



Fettes College

MINOR SPORTS AT FETTES

BADMINTON



The badminton club plays in the sports hall in Westwoods, where 8 courts are available, providing unrivalled facilities. Girls and boys squads are selected from the large group of senior pupils who opt to play badminton in the games option programme. Other talented juniors are still eligible to be part of school teams, as team training falls outwith major games time. Our boys and girls play in their respective Edinburgh School Leagues, play together in the district knockout cup competition, and also have a series of matches against fellow boarding schools. Recent successes the girls winning their league competition in 2007/8, and boys finishing runners up in 2008/9

BASKETBALL



This popular global sport is now firmly established at the school. A sizeable group of senior boys opt to play basketball in autumn and spring terms, utilising the superb facilities in the sports centre in Westwoods Health Club. The best players from this group, (and any outstanding juniors) are then invited to train and play for the school team. The team has a varied programme of fixtures against other independent schools through these terms. In recent years the team has been very successful in these matches, on one occasion winning every game. Girls and boys house events are also keenly contested during spring term.

CROSS COUNTRY



Various cross country formats take place at Fettes. During the Autumn and Spring terms, training sessions are held on Tuesday and Thursday lunchtimes. These take the form of hill reps on Youngs hill and various interval sessions on Bigside pitches. On an informal basis, there is a 10k run on Monday lunchtimes in the Easter Term using an excellent course round the cycle paths of Edinburgh.

During the Spring Term, cross country is offered as a games option. Runners train three times a week. One session is a long run around the scenic parts of the city and surrounding areas. The regular training supports the athletes in the build up to a series of inter-school league competitions. Fettes College produces consistently good results in East District Cross Country League, Inter-District Championships and National events. The climax to the season is the Scottish Schools Cross Country Championships held in Irvine. In 2009 there were over 50 schools competing, and Fettes U17 Boys won the bronze team medals. The highest placed finishers were Marcus C and Jake W in 10th and 11th place respectively.

The 10km route we use is also the route for the School's biggest running event of the season, the Fettes Charity Run in March. Over two thirds of the school take part in the 5km, 10km and half marathon distances raising money for a specific local charity each year. In 2010 Fettes raised in excess of £18,000 for CHAS www.chas.org.uk

FENCING



Fencing has been a popular minor sport at Fettes College for over 30 years. During the course of this time many of our Fettesian fencers have gone on to captain University clubs and to compete in major tournaments, including both the Commonwealth Games and also the Olympics.

There are two sessions offered per week, with a club for those who wish to use the electronic equipment. All the traditional weapons - Foil, Epée and Sabre - are fenced. In recent times we have won medals in the Scottish Schools Team events and also in Individual events. Among the joys of fencing are the fact it that it has been proved to help all ball games, especially cricket, and that most fencers can continue to fence well into their sixties. Fencing is therefore an ideal second sport to be taken up again when one has retired from most major games.

FIVES



Fives is a form of handball played with great gusto in many Independent schools and Universities during the Christmas and Easter terms. It can be played either as singles or doubles and it is played on a court similar in size to a squash court. At Fettes, some thirty or so boys play in House or school teams at different age levels, with Merchiston Castle, Loretto and The Edinburgh Academy, being among our main competitors.

FOOTBALL



The 'beautiful game' of Football takes place throughout the whole year with small sided games and coaching to improve basic skills and awareness of tactical situations. Competitive matches against a number of independent schools are arranged in the Spring Term. Large numbers of pupils play in their free time and run their own league of keenly contested Senior Boys House matches with the ultimate winners decided by a seeded knockout competition. The Middle School pupils have their own tournaments as part of the Saturday activities programme. These take place on the Sutcliffe astroturf pitch with competitions for both boys and girls.

GOLF



Golf is offered to both girls and boys as part of the summer term games programme and is available to all enthusiasts of the sport in the senior school. Regular practice opportunities are available as part of the weekly activities programme, with a practice area being set aside in the summer on the Youngs playing fields. Every Thursday, golf matches are played against other schools and last season saw the team enjoying fixtures at such high-quality Scottish courses as Auchterarder, Craighelaw, Pollok in Glasgow and the Old Course at St Andrew's, while the Old Fettesians' match is often played at Elie in Fife. We are privileged to be able to play all the team's home matches and practices at Bruntsfield Golf Club, one of Edinburgh's foremost courses. Whether you are an enthusiastic amateur or a single-figure handicapper, there are wonderful opportunities to develop your game and play some fine courses along the way.

