

DULWICH COLLEGE | SHANGHAI PUDONG |

上海德威外籍人员子女学校（浦东）



PHYSICAL EDUCATION AND SPORTS HANDBOOK

2018 - 2019

shanghai-pudong.dulwich.org

GRADUATE WORLDWISE.

INTRODUCTION



Welcome to the fully integrated Sports and Physical Education programme at Dulwich College Shanghai Pudong. Sport is an extremely important aspect of school life.

Dulwich College Shanghai Pudong supports and values the contribution that sport makes to an individuals' development. We fully support the aspirations of our students to be the best in their chosen sports and it is our aim to enthuse and inspire all students to become outstanding sportsmen and women. We do this fully in the knowledge that they must learn to balance the demands of academic studies with sustained sporting commitment and endeavor.

Participation in sport is an essential ingredient of health and well-being; this handbook will give you a brief introduction to the sports programme so that you can plan and balance commitments while making the most of all the coaching and competitive opportunities that are available.

We are committed to meeting the demands of students and in 2017/18 and will continue to develop our Junior school and Middle School programmes, which are designed to be fully inclusive. As demand is high we often run grading sessions in advance of competitive seasons to ensure each student is appropriately directed within the programme. Some seasons and events in the sports programme are selective, particularly at the older ages. Selections are made entirely on merit and there will always be those who are disappointed but trials are minimal and only used applied when selection is linked to overseas trips such as Phuket Soccer 7's and Beijing Rugby / Netball. We are committed and enthusiastic to and select the best

competitive opportunities for travel. We will continue to take part in FOBISIA, ACAMIS, and the Dulwich Games to ensure our athletes are exposed to a variety of opportunities.

Sports Website -

www.dulwichsport-shanghai.com

Password: gopanthers.

All sport fixtures and information can be found on our dedicated sports website. The site can be accessed on your smart phone and saved as an APP. Individual team calendars can then be synced to your personal calendars and this will update in real time if fixtures or arrangements change. It is also the most effective way to track the progress of all our teams. All team sheets are published 3-4 days in advance of the fixture on the website and on the big-screens around the school corridors.

Once again our team has grown this year to help us meet the ever-increasing demands and aspirations of our sporting community. I would like to say a belated welcome to Tiffany Lee who joined our swim team as well as to Wojtek Van Barneveld who assumes the role of Head of Fencing. Our team is set to grow further over the holidays as I am happy to announce that commencing term 1 of the 2018 academic year the school will begin a partnership with Xperthealth who will provide an onsite Athletic Trainer to support the medical needs of the sports department. I am also pleased to

announce that at the time of writing work is well under way on the new performance weights room which will be located in B2 of the sports centre. 2018 will also see The College expand its basketball provision with Brothers Hoops and Spurs basketball set to provide a comprehensive development through to competitive extra-curricular Basketball programme for students from Ducks all the way through to IB. With the London Olympiad coming up in term two the 2018-19 academic year promises to be another fantastic one for Dulwich Sport.

Spectators and Supporters

Finally, we appreciate and value your attendance and support at all sports fixtures. Parents and guests are always welcome and encouraged. Please also do bring students from younger years to watch the boys and girls in the U18 Senior Teams. These senior teams play to a very high standard and there is no better learning experience for our younger students than watching a competitive Division 1 fixture or championship game. It also helps to build community spirit and camaraderie.

Please do not hesitate to contact me if you have any questions, suggestions or concerns.

jamie.gerrard@dulwich-shanghai.cn

Mr. Jamie Gerrard
Director of Sport



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Mission Statement

Our mission is to ensure that all of our students create a positive lifelong bond with physical activity by delivering a high quality integrated Physical Education and Sports Programme. Our programme aims to be inclusive, varied and multi-levelled; prioritizing engagement and positive health outcomes without sacrificing quality or provision of representational sporting opportunities.

By fostering an approach that emphasizes the development of Mind, body and Soul through positive experiences of physical activity we hope to develop physically literate children who show motivation, resilience, confidence and a deep knowledge the subject and its wider impact on their well-being and lives.

Above all else our departments aspires to create a positive and supportive environment where happy, healthy students feel fully supported in pursuing their sporting interests and aspirations.

