



ELTHAM COLLEGE

A GUIDE TO ELTHAM COLLEGE SPORT

2026-2027





Welcome



As Director of Sport, I welcome you to this snapshot of how, in the academic year 2025 / 2026, Eltham College Sport continues to strive towards being the number one co-educational school for Sport in Southeast London. Sport at Eltham College has enjoyed unprecedented success over the last three years as our transition into a fully co-educational school has become complete. Highlights include: 40% growth in contact rugby participation in the Sixth Form; our hockey teams achieving regular county, regional, and national honours, taking three consecutive national medals; and aquatics delivering national relay finals and a variety of water polo finals. Cricket boasts 27 representative players, while tennis has achieved rapid county and national success

through coordinated development of club-level talent. Netball and athletics have both experienced significant growth, and overall student achievement has surged: across all sports, there has been a 76% increase in county, regional, and academy selections since 2022, with five students reaching international level.

To achieve consistent and sustained success at Eltham College, the strategic priorities focus on strengthening foundations while driving opportunity for excellence.

Eltham College Sport is centred around our three core strategic pillars for success:

1. High Level Coaching Provision
2. Outstanding Sporting Facilities
3. Opportunity for Excellence

This "Guide to Sport Brochure" has been put together to share key information about Sport and how it operates at Eltham College. I would encourage all students to really think about what activities they would like to participate in, regardless of their previous experience. There is a wide variety of activities to supplement Physical Education and Games, all of which you can sign up for termly via SOCS. I hope everyone can access a broad and balanced co-curricular Sport programme.

I wish all students an enjoyable year of sport and I do hope the extensive co-curricular offering allows students to stay physically active alongside their academic studies.

