



BOYS' PREP SCHOOL SPRING TERM 2025 SPORT NEWSLETTER



Barney
Sports Ambassador



Charlie
Sports Ambassador



Freddie
Sports Ambassador

A Message from your Sports Ambassadors

The boys who embarked on the Sports Tour to Holland had an enriching and competitive experience. The tour included both football and rugby fixtures, providing the boys with the opportunity to compete in an international setting and further develop their skills. A highlight of the tour was attending the Utrecht v Heerenveen match, a highly anticipated encounter between two Dutch teams that proved to be an unforgettable occasion.

Throughout the rugby season, numerous fixtures were played against teams from across Surrey, fostering both competitive spirit and camaraderie. The boys consistently demonstrated teamwork, resilience, and sportsmanship, making the season both rewarding and enjoyable.

The Tag Rugby Tournament was a notable event, with the Sports Captains taking on the responsibility of officiating the matches. Their leadership and commitment were commendable, and all participants played with enthusiasm and respect, contributing to a highly successful tournament.

Hockey has been a new and exciting experience for many boys this term, particularly for those who had never previously picked up a stick. The introduction of hockey into the PE curriculum presented an excellent opportunity for skill development, and it was gratifying to witness the progress made. A special mention must go to Mr Trigwell, whose guidance in the Sports Scholarship Programme has been invaluable. His support extended beyond technical coaching to include fostering a strong mental attitude and teaching valuable strategies for remaining composed before fixtures.

The Swimming Gala was another standout event, with a group of boys competing in the 50-metre races and delivering exceptional performances. Many of these

swimmers train multiple times a week, and their dedication was evident in their impressive results. Their hard work and commitment continue to serve as an inspiration to their peers.

Rugby tournaments and festivals have been a key part of the sporting calendar. The boys participated in numerous fixtures, including those held at Hinchley Wood, displaying determination and achieving commendable results that reflected their ongoing growth and development.

The Inter-House Rugby competition was a thrilling event. From the perspective of the coaches, it was an exciting spectacle, but for the players, it was even more exhilarating to take part. The competitive yet friendly nature of the tournament contributed to its success, making it a truly memorable occasion.

Looking ahead, anticipation for the cricket season is already building. The boys are eager to return to the well-maintained Esher Cricket Club, where they will engage in structured training sessions, cricket nets, and competitive matches. Playing against a variety of teams and participating in intra-squad practice games will provide an excellent opportunity to refine their skills and enjoy the sport to the fullest.

Finally, we would like to take this opportunity to express our sincere gratitude to all our teachers and coaches. Their dedication and hard work in planning engaging and educational PE lessons have been instrumental in the boys' development. Their ability to design sessions that are both enjoyable and instructive has greatly enhanced the sporting experience for all involved.

Barney, Freddie & Charlie

Sports Talks

Mr Trigwell wrapped up his four-part series of Virtual Sports Psychology talks this term, with over 1500 sign-ups across all three of our Schools. The former National Champion and now Trainee Sports Psychologist explored the key concepts and strategies used at the elite level, bridging the gap between his work with top senior athletes and young minds he mentors at the Boys' Prep.

The talks were:

- 1. Goal Setting for Young Athletes**
- 2. Challenge & Threat States**
- 3. The Importance of Autonomy in Sports for your Child**
- 4. How Elite Athletes Optimise Self Talk & Visualisation**

This fascinating set of talks saw Mr Trigwell sharing with our parent community the powerful tools that can enhance athletic performance and equally benefit young athletes by boosting motivation, focus and mental resilience. Furthermore, he provided practical advice on integrating these techniques into sport, academics and everyday life to strengthen their mental game.

Mr Trigwell also leads our Primary Sports Scholarship Programme which aims to build the aerobic and anaerobic fitness of our Year 5 boys and set them off into Year 6 with a strong set of skills and resilience for their senior school journey.

We are very proud of our current Year 6 boys who have earned an amazing collection of sports scholarships to their senior school choices this year.