Statement of Policy

Dulwich College Shanghai Pudong aims to offer teams in the traditional British Independent School sports; rugby, netball, football, athletics and swimming as well as competing within the regional and national leagues in basketball, tennis, badminton, table tennis and volleyball. The College will provide qualified and experienced coaches for all these teams. The aim is for every student to reach their full sporting potential whilst embodying the fundamental sporting values of the Dulwich College Shanghai Sports programme: DCS; Dedication, Character and Spirit.

Sportsmanship

The coaches will lead by example in their respect and courtesy towards other teams and officials. We expect all students, parents, supporters and visitors to support this philosophy. Representative teams will be highly competitive, focused and will play to win whilst remembering our responsibility to develop and practice the highest standards of conduct and behavior.

Seasonal Sporting Calendar Overview

For all fixtures and events please see the Dulwich College Shanghai Pudong sports webpages.

	Term 1					Term 2			Term 3		
Team, Sport and Age	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Swimming (Y3 - 13)	•	•	•	•	•	•	•	•	•	•	
Fencing (Y3 - 13)	•	•	•	•	•	•	•	•	•	•	
Junior Football (Y3 and 4)	•	•	•	•				•	•	•	
Junior Football (Y5 and 6)	•	•	•	•				•	•	•	
Junior Rugby (Y3 and 4)						•	•	•			
Junior Rugby (Y5 and 6)						•	•	•	•	•	•
CISSA Floor Hockey					•	•					
U13 FOBISIA Training (Y7 and 8)				•	•	•	•	•			
U11 FOBISIA Training (Y5 and 6)	•	•	•	•	•	•	•	•	•	•	
Touch Rugby (Y7 - 9)	•	•	•								
Football (Y7 - 9)			•	•	•						
CISSA Volleyball (Y7 - 9)						•	•	•			
CISSA Basketball (Y7 - 9)								•	•	•	
Rugby (Y7 - 10)								•	•	•	•
Netball (Y5 - 10)						•	•	•	•	•	
Volleyball (Y10 - 13)	•	•	•								
Netball (Y10 - 13)	•	•	•	•							
Basketball (Y10 - 13)				•	•	•					

Football (Y10 - 13)							•	•	•	•		
Rugby (Y10 - 13)	•	•	•	•								
Badminton (Y7 - 13)							•	•	•			
Tennis (Y7 - 9)								•	•	•	•	
Tennis (Y10 - 13)	•	•	•	•								
Table Tennis (Y10 - 13)		•	•	•								



Affiliated Sports Federations

The College is a member of CISSA, SISAC, ACAMIS, FOBISIA, and the SSL. These memberships provide opportunities for competitive sport against other schools both around Shanghai, China and South East Asia.

China International Schools Sports Association (CISSA); Shanghai International Schools Activities Conference (SISAC); Association of China and Mongolia International Schools (ACAMIS); Federation of British International Schools in Asia (FOBISIA); Shanghai Swim League (SSL).



Sports Teams

Within the above framework the College has over 100 active sports teams. The following is an outline of the competitive teams and squads.



Football 40 teams U7 - U18



Swimming 12 squads from 8 and under to 15 and over



Rugby 12 teams U9 - U18



Netball 11 teams U9 - U18



Basketball 13 teams U13 - U18



Volleyball 10 teams U14 - U18



Touch Rugby 3 teams U12 - U14



Tennis 3 teams U11 - U18

FOBISIA and Dulwich Games

We are proud to be a FOBISIA A Division school. At a FOBISIA event teams of up to 36 students at U13, and 40 students at U11 level compete internationally against seven other member schools from the China and South East Asia region. The competition is run across three days in four sports; athletics, football, swimming, basketball (T-Ball switches with Basketball at U11) in an intensive annual event held in a central hub at the Thanyapura sports complex in Phuket. Students are strongly advised to select these sports as CCAs in the approach to the games in order to be adequately prepared for selection.

FOBISIA is one of the major events of the year and we place a strong emphasis on the preparation of teams and athletes for the games. Initial training will be open to all students although approximately 10 school weeks before the event trials and team selection will take place. These decisions will be made strictly on merit and to fulfil the requirements of the competition. There is a significant cost to each student for participation in this event. This includes, transport, accommodation, food, drinks, kit and entry fees. There is no additional cost for staffing, training and preparation.



