



ENRICHMENT 2024

SPORTS AND ACTIVITIES

PETER
SYMONDS
COLLEGE



WELCOME

TO THE SPORTS
AND ACTIVITIES
PROGRAMME

At Peter Symonds we have an outstanding range of opportunities outside the classroom, with over 170 different activities on offer. We are confident you'll find something you enjoy, along with the chance to meet new friends. Seize this opportunity to perform, volunteer or get involved with sport, exercise or music – it's our College way of life.



SPORTS TEAM TRIALS

If you are a skilled and dedicated sports performer, please try out for one of our many College teams. Team trials are held every year before the start of the autumn term and are your only opportunity to be considered for any team. Trial dates are published a year in advance, so make sure you save the date: we can't wait to see you there!

FRESHERS' FAIR

Our Enrichment Programme starts even before you join the College. On Welcome Day in June we hold the Freshers' Fair in the Mercers' Sports Hall. This is a great opportunity to find out about the range of enrichment activities we offer, speak to students who are promoting their activities and find out how you can become involved.



Abbi & Aeryn
Dance



Moath Ashhab
Futsal

OUR ENRICHMENT PROGRAMME

With competition for university places, apprenticeships and desirable jobs as strong as ever, we place great importance on developing you outside the classroom as well as within.



WHY ENRICHMENT?

Most university admissions staff believe that involvement in extra-curricular activities and enrichment programmes play an increasing role in their decision-making, when students compete with similarly-qualified students for a course. This could mean anything from participating in The Duke of Edinburgh's Award, playing in an orchestra or representing the College in a sport, to volunteering in the local community.

SPOILT FOR CHOICE

At Peter Symonds we aim to offer the broadest range of activities where you will have the opportunity to:

- Participate in different enrichment activities throughout the year.
- Learn new skills.
- Be involved in, and connect with, College life.
- Meet new friends.
- Explore new interests.

GET INVOLVED

Your commitment is to be involved in at least **one enrichment activity each term** which will make up part of your timetable. Your participation in the programme will be included in your overall attendance at College. You will have the opportunity to change your choice of enrichment activity every term.

“We want a balanced student, not just a student who is academically good, but one who has a wider experience of life in general.”

University admissions,
Sheffield Hallam University



Lucy Wiltshire
Equestrian Club

ENRICHMENT AND RECREATIONAL ACTIVITIES

In 2023, we offered all these activities as part of the Enrichment Programme. Visit Freshers' Fair on Welcome Day to find out more! You do not need to be studying a related subject to join the majority of our enrichment activities. However, for most subject-specific courses (including some music and language activities) you do, and this will be specified when you sign up.

Katie Walker

Archery

Sam Cousins

Karting

ACCREDITED COURSES AND EXTERNAL QUALIFICATIONS

Level 3 Higher Sports Leaders

Duke of Edinburgh Silver

Duke of Edinburgh Gold

Emergency First Aid

LAMDA Public Speaking Award

Level 2 Supporting Teaching and Learning

Level 3 Supporting Teaching and Learning

ICM Level 2 in Psychology

ART AND LITERATURE

Book Club

Creative Writing

Dead Poets Society

English ETC

Hub Blog

Life Drawing

Dance Live Hair and Make Up

Dance Live Technical Team

Sensibility Magazine

Symonds News

CHARITY AND FUNDRAISING

PSC Volunteers

PSC Homeless

CONNECT

ADHD Study Group

Afro-Caribbean Society

Amnesty International

Christian Union

Dave Society

Debating Society

East Asian Society

EDI Student Group

Gender Sexuality Alliance

Global Awareness

Harry's House

Hong Kong Society

Islamic Society

Jewish Society

Kardashian Klub

Let's Talk Mental Health

Model UN

Quiz of the Week

South Asian Society

Student Parliament

Student Union

Sustainability and Climate Action

Symonds Podcast

Symonds Radio

Taylor Swift Society

Uganda Expedition

Ukrainian Group

Voices for Change

Witchcraft for Dummies

Women's Empowerment

“The majority of employers felt that leadership positions, organisational roles and other positions of responsibility within sports clubs and societies were particularly beneficial in providing ‘added’ value for graduate employability.”