Mr Marc Edwards,
Director of Sport

02

WELCOME

03

USE OF SOCS

06

RETURN 2 PLAY
PARENT GUIDE

07

2025 TEAM AND
INDIVIDUAL
ACHIEVEMENTS

08

SPORT ACADEMIES

09

SPORTS TOUR
OVERVIEW

10

PATHWAY
PARTNERSHIPS

11

SPORT SCHOLARSHIPS

12

STRENGTH &
CONDITIONING

13

SPORTS PSYCHOLOGY

14

CONTACT DETAILS

15

FAQ'S



Use of SOCS Sport for Parents and Students

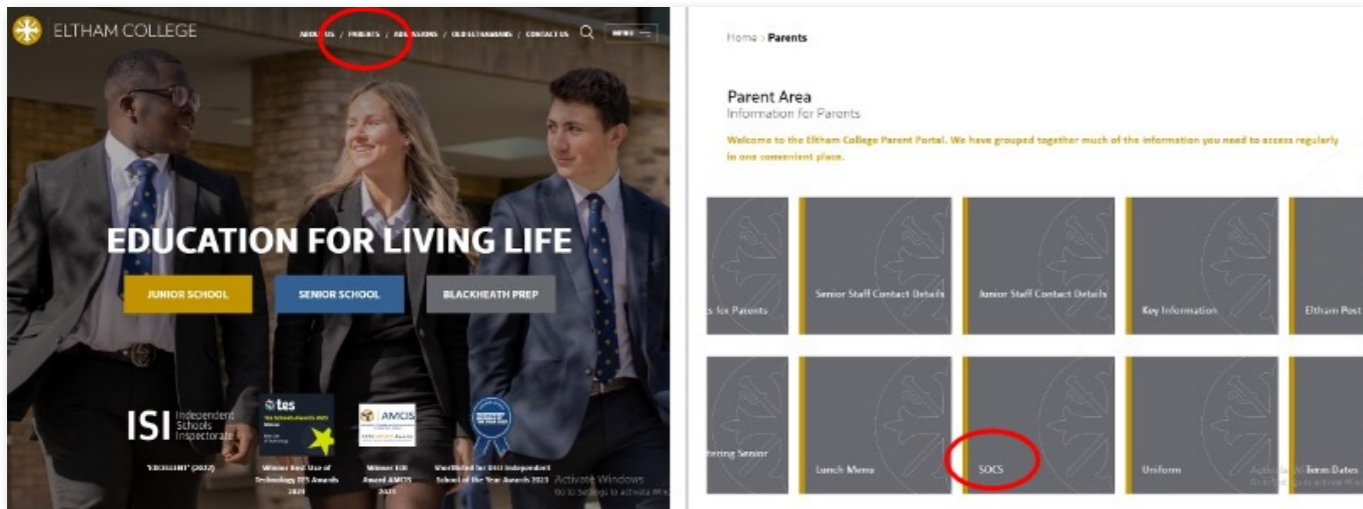


This section shows how, as parents and students, you can use SOCS Sport – <https://www.eltham-college-sports.org.uk> effectively to look at fixture lists in advance for all your prospective teams. Cup and additional friendly fixtures will only appear once confirmed, so it is recommended that parents and students regularly check your team’s fixture lists as they could change due to a variety of factors. Team sheets for fixtures might

only be released as late as 48 hours prior to the fixture, due to the need to wait on injuries and performances in co-curricular training sessions and games afternoons.

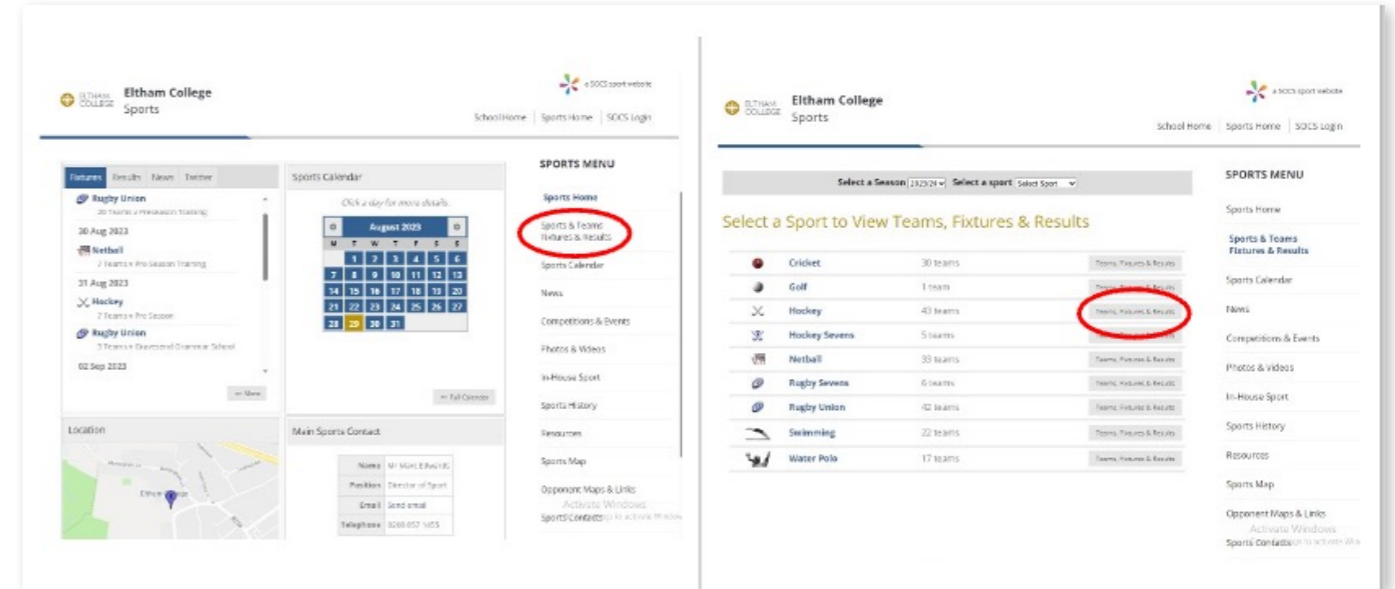
Please note a separate Eltham Post will be circulated for the student password to access SOCS Sport teamsheets when required.