Dulwich Pudong FOBISIA Selection Policy

- Dulwich Pudong allows any student to attend initial training for the FOBISIA squads.
- Dulwich Pudong will select the strongest team possible.
- Final squad selection will take place approximately 10 weeks before the event.

U13 – 18th March 2018 - 22nd March 2018 in Phuket.

U11 – 31st May 2018 - 4th June 2018 in Phuket.



Dulwich Games

The U11, U10 and U9 Primary Dulwich Games are an annual event. The event is multi-sport and will probably include a combination of; swimming, athletics, football, rugby, netball and cricket although the exact details change annually. Teams will be selected on merit approximately 10 school weeks in advance of the event however, a highly inclusive model of selection is applied. There is a significant cost to each student for participation in this event. This includes, transport, accommodation, food, drinks, kit and entry fees. There is no additional cost for staffing, training and preparation.

A comprehensive list of all other sports competitions and events is available on our sports website under competitions and events www.dulwichsport-shanghai.com

SISAC and ACAMIS Sport in Years 10-13

The SISAC sports programme usually runs on Mondays (for D1) Wednesdays and Fridays after school and has regular fixtures with all local schools. The fixtures are graded and played under normal conditions with qualified officials. Results are centrally recorded by the SISAC organization and used to generate league standings which then produce a seeded finals day tournament. ACAMIS tournaments occur at the end of all of the regular SISAC seasons. ACAMIS is an opportunity for our strongest athletes to travel and compete against other top international schools in the China / Mongolia region in a three-day tournament format.

To sign up to participate in SISAC sport students should sign up through the normal CCA process by logging in at: www.dulwichsport-shanghai.com

CISSA Sport in Years 7-9

The CISSA 'non-competitive' sports programme which runs on Tuesday and Thursday after school and has regular fixtures with other Shanghai based international schools. A CISSA season culminates with a cross river tournament which occurs on the last day of each season and involves all CISSA schools from across the city. CISSA fixtures are graded and played under normal conditions with qualified officials but scores are not displayed or measured in league terms. We believe that this is an excellent and inclusive philosophy to encourage participation and growth for all levels of ability. Students should sign up through the normal CCA process by logging in at: www.dulwichsport-shanghai.com

Junior Sport in Years 3-6

The Junior school sports programme has three major seasons; Term 1 focuses on football before moving to netball / rugby in term 2 and FOBISIA in term 3. However, additional non-seasonal programmes such as swimming, and touring opportunities such as Phuket, Beijing RNT and the DCA games help to give the programme shape. Junior School sports has a strong focus on inclusion with Intra-mural sport providing opportunity and structure for all students to be involved, however inter-school fixtures and tournaments are a feature of the programme for those who demonstrate the aptitude and willingness for a higher level of competition and commitment.

Associate Programmes

Dulwich Fencing Programme

Launched in April 2016, the Dulwich Fencing program has rapidly developed into much more than CCA sessions. Dulwich Fencing's now offers a unique and high quality "in school" fencing program on multiple weapons (Foil & Epee). The Dulwich fencing program focuses on developing "champions of life" as well as Champion fencers.

The fencing program operates on a three level program: Beginners, Development and Squad. All students from year 2 upwards can start their fencing journey and experience at a appropriate level.

Beginners get introduced to fencing through a 6-8 session/once a week beginner course. They will learn the basics of fencing and get introduced to the different challenges this sport offers. Equipment will be provided by the school. After joining a beginner course, students looking to make a greater commitment to fencing, can progress into the development level. Development level fencers will train two (or three) times a week and need to purchase their own equipment. Development fencers will start to get introduced to competition level fencing and individual coaching sessions. Squad fencers focus exclusively on competition level fencing fencers participate in between two-four group sessions per week with an additional one to one lessons.

Beside the "regular" fencing programme Dulwich fencing also give students extra opportunities to learn from world class fencing coaches and interact with local and (world) elite fencers from different nationalities by hosting camps & competitions and organizing club and competition visits locally, domestically or overseas.