NETBALL



Netball is a Minor Sport at Fettes. It is, however, increasing in popularity and is taken very seriously in the school. Although it is a minor sport it is played throughout the autumn and spring terms by the senior girls. We compete in the Scottish Schools Netball cup which is played over the two terms but the girl's main fixture programme begins at the start of the spring term.

We have been developing the sport over the past five years at Fettes and we are now quite clearly able to see a marked improvement.

Some of the junior girls play netball in addition to lacrosse and this works well to enable them to practice a different range of skills. The senior girls tend to specialize more in either netball or lacrosse and we do very well to compete with several schools that specialize in netball over the two terms. We finished in third place this year at the Scottish Independent Schools Tournament this year having been runner up for the past three years. Our matches are on Thursdays and we have the luxury of two indoor and three outdoor courts. The girls also enjoy the annual inter-house competition.

ROUNDERS



Rounders is one of the most popular sports enjoyed by the girls in the Summer Term. Although it is mainly played recreationally, the girls do compete at U14, U15 and senior level. We do send girls to the Scotland Rounders trials held annually and we have recently had two selected for the U14A team (Millie B and Ella R) and three selected for the U16A team (Molly McE, Steph L and Carrie L). They have all just headed South to Preston to play in an International tournament.

SHOOTING



Fettes is ideally placed for pupils to develop shooting as a sport. The Fettes College Shooting Club offers a mixture of fun and serious coaching for competitions and team events. Shooting can be taken as a games option, as well as an extra activity after lessons.

Facilities: The purpose-built .22 Grassie Range, opened in 2009, allows shooters of all ages to participate in this sport, in a superb new facility. The Castlelaw Ranges on the Pentland Hills are close by, for long range (full-bore) shooting in the Summer Term, and for CCF training days and overnight exercises.

Why take up shooting? Shooting is an exciting challenge, and in addition shooters are encouraged to develop the key skills of self-discipline, reflection, organization, and consistency. These are directly transferrable to other aspects of pupils' lives, and success on the shooting range can be transforming.

Bisley: The Shooting VIII attends Bisley each year with significant success, competing against over 70 other schools from across the country.

Beyond school: Fettes provides pupils with the coaching and experience to develop the sport independently. Ex-pupils have gone on to be awarded half-blues, and to captain university teams; others have been selected for county and national squads, aiming towards Commonwealth and Olympic selection. Old Fettesians who shoot provide a strong network to support and encourage younger shooters.

SQUASH



Currently undergoing a major refurbishment, the school owns a unique facility which houses two fives and two squash courts. Students can play squash at their leisure, and/or choose to play as part of the games option programme. Boys and girls teams are selected and regularly train under the guidance of an experienced coach. Both teams play in the Edinburgh Schools League, ensuring a regular diet of competitive play, and valuable experience in scoring and refereeing, for the outstanding players. Both teams have won this competition in recent years (boys in 2006, girls in 2008). Inter-house competition amongst both the boys' and girls' houses also spices up the squash calendar throughout the autumn and spring terms. Squash is thus very well catered for at the school.

SWIMMING



Fettes College provides opportunities for pupils to swim either for fitness or at a competitive level. The members of this thriving mixed club currently train for an hour twice a week. Sessions involve force and speed, muscular and anaerobic endurance. Both the juniors and seniors, boys and girls, boast strong swimmers and many who enjoy improving their skills.

We have regular inter-school swim matches with schools from all over Scotland and also compete in the Edinburgh Schools Swimming Championships. There are also annual Inter- House competitions within the school.

In recent years, members of our swim team have won the 100m Breaststroke in their category and our U18 Boys Relay team hold the silver medal in the Edinburgh Schools Championships

For those who wish to swim for fitness, there are regular games sessions that cater for all abilities in order to improve fitness levels.