Association of Colleges,
Sports Industry Research Centre,
Sheffield Hallam University

The Enrichment Department welcomes ideas from students, so if there is an activity we do not offer and that you would like to organise, please email enrichment@psc.ac.uk

FILM AND TV

Classics on Film

Economics TV and Film Club

Health and Social Care in the Media

History Documentary Film Club

International Films

Psychology Film Club

Sociology Documentaries

GAMES

Board Games

Backgammon

British E-Sports

Chess Club

Dungeons and Dragons

Nintendo Switch

Problem Solving

Warhammer 40,000

Wii Sports

LANGUAGES

French Conversation Year 1

French Conversation Year 2

German Conversation

Italian Speaking

Spanish Research and Conversation Skills

MUSIC

Clarinet Quartet

College Brass

Couch to Classical

Big Band

College Choir

Concerto Ensemble

Kelso Choir

Orchestra

Piano Club

Recording Session Skills for Musicians and Performers

Singing

Soul Band

Music Theory: Grade 5

Wind Ensemble

PERFORMANCE

A Company of Fools Drama Production

Audition School Dance Preparation

Dance

RELAXATION AND WELLBEING

Gentle Yoga and Relaxation

Meditation through Movement

Mindful Colouring

Colour Therapy

Crochet

Yoga

SPORT AND PHYSICAL ACTIVITIES

Archery

Astro Football

Beginners Gym

Recreational Badminton

Recreational Basketball

Circuit Training

Cycling Addicts

Dance Fitness

Dodgeball

Equestrian Club

Fencing

Functional Fitness

Girls Only Gym #ThisGirlCan

Girls Recreational Football

Gym

Gym for Boarders Only

High Performance Athlete Programme

Indoor Cricket

Recreational Lacrosse

Recreational Netball

Recreational Rugby

Run Club

Recreational Squash

Skateboarding and BMXing

Team 19 5-a-side Football League

Tennis Development Squad

Table Tennis

Recreational Tennis

Recreational Volleyball

Weight Based Gym Training

SPORTS TEAMS

Athletics and Cross Country

Badminton: Men's, Women's, Mixed

Basketball: Men's

Basketball: Women's

Cheerleading

Cricket: Men's

Football Squads: Men's 1st, 2nd, 3rd

Football: Women's

Futsal: Men's

Golf

Hockey: Men's, Women's, Mixed

Karting

Netball

Rugby: Men's 1st, 2nd

Rugby: Women's

Ski

Squash

Swimming

Tennis: Men's, Women's, Mixed

Volleyball: Men's, Women's, Mixed

SUBJECT-SPECIFIC ACTIVITIES

Architecture and Spatial Design

Astrophysics

Biology Research Club

Chemistry Olympiad

Creative Packaging and Print

Critical Thinking

Cypher Challenge

Drawing for Portfolio

Economics Society

Engineering Challenge – 3D Print Recycler

Film Studies: Extended Viewing

Filmmaking

Future Medics

Geography Stretch and Challenge

Geography for Oxbridge Students

History Extension

History of Fashion over the last 500 Years

Horse Psychology and Communication

Introduction to Programming

Introduction to being a Maternity Practitioner

Law Society

Machine Learning and Artificial Intelligence

Medical Discussion Group

Off-Piste Philosophy Society

Physics Extension

Politics, Philosophy and Economics Debating Society

Project Choice - Work Skills

Quantum Mechanics for Beginners

Starting your own Business

Vets Society

Year 1 Extension Maths

Year 2 Extension Maths

SPORTS TEAMS

| | | |
|-------------------------------|----------------------------------|--------------------------------------|
| Athletics and Cross Country | Football: Men's and Women's | Rugby: Men's and Women's |
| Badminton | Futsal | Skiing |
| Basketball: Men's and Women's | Golf | Squash |
| Cheerleading | Hockey: Men's, Women's and Mixed | Swimming |
| Cricket | Karting | Table Tennis |
| Dance | Netball | Tennis |
| | | Volleyball: Men's, Women's and Mixed |

