bubbling along with excitement for not only the fans but for the players, for the coaches, for the rugby world. They were watching this team who didn't have a chance all of a sudden build up confidence and thinking that they could be the world champion. So it had an amazing narrative to it.

It also had that sort of amateur feel about it as well because we were doing things that the lads just don't do anymore. We were going out and having a good time and then getting up to help the weekend side or the midweek side, whatever team was playing. It had that feel of when you're going on a school rugby trip.




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PREMIER RUGBY

You mentioned the difficult moments and in school we talk a lot about resilience and learning from tougher moments as well as the successful ones. You went on what was described as the 'Tour of Hell'. Are there any difficult moments that stick out in terms of looking back on it, that was actually an amazing learning opportunity or that taught me this or taught me that? Can you look back on them in a positive way now?

Generally I tend not to have regrets. I'm sure that if I went through it with a fine tooth comb I would probably find a few, but even with all the adversity or something like the Tour of Hell, you're not defined by the result. Some people might well look at that trip and think, oh my God, it was the worst England tour ever and they got beat by record scores and, statistically, okay, I get it. However, it was probably some of the strongest rugby that I've played for England, both mentally and physically.

I think there were a handful of players from that trip that stood up and said to Clive (Woodward), metaphorically, that it doesn't matter what you throw at us, we will keep going. Players like Josh Lewsey, Johnny Wilkinson and Phil Vickery, and I don't think Clive ever forgot that. I think that was absolutely part of his squad selection when it came to the World Cup in 2003 and everyone was getting very competitive about other players in their position. Clive would have looked at the choice of Josh Lewsey, for instance, against others in the back three and had in the back of his mind that in real adversity, Josh would always deliver. He knew that he could rely on those players no matter what.

I think that's certainly something that I've tried to maintain in everything that I do. You're going to be uncomfortable doing certain things, but if you're prepared, if you're open and honest about how you portray yourself, then you are likely to perform in a way that people will respect.

Your rugby career has opened some opportunities after retirement in terms of your media career. What are your highlights?

Well, I think the Question of Sport stuff was amazing. I mean, the three of us would still be doing it if we were allowed. We loved the show, the people, the production, we loved all the guests and the great times that we had on the back of that. We're still very fortunate to still be doing those types of things, even though it's in theatres, we still love it. We love the whole idea behind it. The 17 years that I did with the BBC will always be very dear to my heart.

I've been working on BBC Five Live for 20 years and I'm very fortunate to be in a fantastic position for most England games. You have the box seat, you get to analyse the game, meet some of the players, see amazing rugby, travel the world. It's a very privileged position to be in.

You get to do a few of the fun things like Strictly Come Dancing and MasterChef and loads of other TV shows and they're all really enjoyable. But for the BBC to carve me out a career after rugby via Question of Sport was absolutely amazing.

Is that your current career focus now or have you turned your attention to other things currently?

I was working on Question of Sport whilst I was still at Wasps, but I got into real estate, so I've done that for the last 16, 17 years. I also work currently with JLL and have my own consultancy in that space as well.

Do you have any advice for the young athletes at the school?

The one thing that stands out is just cherishing every moment that you get representing the shirt and the school. It will mould who these people are, whether it's before the game and you're in the huddle, whether it's a little moment and you're four points down with five minutes to go. Grab the opportunity with both hands and look around you, because these moments will help shape your behaviours, which you will take into university and your professional working life.




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ERSONALITY OF THE YEAR



OLIVIA CAESAR

Subject Leader for Physical Education



I have really enjoyed my first year as Subject Leader for Physical Education and am looking forward to building on last year's success and seeing what more can be achieved this year.

As a department we continue to strive to ensure that every student finds physical education, physical activity and sport to be a positive and enriching experience. We are committed to creating an inclusive, varied curriculum and co-curricular program that caters for all abilities and interests. The ultimate aim is to educate our students on how to develop and sustain healthy habits going forward. We endeavour to encourage the school's core values of respect, integrity and aspiration as we believe that our holistic approach is crucial for our students' growth and ensures that they develop a well-rounded set of character traits that will allow them to prosper in life beyond RGSHW.

Within School, our aim continues to be increasing not only the number of students who are physically active, but also the number who represent and compete for School.

Once again we thank you for your continued assistance and engagement of the physical education, physical activity and sports programs offered.

SPORT SCIENCE

Taking PE was definitely a good decision at GCSE, as it gave me a really enjoyable balance of practical sport, theory lessons, and assessed coursework. One of the biggest highlights was the trip to Bath University in Year 10. It was a great opportunity to experience the subject in a high performance environment, with chances to participate in a range of different tests and see sports science in action. Furthermore, it gave an insight into the possible routes that having a PE or sports science qualification could lead to.

I also really enjoyed the practical side of the course, as it gave me the opportunity to take part in a range of sports and focus on improving my own performance, especially in the sports that I enjoy the most.

Alongside this, the coursework provided a chance to reflect on, and analyse my strengths and weaknesses, whilst setting goals for improvement. The training plans I made as part of this coursework have given me a better understanding of sport specific exercise, which I've been able to apply to my training outside of the course.