Sports Psychology Talk with Mr J. Trigwell The Importance of Autonomy in Sport



Key Stage 1 Update

This term in KS1 PE, the boys have engaged in a variety of activities to develop their physical skills, coordination, and teamwork. In gymnastics, they worked on balance, flexibility, and strength through basic movements such as rolls, jumps, and simple sequences. In dance, they explored rhythm and movement, learning to express themselves through creative choreography and structured routines. The fundamentals sessions focused on key movement skills, including running, jumping, throwing, and catching, to build a strong foundation for all sports. In rugby, they were introduced to the basics of the game, practising ball handling, passing, and evasion skills in a fun and safe environment, with an emphasis on teamwork and sportsmanship. Throughout the term, the boys have shown great enthusiasm and progress, developing their confidence and physical abilities.



Years 5 and 6 Sports Tour

The Boys' Prep Year 5 and 6 Sports Tour to Holland was an incredible blend of rugby, football, cultural experiences, and plenty of fun moments. It was a trip that combined competitive fixtures with exciting sightseeing, offering the boys the opportunity to grow as athletes while experiencing Dutch culture in a way few could imagine.

The adventure began with an early start, as the boys, coaches, and staff travelled to Holland. After a coach ride to the ferry terminal and a smooth crossing, the team arrived in the Netherlands and made their way to their accommodations. On Friday, the boys played their first fixtures, taking on Odijk in football. After the match, the team was treated to some fantastic Dutch hospitality, enjoying a well-deserved rest and getting ready for the action ahead.

Saturday kicked off with the rugby festival, where the boys showcased their skills in a lively and competitive environment. After the festival, everyone enjoyed a lovely lunch, reflecting on the day's fun and teamwork. In the afternoon, the boys enjoyed an exciting tour of the Amsterdam Arena, home of the famous Ajax FC. They explored the stadium, walked through the players' tunnel, and visited the VIP sections, gaining an appreciation for the history and success of one of Europe's most iconic football clubs. After the tour, the football team travelled to the KNVB facilities for a training session, which provided valuable learning opportunities, allowing the boys to refine their skills and prepare for the upcoming matches. That evening, the boys enjoyed a lovely meal in Amsterdam, reflecting on the day's experiences and bonding over great food and conversation.

Sunday was dedicated to football, with the boys playing a series of exciting matches against Kampong. The team demonstrated excellent teamwork and strategy, putting into practice what they had learned throughout the tour. After the matches, the boys enjoyed a short walk to a local stadium, where they had the chance to watch a live football game between FC Utrecht and Heerenveen. The atmosphere in the stadium was electric, and the boys were thrilled to see top-level professional football in action. After a quick pit stop back at the hotel, the team finished the day with some fun bowling, before heading to bed for a much-needed rest.

On Monday, the boys packed their bags and headed to a training session with Utrecht, giving them the chance to experience another level of coaching and develop their skills further. After the session, it was time to make the journey home, reflecting on an amazing trip filled with unforgettable experiences.

The Boys' Prep Year 5 and 6 Sports Tour to Holland was a perfect balance of competition, training, sightseeing, and relaxation. The boys had the chance to improve as footballers and rugby players, experience Dutch culture firsthand, and form lifelong memories with their teammates. The combination of great fixtures, training sessions, a stadium tour, and cultural exploration made this tour one that the boys will cherish for years to come.



Buffalo Cricket Partnership

Buffalo Cricket is an upcoming cricket business based in Kingston. We are excited to have agreed an exclusive discount code for all Surbiton High Prep School parents of 10% when you use the code **HERD** at checkout on their site, www.buffalocricket.com.



Year 3 & 4 Cross Country Event at Hinchley Wood

The Year 3 and 4 Cross Country event, hosted by Surbiton High School at Hinchley Wood, was an exciting and action-packed morning for young athletes across the Kingston Borough. Boys and girls from 16 local schools gathered to race through the scenic and challenging Hinchley Wood, with participants tackling the infamous hill along the newly formed woodland trail.

The race saw pupils push themselves to their limits, navigating the rugged terrain of the woods, with the hill proving to be a real test of stamina and endurance.

With cheers and encouragement from teachers, parents, and fellow competitors, the pupils displayed incredible teamwork and sportsmanship throughout the day. The event not only highlighted the importance of physical fitness but also offered a wonderful opportunity for young athletes to challenge themselves in a supportive and friendly environment.