 Peter Symonds College Sports Teams

 @PSC_SportsTeams

 @psc_sportsteam

We had 92 students qualify for the AoC National Championships 2023, the highest number of any college in the country. The South East team won the Wilkinson Sword, with PSC bringing in the majority of medals and points. The following teams competed in at Nottingham University in April: Men's Cross Country, Badminton, Men's Football, Mixed Hockey, Men's Rugby, Netball, Men's Table Tennis, Tennis, Men's Volleyball and Women's Basketball.

We can't be beaten for competitive sport opportunities. Our coaching staff include professional athletes and trainers who ensure our sports teams and individuals achieve their very best representing the College at both regional and national level.

SPORTS
TEAM TRIALS:
27-30 AUG
2024



TEAM TRIALS

Selection for our teams is determined by sports team trials only. Dates of trials are published a year in advance and are available at Open Evenings, on the College website, on our Facebook, Twitter and Instagram accounts.

Team Trials are the only chance you have to apply for a team place. Therefore, please do not book holidays for these dates. If you have any queries please email the Sports Teams Co-ordinator: sjones@psc.ac.uk

You may trial for more than one sport if the Team Trials schedule allows. However, if selected for more than one team, you will have to decide which College team you wish to represent.

SELECTION CRITERIA

The selection criteria for most of our sports teams is very high, with the majority of our team members playing at club and often county levels. If in a 'ranked' sport, the team coach may well include this as part of the selection process. However, some of our teams are keen to introduce more players to their sport; further details of these squads are available at Open Evenings and on our social media. If you have any queries please email the Sports Teams Coordinator: sjones@psc.ac.uk

TEAM COSTS

Sports Team players pay an annual subscription fee and also buy their own kit. The costs of participating vary depending on the sport. Annual costs will be confirmed upon selection.

Noam Ben-Dor
Men's Basketball

HIGH PERFORMANCE ATHLETE PROGRAMME

The Talented Sports Performer Scheme is open to all students who compete at national level or above in their sport. It offers a mentoring programme to help our talented athletes balance the demands of their academic studies and training. We have links with Southampton Solent University's High Performance Academy.



India Sherry
Women's Hockey

SPORTS TEAM ACHIEVEMENTS IN 2022/23

With 38 sports teams covering 21 different sports, we have a phenomenal list of sporting achievements. Our successes, whether local, national or international, are regularly featured in the local media. Here are some of the highlights from our most recent season.

Athletics

Alex Beck, winner
400m Hampshire
Athletics Meet

Badminton

4 players at
AoC National
Championships
Winners AoC National
Cup Finals
Gold medallists
AoC National
Championships
Winners AoC Sport
South East League

Cheer

4th in the BCA Spring
Spirit Competition

Cross Country

6 runners at
AoC National
Championships
Gold medallists
Men's Cross Country
AoC National
Championships

Dance

Winners of the Concept
Award at the Dance Live
Heats

Golf

Winners of the Nett
Competition in the AoC
South East League

Karting

A, B & C Teams Regional
BSKC Finalists

Men's 1st Football

Winners AoC Regional
Tournament
Silver medallists AoC
National Championships
Team of the Year 2023
Semi finalists Hampshire
Cup

Men's 3rd Football

Semi finalists Hampshire
Cup

Men's Hockey

Winners AoC Mixed
Regional Tournament
Winners Hampshire
round of the Indoor
Schools Tournament
Winners Men's AoC
National Cup
Winners Mixed AoC
National Cup
Gold medallists AoC
National Championships, Mixed
Max Wedderburn
Sportsman of the Year
2023
Team of the Year 2023

Men's Rugby

Winners AoC Regional
Tournament
Winners Hampshire Cup
Progressed to day 2 of
Rosslyn Park 7's
Winners Hampshire 7's
Bronze medallists AoC
National Championships