Overall, GCSE PE was a great choice, as it combined various ways of learning and being assessed, in a balanced structure, which helped to reduce the emphasis on final exams and keep me motivated throughout the course. I would definitely recommend it to anyone who is passionate about sport and looking for a subject that's varied and practical.

ED GRINHAFF, YEAR 11






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GCSE Physical Education and BTEC Sport offer a rigorous academic foundation, bridging the gap between scientific theory and practical leadership. The curriculum's impressive breadth encompasses anatomy, physiology, and biomechanics, alongside sports psychology and coaching styles. These qualifications are highly regarded by top-tier universities, serving as a gateway to degrees in Sports Science, Physiotherapy, or even Law and Business. Ultimately, these subjects produce disciplined, versatile individuals equipped for success in both higher education and their later careers.

BILLY KUCERA 1ST XV RUGBY

2019/22

What made you choose GCSE PE as an academic subject?

Not only does GCSE PE provide a refreshing change from traditional academic subjects, but the knowledge gained is directly applicable to any sport you may be competing in. It also sets you up with a strong base to progress into BTEC Sport.

What impact did choosing GCSE PE have on your higher education?

If you're naturally interested in all things sport, you're likely to thrive in both GCSE PE and BTEC Sport. BTEC Sport is also a huge asset when applying to universities, as many accept it as an A-level equivalent. This can ease pressure on other subjects and help secure favourable offers. Studying these subjects builds leadership and teamwork through collaborative coursework and responsibilities like coaching. These experiences shape you as both a team player and a leader.

You develop strong communication, time management and organisational skills – plus lasting friendships forged through teamwork and shared passion for sport.

What did you do after leaving RGSHW?

Following my A-levels I spent a brief period in professional rugby for Wasps RFC, after which I moved to Australia to play for the Manly Marlins. I later returned to the UK to start my Law degree at Exeter University, where I continue to play rugby and benefit from the foundation built through GCSE PE and BTEC Sport.

What would you like to be doing in 15 years time?

I'd like to be a practising solicitor in London, still actively engaged in sport, and, who knows, perhaps having started a family of my own.

OLI SHAW 1ST XI CRICKET & 1ST XV RUGBY

2018/20

What made you choose BTEC Sport as an academic subject?

I chose to do BTEC Sport alongside my A-levels for a couple of reasons. Firstly, I had a passion for sport and I always found that studying something you enjoy will often lead you to have greater success in it, and secondly, the different style of teaching the course offered. I found it refreshing to have greater independence in my work and it allowed me to manage my workload during Sixth Form. The way the course was structured even allowed me to have finished before I started revising for my other subjects.

What impact did choosing BTEC Sport have on your higher education?

The BTEC Sport course aligns very well with the style of teaching you receive at university, with exams, coursework and practical elements included in the course, spread across different deadlines across your time in Sixth Form. This helps you develop relevant skills that are key to being successful at university, whatever degree you go on to study. The course was very enjoyable and created a different dynamic and learning environment that other A-level classes didn't have, which I found very valuable. I have not gone on to study a sport related course at university, but studying BTEC Sport helped develop skills that I have gone on to use regularly at university and in the workplace.

What did you do after leaving RGSHW?

I took a year out, during which I came back to the school during Covid to coach rugby and cricket. Then I went on to study Economics and International Relations at the University of Exeter with a year in industry spent in London working in Executive Search.

What have you done since leaving university?

I only graduated in Summer 2025 and am currently applying to jobs in a variety of industries.

What would you like to be doing in 15 years time?

I hope to have established myself in a corporate career while enjoying my free time playing and watching sport.


RGS High Wycombe
RGS High Wycombe
RGS High Wycombe


PIRANHA RUGBY
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SPORT SCHOLARSHIP

Ever since joining RGSHW at the start of Sixth Form, I have been gifted with a plethora of sporting opportunities which schoolboys can only dream of. I was lucky enough to go on the senior rugby tour to South Africa where I instantly felt the welcome of the RGSHW community, which I can say, is a true privilege to be a part of. Being a keen rugby player, the school has more than fulfilled my ambitions of competing at the highest level of schoolboy rugby with exciting Saturday fixtures and stand out competitions including the National Cup, St Joseph's Festival and Sedbergh 10s.

As a boarder, I was honoured to be given the Sport Scholarship which complimented my sporting passion even further. I was able to have a role within the boarding house where I could help assist younger students with their sporting journeys and goals which gave me a great sense of joy and the experience of being a part of a warm environment which I could call home away from home. Additionally, boarding provides the freedom of using the gym and the pool which I found essential for supplementing my academy programmes at London Irish and Northampton Saints.

RGSHW also offers BTEC Sport, which I took as part of my academics. The course aided my university application as top Russell Group universities accept it alongside A-levels. This was a real bonus as we finished the course around Easter time which gave me sufficient time to focus on my A-level exams in the summer which will hopefully get me into the University of Nottingham after my gap year to Sydney, Australia.