Dodgeball

A select group of Year 2 boys recently had the exciting opportunity to participate in a dodgeball event held at The Kingston Academy School. This event was not just about playing the game but also about immersing the boys in the various aspects of dodgeball, ensuring they gained a comprehensive understanding of the sport. The boys were introduced to the fundamental skills and strategies that make dodgeball both challenging and exhilarating. Central to their learning were the famous five Ds of dodgeball: "dodge, duck, dip, dive, and dodge." These principles were emphasised throughout the event, helping the boys to develop their agility, quick reflexes, and strategic thinking.



Year 2 Football

The Year 2 Football Festival, organised by Kingston Borough, was a lively and engaging event held at the Richmond and Kew Football Club. This annual festival aimed to provide young football enthusiasts with a fun and supportive environment to develop their skills and enjoy friendly competition. The event saw participation from many schools across the borough, contributing to a spirited atmosphere. The eight boys that participated did very well, only losing one of their four games. Watching them play showed how much they have developed over the football term. All the boys that participated should be very proud.



Year 4 Hockey Outreach

This term, our Year 4 boys have had the fantastic opportunity to take part in a hockey outreach programme with Kingston Grammar School. Training at their first-class facilities, the boys have benefited from expert coaching and an environment that has inspired them to develop their skills and understanding of the game.

Throughout the sessions, the boys have worked on key hockey techniques, including dribbling, passing, shooting, and defensive positioning. They have shown great enthusiasm in mastering different strokes, refining their control, and improving their decision-making on the pitch. The coaches at Kingston Grammar have been exceptional in guiding the boys, ensuring they leave each session with new skills and a greater appreciation for the sport.

It has been a brilliant experience for all involved, and the boys have thoroughly enjoyed learning in such a professional and inspiring setting. Their hard work and dedication have been evident, and we look forward to seeing them continue to apply their newfound skills in their matches and training sessions.

A huge thank you to Kingston Grammar for their outstanding coaching and for providing such a fantastic opportunity.

Netball

The newly formed Year 3 and 4 Netball Club has been a fantastic success, with an incredible turnout of boys eager to get involved. It has been amazing to see their enthusiasm and commitment to developing their skills in a sport that is growing in popularity among boys.

Eight boys have worked exceptionally hard throughout the term, demonstrating great teamwork, determination, and rapid improvement in their gameplay. Their dedication paid off as they had the opportunity to represent the School in fixtures against Rowan Prep and Surbiton High Girls' Preparatory School, where they showcased their growing confidence and ability on the court.

Mrs Johnson and Miss Loveland have been hugely impressed with the boys' attitude and progress, praising their willingness to learn and compete at a high level. A huge well done to all involved—this is just the beginning of what promises to be an exciting journey for boys' netball at the School!



U8 Tag Rugby Festival

The Boys' Prep recently hosted an exhilarating U8 Tag Rugby Festival, inviting local primary schools to join in an afternoon filled with energy, enthusiasm, and sportsmanship. The event saw over 200 pupils take to the field, each eager to showcase their budding rugby skills. The festival was a vibrant display of free-flowing rugby, with children demonstrating impressive agility and teamwork. The atmosphere was electric, as parents and teachers cheered on the sidelines, creating a supportive environment that encouraged every participant to give their best regardless of the scoreline. The festival not only highlighted the importance of physical activity but also fostered a sense of community among the schools involved.



U10 Hampton Festival

The Under 10s had a fantastic day at the Hampton Rugby Festival, showcasing skill, determination, and great teamwork throughout their matches. From the first game, the boys demonstrated strong attacking play and solid defensive organisation, competing fiercely against well-drilled opposition. As the tournament progressed, their confidence grew, and they worked together to execute quick passing, intelligent running lines, and committed tackles.

The highlight of the day came in their final match against the Hampton A-team, where they put in a brilliant performance to secure a well-deserved victory. Their teamwork and resilience were on full display as they defended bravely and took their scoring opportunities with precision. It was a fitting way to end a successful day, with every player contributing to an excellent team effort. The boys should be extremely proud of their performance, and this experience will no doubt help them continue to develop as a team.