Below is a “Step-by-Step guide” to accessing fixture lists via SOCS Sport:



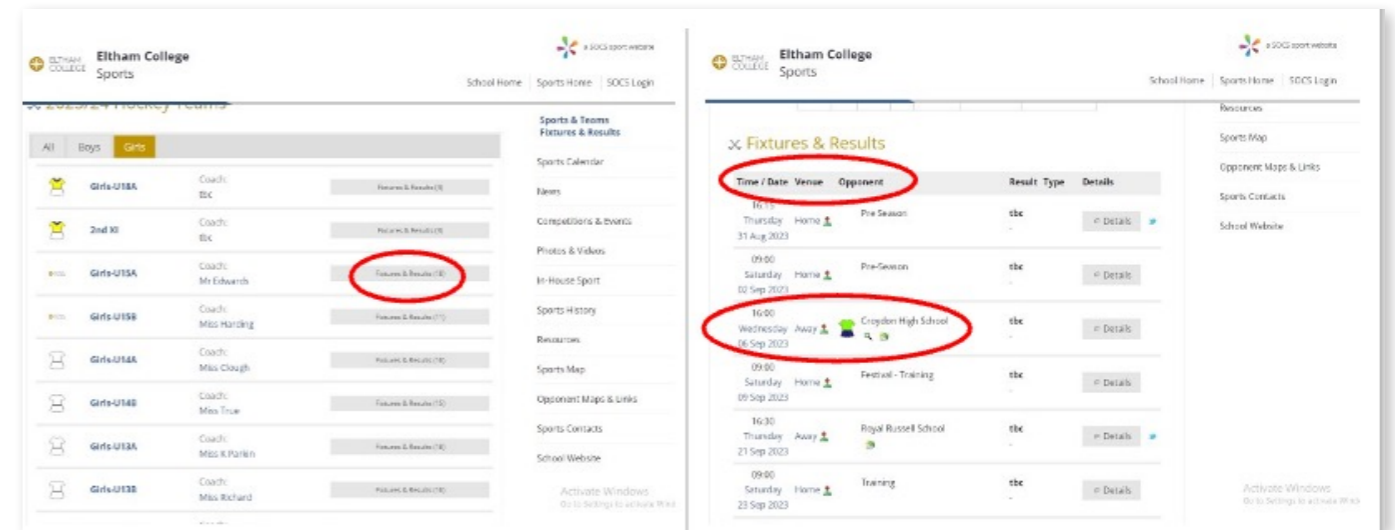
1. Visit school website www.eltham-college.org.uk and select **Parents** tab at top of screen.

2. Click **SOCS** tab in “Parent Area”.



3. You will then be redirected to “Eltham College Sports homepage” - [Eltham College | Sports Home \(eltham-college-sports.org.uk\)](http://Eltham College | Sports Home (eltham-college-sports.org.uk))

4. Click on “Sports & Teams Fixtures & Results” on right hand side under “Sports Menu”



5. Select the appropriate teams you would like to see the fixtures for – in this example we have chosen the Girls U15A Hockey team.

6. All fixtures are then listed including Start time, Date, Venue and Opposition.





7. When the team has been selected by the Team Coach, you can then select the blue icon on the right.

8. This will bring up the selected players on the right-hand side as well as all the information regarding Meet, Start and Return



Return 2 Play Parent Guide

return2play
Part of Meliora Medical Group

Return2Play are a specialist injury, head injury and concussion care service which provides our team with 7-days-a-week, unlimited access to highly experienced clinicians who are experts in their field.

Return2Play's innovative online injury management system allows schools to document injuries, automatically communicate to parents and coaches, and track a student's recovery. All appointments are accessed via our webcam clinic system to allow maximum convenience.

The comprehensive service, led by a medical team with unrivalled experience, means you can have peace of mind knowing that the health and well-being of your son or daughter is in the best possible hands.

<https://www.return2play.org.uk>

How to log in to Return 2 Play for the first time.

1. Follow the link in the welcome email you receive or head to our website and select login from the top left-hand corner.
2. Enter your email address as username.
3. Copy and paste the temporary password in the welcome email.
4. When prompted to do so, set a new password. This should contain an upper case letter, lower case letter, and be more than eight characters long.

How to record an injury

1. Select the 'Players' tab from the left-hand menu bar. You will see your children listed here.
2. Select the injured player's name.
3. Select 'Add a New Injury' from the top-right hand corner.
4. Complete the injury report form, ensuring to select the 'Injury Type' as "concussion" and entering thorough case notes where possible. If you are unsure if the injury is a concussion, please select 'head injury possible concussion' at this stage instead.