LOCKIE LEE,
1ST XV RUGBY PLAYER & BOARDER



DEDICATED SPORTS PROVISION

We at RGSHW Sport take great satisfaction in providing a degree of assistance that surpasses what is typically provided by state schools, especially in the areas of athlete development and care. This is largely due to our partnerships with JDB Physio and Areté Performance. JDB Physio provides students with access to professional physiotherapy that is tailored to their specific requirements. Areté Performance provide a Head of Athletic Development who looks after their long term physical health.

"Throughout my six years of playing rugby at RGSHW I have suffered from one significant injury, which was a lateral tear to the meniscus in my knee. I sustained this early in the Year 11 rugby season. My coach sent me to Jade, who was able to identify the problem and, through a cover letter, referred me that week to a doctor for scans. Jade's professional efficiency and expertise ensured I was able to get a quick referral to a specialist consultant and into the process for the surgery required. Post operation, Jade was vital in helping me recover. She worked with the hospital physio and consultant to build up my strength and transition me into rejoining the team. As I transitioned into year 12, she kept on top of my recovery, working with S&C coaches at school, to keep my training plan up to date. Now I am fully recovered and back to playing for school at full strength."

SAM DOYLE,
1ST XV RUGBY PLAYER



"After joining RGSHW in Year 12, I was strongly motivated to develop my skills as a rugby player and fulfill my potential to be part of a stellar team competing all over the country. Our Head of Athletic Development, Stu Aimer of Areté Performance, has been a crucial part of the rugby programme, helping all the players in achieving their personal goals and ambitions. From planning and delivering the squad's gym and fitness sessions, to giving personalised rehab workouts for those returning from injury, Stu's advice and counsel is integral in ensuring efficient recovery and load management. His strength and conditioning training has fostered a hard-working and disciplined environment. The deeper relationships and comradery this has created truly strengthens the rugby community within the school. As a student who joined in the Sixth Form, it is a joy to see new students excited to get involved and become part of the rugby programme, due to the opportunity to develop made available thanks to our Development Coaches."

WYATT GOODMAN,
1ST XV RUGBY PLAYER



FACILITIES

The regeneration and new build of the three sites across the school has significantly increased access and opportunity for our students, providing them with modern, high-quality facilities that support a wide range of sporting activities. These improvements allow more students to participate in curricular and co-curricular sport and the investment demonstrates the school's strong commitment to continually developing its sports provision.

The Blythe Room

The regeneration of the Blythe Room into a dedicated indoor rowing area has transformed opportunities for students involved in rowing. By providing year-round access to high-quality training facilities, the school has been able to support the development of its rowing squads, offering consistency in race preparation, regardless of weather conditions and strengthening competitive performance.

Small All-Weather Pitch

The installation of floodlights on the Small All-Weather Pitch has had a significant impact on co-curricular opportunities. It has extended training opportunities across multiple sports throughout the winter months, ensuring that students can remain active and engaged all year round. Beyond school hours, the facility also benefits the wider community, creating opportunities for local clubs and groups to use the space, creating close partnerships and generating additional income for the school.

Netball Court

The construction of a new multi-purpose netball court reflects the school's ongoing evolution and inclusivity, particularly with the introduction of girls into the Sixth Form. The court provides a home base for training and competitive fixtures, embedding netball into the school's sporting provision. The new build has also created an additional space in RGSHW Sport for all students, supporting a range of other activities and enhancing their experience.

FUNDRAISING

The success and continued enrichment of RGSHW Sport are underpinned by the unwavering support and generosity of the entire community. As a state school, the extensive level of funding that augments our provision and facilities is truly unique, raising many thousands of pounds annually through a variety of vital fundraising activities. This collective engagement ensures that every student benefits from enhanced sporting opportunities.

Our network of 'Friends of' groups remains absolutely integral to the development and sustainability of our sporting programmes. Their efforts provide direct, crucial support to specific sports through year group subscriptions, fundraising events, award nights and donations.

These funds directly contribute to both the operational expenses of the programmes and, in some cases, salary expenditure, ensuring the best possible experiences and outcomes for all students involved in sport.

Beyond the regular 'Friends of' contributions, engagement through participation is a cornerstone of our ethos and a key component of our fundraising efforts.

The annual August Summer Sports Camp for new Year 7 students offers a fantastic opportunity for younger pupils, aiding their transition into grammar school and helping to develop new relationships whilst generating valuable income.

In 2024–25, over £340,000 was raised for the RGSHW Sport Fund. This remarkable income was achieved through the combined generosity of the RGSHW community, including students, parents, and alumni, many of whom participate in our department-led events and camps, and donate generously to our volunteer-run 'Friends of' groups. This year also saw the launch of our successful corporate partnership programme, an additional income stream to support our annual departmental running costs of £338,230.

Whilst the Academy covers approximately 10% of this amount, the remainder is entirely supported by fundraising. Your contributions are vital for sustaining our core, representational, and recreational sports on a day-to-day basis and to build our capacity for capital investment to future proof our facilities and ensure the long-term future of our sporting programmes.









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The RGSHW Way

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