Netball 1st

Winners 1st Team
Hampshire Invitational
Tournament
Winners AoC Regional
Tournament
Winners 1st Team
Versatility Tournament
Bronze medallists AoC
National Championships
Zahra Katteregga
Sportswoman of the Year
2023
Winners Hampshire 1st
Team League

Netball 2nd

Runners-up 2nd Team
Versatility Tournament

Netball 3rd

Winners 2nd Team
Hampshire Invitational
Tournament
Runners-up Hampshire
2nd Team League

Netball 4th

Winners of the
Hampshire 3rd Team
League

Squash

Runners-up National
Schools Championships
Plate Competition

Swim

Men's team 20th in the
Team Medley Relay ESSA
Nationals

Table Tennis

Winner AoC Regional
Tournament
7th place AoC National
Championships

Tennis

6 players qualified AoC
National Championships
Women's runners up Year
11-13 Regional Finals
Women's gold
medallists AoC National
Championships
Men's 4th place AoC
National Championships

Trampoline

Winners Southern
Regional Schools
Trampoline
Championships
2nd South Zonal
Competition

Volleyball

Winners AoC Men's
Regional Tournament
Runners-Up AoC
Women's Regional
Tournament
Men's 5th AoC National
Championships

Women's Basketball

Winners AoC Regional
Tournament
AoC National Cup
Finalists
Gold medallists
AoC National
Championships
Cherelle Parnell Team
Manager of the Year
2023

Women's Football

Runners-up Hampshire
6s Tournament

Women's Hockey

Winners of the AoC
Mixed Regional
Tournament
Winners of the
Hampshire round of
the Indoor Schools
Tournament
Winners of the Women's
AoC National Cup
Winners of the Mixed
AoC National Cup
Gold medallists at
the AoC National
Championships, Mixed

Women's Rugby

2nd place AoC Regional
Tournament
2nd place Rosslyn
Park 7s
Winners Hampshire 7s

Check out what
our sportsmen and
women have achieved
on the Sports Teams
social media pages.

ADDITIONAL QUALIFICATIONS

AND NATIONALLY RECOGNISED COURSES/AWARDS



“Managers and teachers provide students with a wide range of enrichment activities that broaden the knowledge and skills they acquire in the classroom.” Ofsted

HOW IT WORKS

You can express your interest in enrolling on these courses either on your student account after the Welcome Day, during academic enrolment in August, or by emailing the Enrichment Team on enrichment@psc.ac.uk. Courses are available subject to the number of enrolments.

Grace and Gervene
The Duke of Edinburgh's Award

SPORTS LEADERS AWARD: LEVEL 3

Two sessions per week. This is a highly practical course that builds leadership skills through sport – working with children, the community and participants with disabilities. Included within the course are First Aid, Safeguarding and various National Governing Bodies' (NGB) leadership qualifications. You will be required to volunteer with a range of agencies, such as Active Nation, Active Ability and District Sports, Winchester. This course attracts UCAS points and opens doors both within higher education and the leisure industry.

THE DUKE OF EDINBURGH'S AWARD: SILVER AND GOLD

Are you ready for a challenge that will stretch your mental and physical capabilities? The Duke of Edinburgh's Award is a fantastic personal development opportunity and looks amazing on your UCAS application or CV. We run the Silver and Gold Awards in conjunction with Hampshire DofE. One session per week in College, plus training days and weekends and a final expedition of four to six days.

Both of the DofE Awards require a very high level of personal commitment. Before enrolling you should carefully consider whether you can be organised and committed enough to balance the demands of the DofE Award alongside the high requirements of A Level academic study.

Jacob Gibbs
Music Theory:
Grade 5

MUSIC THEORY: GRADE 5

Grade 5 Theory from the Associated Board of the Royal School of Music, covering the study of musical notation and all the basic keys and chords. Aimed at students who want to take an instrumental exam beyond grade 5, who need a Grade 5 Theory certificate as an entry requirement, and for any A Level Music students who have yet to take their Grade 5 Theory exam. The course involves one class per week, with the exam fee paid by the College.