5. Select 'Save and Finish' from the bottom right-hand corner of the Summary page.

How to book an appointment

1. Select the 'Dashboard' tab from the left-hand menu bar.
2. Select 'Book Appointment'.
3. Choose the most suitable appointment and select 'Book'.
4. Select 'Book' in the pop-up that appears.
5. Email confirmation containing the appointment link will be sent to player and parents.

How to attend an appointment

1. Ensure you are using a device with a camera and internet connection such as a smartphone, tablet or computer.
2. Follow the link in your appointment confirmation email or head to our website and select 'attend appointment' from the top left corner.
3. Select the Doctor's name.
4. Enter the patient's name when prompted and you will be taken through to our online waiting room from where the doctor will call you.

How to add other clubs

1. Select the 'players' tab from the left-hand menu bar.
2. Select the student/player's name.
3. Select 'Additional Recipients List'
4. Select 'Add Additional Recipient' and enter the name and email address of the person to receive injury notifications.
5. If your child has two accounts from two different organisations, please email support@return2play.org.uk and they will merge the two accounts for you.

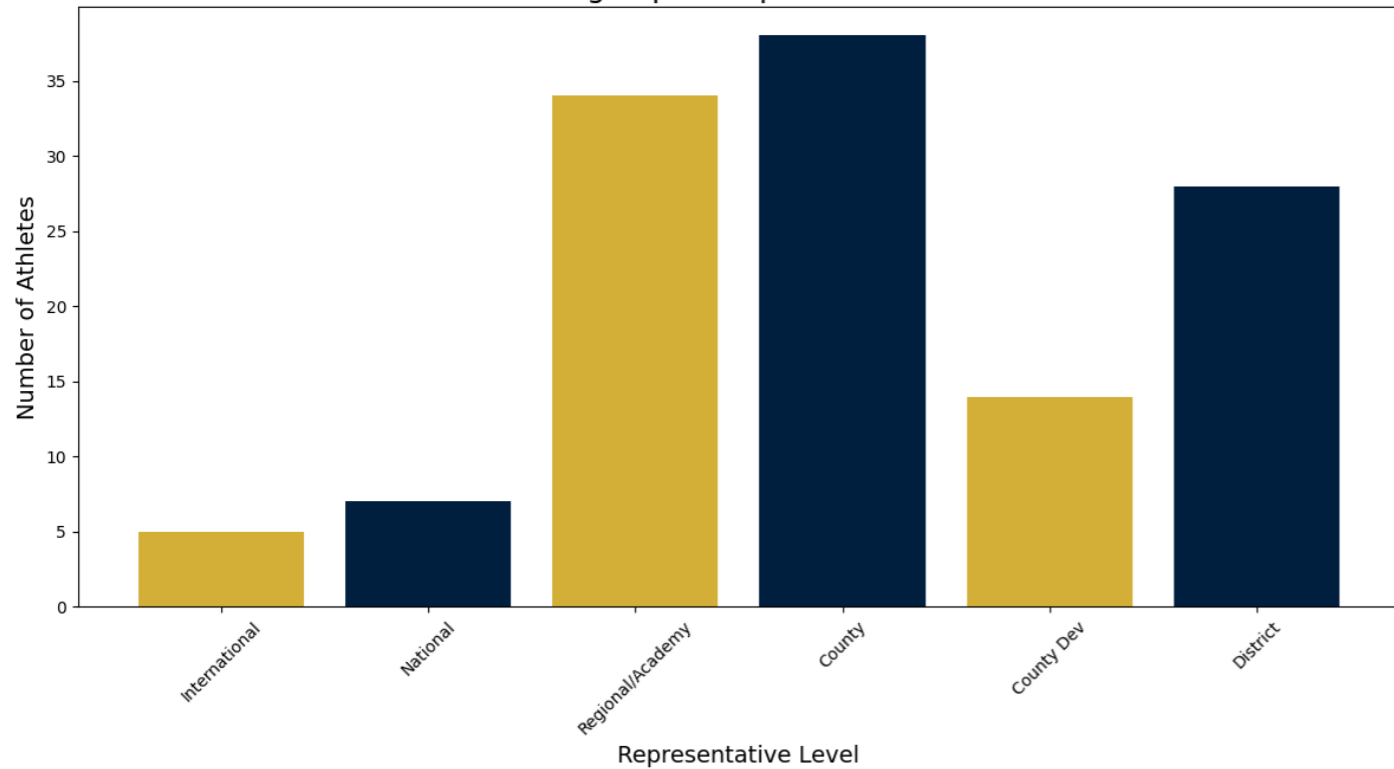


2025 Team and Individual Achievements

Eltham College has a rich history in school sport. The fact that representative honours have increased from 73 in 2023 to 127 in 2025, alongside the presence of six current international student-athletes in our midst, highlights the powerful impact of a sustained commitment to nurturing sporting talent. This growth reflects not only stronger performance pathways and