For more details, please contact Wojtek.VanBarne@dulwich-shanghai.cn

Dulwich Football Club

Dulwich F.C. Established in 2013, the programme provides a regular recreational sporting opportunity for all our students to play football, irrespective of their age or ability. The majority of the coaching and administration is delivered by parent volunteers. The Dulwich Football Club operates in Terms 1 and 3

on Sunday mornings at Golden Bridge Field. All Dulwich Students are welcome on Sundays. Information regarding registration or any other general inquiries can be directed to dfc@dulwich-shanghai.cn

Dulwich Earthquakes

Dulwich Earthquakes is a partnership programme with the San Jose Earthquakes, a Major League Soccer team, based in California. This additional soccer programme is designed as a dedicated extension for Dulwich College Shanghai Pudong elite footballers who are joined by a number of other high level performers from other schools. This programme is delivered by professional coaching staff, from the San Jose team, and by local high level coaches.

The system provides a proven and genuine pathway into the American University Sports Scholarship system. Students who are accepted into the Dulwich Earthquakes will be required to attend a minimum of two additional training sessions per week and will play a number of competitive fixtures. The timing and structure of the programme allows for students to continue to fully participate in the College's other major sporting programmes. It should be noted that the College sports programme takes priority over the Earthquakes programme when unscheduled clashes arise. For more information, please contact Mr. Carl Edwards carl.edwards@dulwich-shanghai.cn

Brothers Hoops Basketball

Brothers Hoops Basketball are an external Basketball provider who share close links with The College providing a paid basketball programme for students from year 1 through to year 13. Brothers Hoops development program and curriculum is uniquely designed for youth basketball development. Through meaningful and memorable engagement, players and coaches develop a love for the game and enthusiasm on the court. Brothers Hoops aims to cultivate lifelong participation in basketball and develops players from an initial introduction to the game through skill development and tactical understanding to competitive elite performance. For more information, please contact rileyvp@lbachina.com



Sports Kit

When representing the College students will be provided with a playing shirt for matches. Students are expected to purchase additional kit items such as playing shorts, socks and training kit from the onsite school shop.

When travelling to overseas competitions it is also expected that students should travel in the travel uniform which includes the sports tracksuit bottoms, the travel t shirt and with the travel bag. All items can be purchased from the onsite school shop.

Communication

It is our aim to minimise the need for unnecessary communication between the school and parents. The school sports website and mobile App will be fully up to date and accurate. Your calendar will update in real time if you are synced to one of the sports teams. Tournament dates are also available on the sports section of the school sports website.

Individual training schedules and all CCAs are available by logging in to the sports website. Your login name is your school email address. For Junior School and DUCKS students the login name is the primary parent email address. Teams will be selected on the School sports website and published at least 3 days before the fixture is due to take place.

Regrettably the cancellation of fixtures does occur from time to time. The College will endeavor to make cancellation decisions by 1.00pm for afternoon fixtures and we will email parents and students directly as well as updating the sports website and big screens.

Pollution

For events and practices under our jurisdiction, we will follow the Dulwich Pudong policy on air pollution with upper limits set at 200AQI and 100PM2.5s as per the Shanghai Air Quality App with readings triangulated between three local stations. If readings are above this level outdoor activity will be cancelled. We also have our own hand held device and local monitor to help decision-making when the pollution is fluctuating or high. If you have any specific concerns or questions over this please do contact your child's coach for clarification and please warn them if your child suffers with respiratory problems.

Our competitive sports teams are members of various sporting organisations and these organisations each respond slightly differently with regard to air quality levels. In general, the thresholds tend to be slightly less robust than our own policy. For individual policies please refer to the websites for each of the Sports affiliations listed above. Please also note that, with the Headmaster's permission, we reserve the right to withdraw from any event if we feel that the pollution is too high.