LAMDA SPEAKING IN PUBLIC

One session per week. LAMDA is a Level 3 accredited exam. The Speaking in Public pathway is an excellent opportunity to increase your chances at interviews and develop confidence in communication skills. The exam consists of preparing two contrasting speeches on topics of your own choice that can be linked to any area of study or a personal passion. This course attracts UCAS points.

EMERGENCY FIRST AID QUALIFICATION

One session per week for a term. A basic first aid course covering incident management, legislation and recognising injuries and illnesses. You will also learn practical skills including CPR, recovery position, primary and secondary survey and bandaging. An excellent qualification for your CV and UCAS application.

Chakrika, Chenille and Katie
LAMDA Public Speaking Award



“I receive UCAS points for my LAMDA exam, which will massively help with my Uni application. There's a warming sense of community with enrichment, which makes it feel like a break from my other subjects rather than an extra one!”

ICM LEVEL 2 AWARD IN PSYCHOLOGY (RQF)

This qualification is designed for students aged 16–18 years as an introduction to Psychology. The topics that have been chosen are highly relevant to young people and have been developed with input from teachers nationwide and include the study of: Prejudice, Discrimination, Stereotyping, Coping with sleep disruption, Sleep hygiene, and Dreaming.

Students enrolling on this qualification are not required to be studying Psychology or allied subjects. The aims of the qualifications are to: Gain an insight into the application of psychology in the everyday world; encourage debate on ethical and practical issues; build confidence in critical thinking; develop research skills that can be used in the workplace and/or in further academic studies.

The qualification is assessed by a summative single one-hour examination; sample assessment materials will be provided. Learners will receive an ICM Certificate entitled ICM Level 2 Award in Psychology (RQF) which is endorsed by Ofqual and an additional qualification as well as enrichment.

MUSIC ACTIVITIES

The Music Department is keen to welcome as many students as possible to our activities. Many are open to all, but some hold auditions, depending on the number of students interested. If you want to audition, speak to Music staff at Enrolment. We perform in some exciting venues, including Winchester Cathedral, and The 1865 Club.

CONTEMPORARY MUSIC ENSEMBLES*

Open to students who wish to further their performance skills on guitar, bass, drums, keyboards and vocals. Students perform regularly in the contemporary lunchtime concerts. Styles include Rock, Pop, Funk, Soul Reggae and Jazz.

KELSO CHOIR*

This chamber choir is open to experienced singers with sight-reading ability. We focus on classical choral repertoire, performing in Winchester Cathedral twice a year, including Founders' Day Evensong.

COLLEGE BRASS

Open to all brass players. We participate in the College Carol Service and in one or two other events during the year. To enjoy playing with this group you should be grade 5 standard or above.

LUNCHTIME CONCERTS

Weekly classical and contemporary lunchtime concerts are held in the Recital Room, College Centre, to help Music students improve their performance skills. Everyone is welcome. If you want to perform, please speak to staff in the Music Office.

PIANO CLUB

This is a performance workshop for pianists taking A Level Music, covering a variety of topics and performance opportunities.

COLLEGE CHOIR

Everyone is welcome to join this choir – you don't need to read music and there are no auditions. Our repertoire is varied across the year, including traditional carols, classical music, jazz and gospel.

*Auditions may be held



BIG BAND*

The Big Band is an opportunity for players of trumpet, trombone, saxophones, percussion and rhythm-section instruments (guitar, drums, bass, piano) to take part in the performance of a range of exciting jazz arrangements. Players should be of at least grade 6 standard.

SYMONDS ORCHESTRA

This symphony orchestra prepares for two big concerts each year. The orchestra is open to all string players of grade 5 and above; auditions may be held for woodwind and brass.

SOUL BAND*

Soul band is a medium-sized ensemble that performs soul, R&B and funk music from the past and present. The band is open to horn players and vocalists plus a rhythm section of drums, bass guitar and keyboards. Players should be of a high performing standard; music reading is preferred but not required.

