

Summer Sports in the Prep School

Hopefully you will find the information that follows useful so that you can get ready for the summer!

Cricket

Next term the boys (and some girls) will have cricket as their major game.

Form 3 will have cricket lessons on Mondays and Thursdays.

Form 4 will have cricket lessons on Monday and Thursdays.

Form 5 will have cricket lessons on Tuesday and Wednesdays.

Form 6 will have cricket lessons on Wednesdays and Fridays.

Cricket Clothing List

- White cricket shirt or polo shirt (available at the school outfitters)
- White shorts/cricket trousers. Tracksuit bottoms can be worn especially on colder and muddier days (Cricket trousers aren't really necessary for normal cricket lessons, if the weather is fine they can wear white shorts or if it is cold/muddy then school tracksuit bottoms can be worn - once 'whites' get muddy it is difficult to get them properly clean again!)
- White cricket sweater (optional but useful on cold days, school outfitters)
- White socks
- White trainers
- Navy blue cap - (available at the school outfitters – no fashion items please)
- White base layers may also be worn.

If your child is selected to represent the school in a match in Forms 3 & 4 they can still wear white shorts. For matches in the senior teams it is customary to wear white cricket trousers.

Whenever the children go to the field, especially in the summer, they should have a drink, sunscreen and any medication they need.

A note about cricket spikes – because our artificial strips are concrete based they are not ideal for cricket spikes. Those children who are serious cricketers may wear spikes for when they play on normal grass wickets.

What type of Cricket do we play?

In Form 3 the children will play Kwik Cricket with the emphasis on participation and developing technique and confidence.

In Form 4 the children will continue to develop their game through Kwik Cricket but will have the opportunity to play 'proper' cricket (with a hard ball) at some point. **(All boys in Form 4 should get a cricket box.)**

In Forms 5 & 6 we are working towards playing proper hard ball cricket. In some lessons and net sessions we will still try and develop technique and understanding by using tennis and semi-hard balls but I suspect all of our matches will be limited overs hard ball cricket. **(All boys in Forms 5 and 6 should have a cricket box.)**

Equipment

The school will provide all the equipment needed for Kwik Cricket.

The school can also provide cricket bats, helmets, gloves and pads if these should ever be needed.

Cricket Helmets

A new BSI standard for cricket head protects was introduced in the summer of 2014 (BS7928:2013). It is suggested that if you intend to buy your child a new cricket helmet, it meets the requirements of the new standard. The old helmets (BS7928:1998) are still available but won't have been tested as rigorously as the new ones. As a school we will be investing in the 'newer helmets'.

Bats can be brought to school. They must be named and rather than being left lying about in the changing room should be stored in the 'bat bucket' in the playground. Bats should never be left at school over-night.

All children playing hard ball cricket will need a 'box' or cricket protector. Ideally an appropriate pair of pants should be worn as well so the box stays in place. When playing hard ball cricket the children will need a helmet, batting gloves and pads. Some children may also feel more comfortable wearing an arm guard.

If you feel it necessary to buy your child a cricket bag please bear the following in mind:

- At Widford Lodge we have limited space to store large cricket bags.
- The children will, invariably, have to carry their bags to the field for lessons/matches.

A lot of cricket manufacturers make a 'duffle' style bag to be carried on the back which should be big enough to carry all that they need and may be worth considering.

If you are unsure about what bat to buy please don't hesitate to come and see me. If you are looking to buy cricket equipment with the help of sensible guidance I would recommend Pope & Smith's in Chelmsford or Warsop Stebbing in East Hanningfield. Your child should

always be with you when buying a bat – there is nothing worse than seeing a youngster with an expensive bat which is too big and too heavy!

If the bat needs ‘knocking in’ I always think it is a good lesson to get your child involved in the process – bats can be expensive and they should be looked after.

Please ensure every piece of cricket clothing and equipment is named.

School Cricket Coaching

If a child wishes to be considered for team selection they are expected to attend the relevant training/coaching sessions.

1st XI & senior nets will take place on Mondays between 4.15 – 5.15 pm. Children will be invited to these sessions.

There will be a Senior Net (for children in Forms 5 & 6) on Thursdays from 8.05 am

Form 4 cricket coaching will be on Tuesday at 1:15 pm.

Form 3 cricket coaching will be on Fridays at 8.05 am.

Club Cricket

I am aware that a lot of children already play cricket outside of school – this is fantastic and can only lead to them enjoying the game more and becoming better cricketers. If you would like any advice about joining a cricket club please don't hesitate to come and see me.

Coaching Outside School

If you would like your child to receive additional coaching this is likely to be available at local clubs and also at Essex County Cricket Club. Essex CCC has various courses running through the Easter holidays and individual coaching too. For more details you can call: 01245 254028 or email: cricket.essex@ecb.co.uk

Rounders

At the same time that the boys are playing cricket the girls will be playing rounders.

Rounders Clothing List

- White Polo shirt
- White shorts
- White socks
- White trainers
- School tracksuit
- School baseball cap

Rounders bats and balls are provided.

Athletics

3D will have athletics on Tuesday
4C will have athletics on Tuesday
4P will have athletics Fridays
5D will have athletics on Monday
5BS will have athletics on Thursday
6KP will have athletics on Monday
6TP will have athletics on Monday

Athletics Kit

- White polo shirt
- White shorts
- White trainers (preferably)
- White socks
- School tracksuit
- School baseball cap
- A water bottle

If you would like to join a local Athletics Club Chelmsford Athletics Club are always keen to welcome new members. Please phone 01245 605666 for further details.

DUE TO THE UNPREDICTABILITY OF THE WEATHER IT IS ALWAYS A GOOD IDEA FOR THE CHILDREN TO HAVE A WATERPROOF AVAILABLE AT SCHOOL.

Swimming

3D will swim on Fridays
4C will swim on Wednesdays
4P will swim on Tuesdays
5D will swim on Fridays
5BS will swim on Fridays
6KP will swim on Tuesdays
6TP will swim on Tuesdays

Girls should wear a navy one piece costume.

Boys should wear navy trunks (no baggy shorts please).

Please name your child's swimming costume and associated kit.

Boys and girls should have shoes (croc's are good) to walk to and from the pool and a robe.

Please name your child's towel.

A swim hat should be worn if your child's hair is long enough to cover face or ears. Hats can be of any colour.

Swimming club for forms 3 - 4 will take place on Mondays after school
Swimming club for forms 5 – 6 will take place on Mondays before school.

If you would like to join a swimming club it might be worth contacting Chelmsford Swimming Club via their website: www.chelmsfordswimmingclub.org.uk.