Heads of Sport / Contact Information

Mr. Jamie Gerrard	Head of Football	jamie.gerrard@dulwich-shanghai.cn
Mr. Gary Pidgeon	Head of Rugby	gary.pidgeon@dulwich-shanghai.cn
Ms. Ellenie Coughlan	Head of Basketball	ellenie.coughlan@dulwich-shanghai.cn
Ms. Fiona Anderson	Head of Netball	fiona.anderson@dulwich-shanghai.cn
Mr. Allan Kerr	Head of Volleyball	allan.kerr@dulwich-shanghai.cn
Mr. William Wang	Head of Aquatics	william.wang@dulwich-shanghai.cn
Ms. Helen Mathews	Head of Dance	helen.mathews@dulwich-shanghai.cn
Mr. Wojtek Van Barneveld	Head of Fencing	wojtek.vanbarne@dulwich-shanghai.cn

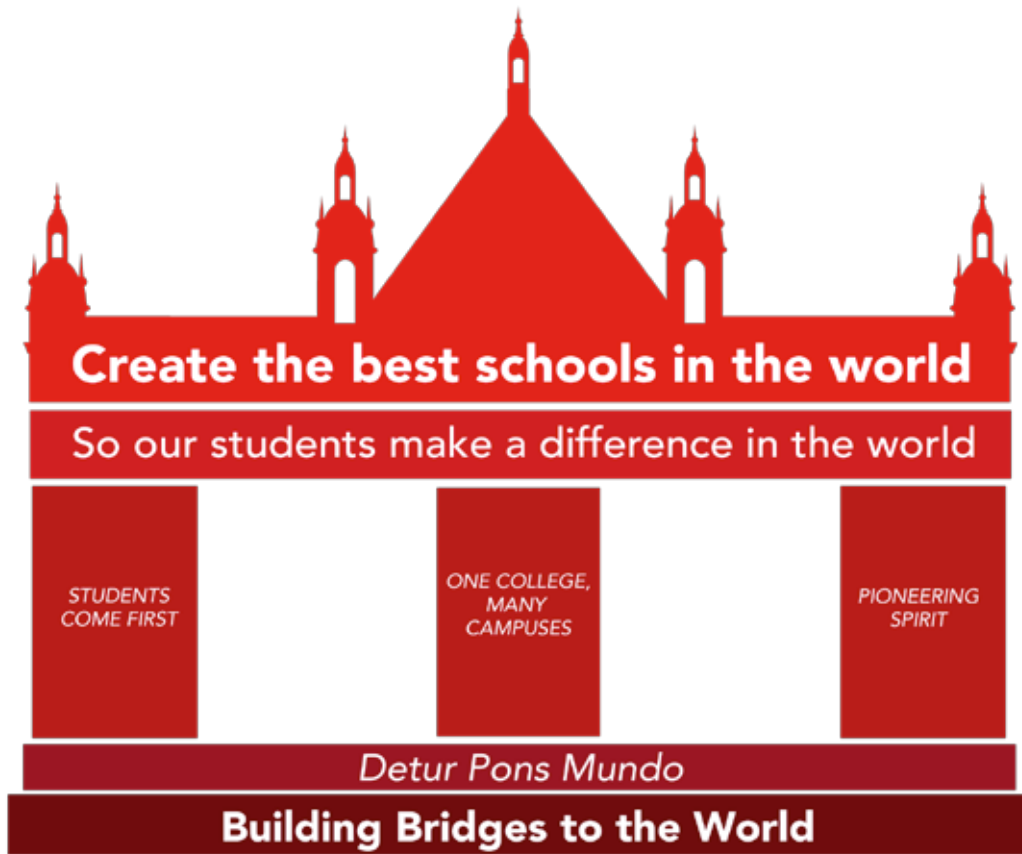
FOBISIA Team Managers / Contact Information

U-13	Mr. Jamie Gerrard	jamie.gerrard@dulwich-shanghai.cn
U-11	Ms. Ellenie Coughlan	ellenie.coughlan@dulwich-shanghai.cn

For all general enquiries please contact:
Sports Administration Assistant – Ms. Fiona Gu

fiona.gu@dulwich-shanghai.cn





Our Vision and Purpose

To create the best schools in the world so our students make a positive difference. Our vision and purpose are supported by three clear pillars that govern our decisions and actions.

Strategic pillars

- Students come first
- One College, Many Campuses
- Pioneering Spirit

Motto

Our motto, *Detur Pons Mundo* – ‘Building bridges to the world’ – underpins our clear vision and purpose.

Inspire is celebrated in our crest with the Latin, *Exhortando*.



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