WIND ENSEMBLE

You are welcome to play in this ensemble if you play to grade 5 standard or above.

Matthew Blackmore



Evelyn Nagy

All A Level Music students are timetabled for at least one music activity. Please speak to Music staff at Enrolment about your interests.

CONNECT

Be part of Symonds' movement towards better student mental health and wellbeing! Connect with our action groups and make a difference; volunteer and give something back, or sign up for our health and wellbeing initiatives and feel good about yourself!

Students involved in the AoC Sport 'Improving mental wellbeing in colleges through physical activity' project recognised the impact of physical activity on their lives. They felt more in control of their stress levels and mental health and more engaged in college life, and their attendance improved.



Alice Orman and Henry
Hub Mentors



Details of all groups are available at Open Evenings, Freshers' Fair on Welcome Days, at enrolment in August and via the Peter Symonds College Activities Facebook page.

STUDENT UNION

Student Parliament
Fundraising
Fun events

CHARITABLE FUNDRAISING

PSC Homeless Initiative
Christian Union
Voices for Change
PSC Charities Organisation:
Sports Relief, Comic Relief,
Water Relief

THE HUB

Hub Blog
Hub Mentors
Wellbeing Ambassadors

GLOBAL AWARENESS

Care for your college environment
Re-cycle and re-use
Promote college eco-sustainability

SPORTS DEVELOPMENT TEAM

Provide sport in college
Volunteer to help with sport in the community
Develop your sports coaching skills

HEALTH AND WELLBEING INITIATIVES

Colour Therapy
Yoga and Pilates
Health and Wellbeing Week
Relaxation and Meditation
Mindful Meditation

GYM MENTORS

Assist others in the gym
Be a workout buddy
Develop your fitness
Develop your coaching skills

UGANDA EXPEDITION

Charitable purposes:
Fundraise and implement sustainable community projects.
Personal Skills Development:
Design, plan, budget and fundraise for this student-led expedition over nine months before departure. Live and work with a local community during your stay.
Gain an understanding of sustainable development, agriculture, water resources, subsistence energy, wildlife conservation and primary healthcare.

SYMONDS NEWS

Write for the College student newspaper, develop journalistic skills and publish articles College-wide.



Max Wedderburn

Sportsman of the Year
Hockey



Zahra Kateregga

Sportswoman of the Year
Netball

**SPORTS
TEAM TRIALS:
27-30 AUG
2024**

EQUAL OPPORTUNITIES

The College is fully committed, in all of its functions and activities, to eliminating unfair discrimination, to promoting equality of opportunity and fostering good relations between people of different groups, including groups characterised by age, disability (physical and mental health), gender re-assignment, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

We take active steps to promote equality of opportunity and celebrate diversity and will take action to prevent racial or sexual harassment, sexist or racist jokes and insults, bullying and any other form of intimidation or discrimination. We are committed to ensuring that disabled people (including those with medical conditions) are treated fairly. We will make reasonable adjustments to provision to ensure that anyone with a disability is not disadvantaged.


The College expects all students to show consideration and respect for others, in keeping with fundamental British values: democracy, the rule of law, individual liberty and mutual respect, and tolerance of those with different faiths and beliefs. These are also values shared by many throughout the world.

“Enrichment at Symonds has given me a great opportunity to play with the best players from around the county. We have formed a strong team of good friends and have been able to compete at the highest level in the country together. We had many successes over the two years and it was a really enjoyable experience.”

“My experience as a member of a sports team at Symonds has been amazing from day one. It was great to find my own special group of people who all shared the same passion for my sport, and who were all just as competitive as me. I've always looked forward to training and matches, and seeing the smile on our coach Kim's face when we won a game. I would definitely recommend joining a sports team if you can, as it's great to have something to look forward to at College outside of lessons.”

For more information,
find us on social
media, or contact us: 01962 857576
enrichment@psc.ac.uk
www.psc.ac.uk


Peter Symonds
College Enrichment


Peter Symonds
College Sports Teams


@PSC_SportsTeams


@psc_sportsteams



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AFTER USE**