

## SPORT & RECREATION AT SSFC

Whether you are a team player and keen competitor or just want to keep fit, whether you have a spirit of adventure or want to put something pack into your community, the college has something to offer you.



For any queries/requests go to room 17 - the Sport and Recreation office

- Team sports - Weds pm  
Boys and girls football, Boys and girls hockey, Rugby, Netball
- Water Sports - Weds pm  
Canoeing, Rowing
- Monday Sports - after college  
Climbing and bouldering, Girls rugby, Trampolining, Badminton, squash, table tennis, Basketball and Volleyball
- Quarry Fitness Centre- QFC
- Courses with a qualification  
Duke of Edinburgh Award - D of E  
Community Sports Leader - CSLA  
Lifesaving awards - RLSS  
NGB coaching/officiating awards

### Staff

There are many staff at the college who help in the Sport & Recreation Dept.

- Jules O'Neill (JON) - Head of Sport & Rec
- Bob Mulford (RWM) - Head of PE
- Rosie Turner (RT) - Teacher of PE
- Emma Ward (ELW) - Teacher of PE
- Sarah Ralphs (SJR) - FE Sport Co-ordinator

### Where

As we use off site facilities to support our programmes students are transported to and from the venues by coach or minibus.

### Communication

- The main sports notice boards are through the hall near rooms 15 and 17.
- The electronic bulletin displays current information
- Moodle - Sport and Recreation page - all of you should have access to this
- Word of mouth

### Wednesday Afternoon

Football	(8 teams)	Bob Mulford (PE), Tim Garner (Sociology), and coaches Andy Mulliner, Micky Brown Darren Fields, Alan Brown, Ben Matthews
Girls Football	(1 team)	Matt Comerford (Film and Media)
Rugby	(1 team)	Haydn Jenkinson (General Studies/ Geog)
Netball	(4 or more teams)	Rosie Turner (PE), Emma Ward (PE), Clare Hodgson (English)
Hockey	Boys & Girls	Deb Read (Biology) and Jules O'Neill
Cricket	(Summer only)	Deb Read (Biology)
Tennis	(occasional	Jules O'Neill
Canoeing	fixtures)	Drummond Outdoor
Rowing		Pengwern Rowing Club

You should already be time tabled in to Weds afternoon sport. If you are not involved but are keen to participate then go to Room 17 and ask.

### Monday Sports - After College - open to all

Shrewsbury Sports Village	Badminton, squash, table tennis, basketball, recreational football, climbing and bouldering
Netball league team	Monday 7.00 at Sundorne Sports Village

### Quarry Fitness Centre

There are details of how to access the gym on Moodle. Follow the guidance and you will then be able to access the gym for free on week days during term time between 7 am and 3.30 pm

### Duke of Edinburgh Award

Each year 40+ students take the Gold award. Expedition training takes place in September / October and at October / February half terms. Qualifying expeditions are at Easter and during the Summer term. Meetings are held on most Fridays particularly for the Autumn term. These are in the hall / Room 15 from 4.15 - 5.30 pm.

### Community Sports Leader Award

This is on a Thurs block F in room 15. Some of you have already enrolled. A few spaces available. Just come along

### RLSS - Royal Lifesaving Society Awards

This is taught during the Autumn Term only. There is a session in the pool on Mondays from 8.45 to 9.45 and a first aid session on Thursdays block F in the hall. Most of you are already enrolled. If you are free and want to join, come along.

### National Governing body (NGB) coaching and officiating awards

Should you want to get a coaching or officiating award for any sport come and ask what is available locally or through college