U10CD Rugby Festival

On Wednesday 19 March, it was a pleasure to welcome Willington, Claremont and Staines Prep to our Hinchley Wood Grounds where they competed against two Surbiton teams in the second edition of our annual U10CD Rugby Festival. On a beautiful day for running rugby, the scene was set for an afternoon of exciting matches.

The C-team played superbly on the day and showcased their development since January. Some excellent team play resulted in numerous tries, backed up by some steely defense. The D-team also produced some excellent results and enjoyed avoiding opposition players through some outstanding passing.

Well done to every boy who took part during the afternoon; it has been a pleasure to see your development this term.

U11A Surbiton Rugby Festival

On a Spring day in March, the U11A-team took part in the annual Surbiton U11 Rugby Festival. Five other local schools joined us in what was a feast of running rugby. The A-team had a superb first match against Claremont which resulted in an excellent win. Matches against RGS Guildford and Milbourne Lodge proved to be tough encounters, but the defensive effort showed by the boys was highly commendable. The team also had incredibly tight matches against Newland House and Hampton Prep, pushing the latter all the way in a superb advert for U11 rugby. Congratulations to Mr White and the coaches who have worked so hard with the boys all year, and well done to the boys for all their efforts.



Surbiton Boys' Prep Shines at U11 Surrey Rugby 7s Festival

Surbiton Boys' Prep recently competed in the highly competitive U11 Surrey Rugby 7s Festival, going head-to-head with some of the top rugby schools in Surrey. The event showcased the skill and determination of budding rugby players, and Surbiton's team certainly made their mark.

Throughout the festival, the boys displayed outstanding determination, always giving their best effort in every match. Their performance was marked by moments of exhilarating flair, as they executed quick passes, powerful runs, and excellent teamwork. Each player demonstrated a deep understanding of the game, and their enthusiasm and commitment to the sport were evident from start to finish.

While the competition was tough, Surbiton held their own, showing great resilience and sportsmanship in every game. The festival was an excellent opportunity for the boys to gain valuable experience against some of the region's best teams, while also learning and growing as individuals and as a team.



Surrey Rugby Festival

On two sunny days in March, the U8, U9, U10 and U11 teams took part in the prestigious Surrey Rugby Festival held at KCS Wimbledon.

On the Friday, it was the turn of the U8A and U9A-teams. The U8A-team participated in a tag festival and started with an exciting 5-5 draw with Thomas's. Two more excellent performances followed with wins over Milbourne Lodge and Downsends. Our final match pitted us against a strong RGS Guildford outfit. A superb all attacking performance saw us prevail 6-3 which resulted in the team topping the group – an outstanding achievement! The team were then paired with Cranmore, a team we had lost to earlier in the season. An exciting seesaw game saw us secure an exciting 2-2 draw which meant we had finished in the top four teams – well done to all the boys!

The U9s also battled well against some of the biggest schools in Surrey. Highlights included some terrific attacking play against Danes Hill and an amazing defensive effort against KCS Wimbledon. The final game pitted us against Broomwood, which proved to be an end-to-end attacking feast. Mr White was delighted with the effort shown by the whole squad, which bodes well for future events.

The U10s took to the field on the Saturday on what was a beautiful spring morning. The match against Freeman's proved to be the highlight of the day which saw us score two outstanding team tries to come away with a 2-1 victory. Matches against Cranmore and Parkside were also tight affairs where the defensive shape of the team was tested on more than one occasion. Credit should go to this team for their never-say-die attitude and commitment on the day.

The U11s played on the same Saturday and played against some of the toughest teams in the local area. Mr Fullicks was delighted with the effort on the day and despite results not going our way, every boy distinguished themselves with credit and were great role models for the School.



Inter-House Rugby

It has been a successful year for our rugby teams and it was great to celebrate the boys' success with our annual Inter-House Rugby competitions at the conclusion of the Spring Term.

Some excellent tag rugby skills were on show in the **Year 3** age group as the boys battled it out for top spot. In the end, **Arundel** were the victors, coming out just on top. In **Year 4**, a contact competition ran alongside a tag event. Once all the scores were added up, it was **Arundel** who took top spot, but Balmoral and Caernarvon should be applauded for their excellent training routines which gained them bonus points.

Year 5 was a highly contested competition with all three teams participating in some very close matches. Well done to all the boys who played contact rugby, with **Caernarvon** just edging in front when the final scores were added up. **Year 6** also participated in very close matches with matches ebbing and flowing throughout the afternoon. **Arundel** prevailed in the end.

Well done to every boy who took part. It has been great to see the development of these boys from the start of the Spring Term until now!



Rugby Fixtures

The Boys' Prep rugby season has been a remarkable journey of growth, teamwork, and success across various age groups. This year, every boy has demonstrated exceptional skill and determination, culminating in a series of impressive performances that have left coaches, parents, and peers in awe.

One of the standout highlights of the season was the U8 team's phenomenal achievement at the Surrey Festival. The boys showcased their prowess on the field by going undefeated throughout the tournament. Their success is a testament to their hard work, dedication, and the excellent guidance provided by their coach, Mr Gallop.

Beyond the U8's triumph, the entire Boys' Prep rugby programme has seen significant development. The PE team has been particularly impressed with the progress made by all age groups. From the U8s to the U11s, each team has shown remarkable improvement in their skills, understanding of the game, and sportsmanship. The players have embraced the values of teamwork and resilience, which have been pivotal in their success this season.

As the season comes to a close, the Boys' Prep rugby teams can look back with pride on their accomplishments. The experiences and lessons learned this year will undoubtedly serve as a strong foundation for future successes. With such a promising group of young players, the future of Boys' Prep rugby looks incredibly bright.



Swimming Report

On a blustery winter day, it was a pleasure to take four Surbiton High Boys' Prep boys alongside four Surbiton High Girls' Prep girls along to the Kingston Borough Swimming Championships. The boys swam superbly on the day and represented the School with pride. Highlights included a bronze medal for Ralph G in the 25m backstroke alongside some great individual swimming from Ewan O D (breaststroke), Matthew A (butterfly) and Jamie H (front crawl). The team then also combined to finish an excellent 5th in a high-quality relay event. Well done to all the swimmers who took part in the day!



Year 1 Swimming

This term, the Year 1 boys have continued to develop their water confidence and refine their stroke techniques, making excellent progress in the pool. Building on the foundations laid in the Autumn Term, they have worked hard to advance through the swim stages, demonstrating growing proficiency in their strokes and water skills.

The boys have impressed their coaches with their enthusiasm, determination, and willingness to take on new challenges in the water. Their confidence has grown noticeably, and their technical improvements have been evident during each session.

Mr Blood has thoroughly enjoyed leading the group this term in Mr Symington's absence, and it has been fantastic to see the boys flourish under his guidance. Their progress is a testament to their hard work, and they should be proud of their achievements this term.

We look forward to furthering their swimming development in the coming months.



Swim Gala v Newland House and The Mall

It was a pleasure to take our Key Stage 2 swimming team over to LEH to swim against Newland House and The Mall. After weeks of training on a Thursday evening, the team were ready for a variety of different events throughout the event. The Year 4s impressed, in what was for many of them, their first ever gala. Some notable results were achieved, especially in the relays. The Year 5s also performed well and shone in the freestyle events. Not to be outdone, well done to the Year 6s who led from the front superbly and supported the younger boys, as well as swimming competitively in the races. Well done to the whole squad who now turn their attention to the Summer Term and two more galas.





Message from the PE Department

What a fantastic term of sport it has been! The boys have thrown themselves into a packed schedule of fixtures, displaying brilliant sportsmanship, determination, and teamwork throughout. Across all year groups, we have seen outstanding progress, with pupils developing their skills, game awareness, and competitive edge in every sport they have taken on.

A particular highlight this term was the Year 5 and 6 Sports Tour to Holland, where the boys had an unforgettable experience competing against strong opposition, learning from top-class coaching, and embracing the spirit of touring sport. It was a trip filled with camaraderie, hard work, and plenty of memorable moments!

As we wrap up this term, we would like to thank all the boys for their effort and commitment, as well as parents for their continued support on the sidelines. Now it's time to enjoy a well-earned Easter break, recharge, and get ready for an exciting Summer Term of cricket and (hopefully!) plenty of sunshine.

See you all soon!

The PE Department