coaching provision, but also a culture where young athletes feel supported to aspire, progress, and excel. The significant rise in honours demonstrates that investment in coaching, facilities, national competition exposure, and holistic athlete development directly translates into elevated achievement across multiple sports.

Eltham College Sport Representative Honours



Christine Kadiri (Y12) England U19 Netball Roses

Emily Cadman (Y12) England Athletics Youth Talent Programme

Raf Dekkers (Y11) England Hockey U18

Matias Caceres-Camiloaga (Y11) Peru Hockey Senior

Hattie Stafford (Y10) England Hockey U16

Oscar Jones (Y10) Great Britain Ski Racing U16

U14 Boys Ski Racing ESSKIA – Dry Slope

U13 Boys Kent Freestyle and Medley Relays

U12 Girls London Tier 1 Hockey

U11 Boys London Tier 1 Hockey

Y7 Girls Cambridge Athletics Cup

Runners-up:

U14 Boys Kent Rugby

U13 Girls Kent Netball

U12 Boys Kent Cricket

U12 Boys London Tier 1 Hockey

Y7 Boys Cambridge Athletics Cup

Eltham College Team Sport Success

Champions:

U15 Boys Kent Hockey – Peter Firminger

U15 Boys London Cricket

U14 Girls Kent Netball

Sport Academies

Since September 2022, through individual Heads of Sport the department has sought to offer some students the opportunity for excellence away from the open-to-all sessions offered. This has proven hugely successful, with every core sport now offering additional support to our aspiring student-athletes. These academy sessions are selected by the Heads of Sport termly and are not exclusive to our Sport Scholars but also available to the students that would best benefit from additional expert coaching provision.

These academies run term-by-term, but please see the current opportunities in the following sports:

Cricket – all year round indoor, small group and individual sessions

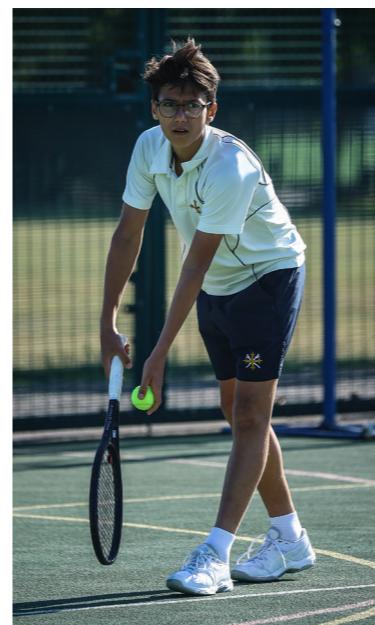
Netball – small group goal shooting sessions

Hockey – indoor, small group and individual sessions

Swimming – Friday after school technical session

Tennis – team, doubles and individual sessions

If you require further information on selection into any specific academy, please contact the Head of Sport by e-mail directly.





Sports Tour Overview

Sports tours at Eltham College are planned to promote engagement in our core sports at Eltham College, with the focus on developing a love for sport outside of the school curriculum. The overall sporting tour plan is to prepare students to tour safely and enjoy the benefits that sport plays in connecting people from different cultures and socio-economic backgrounds. The purpose of the Lower School tours is to increase participation in rugby, hockey and netball, focussing on training and matches away from London. Middle School tours will focus on cricket and aquatics, introducing international travel. The Senior School programme is aimed at performance teams preparing for their upcoming seasons in hockey, rugby and netball, with the option of

a long-haul tour. It operates on a two-year rolling basis to ensure pupils have the option to enjoy all tours if they want to, while giving consideration to the financial climate and ecological footprint

Day trips that have been offered on an annual basis include:

- England Rugby test matches at Twickenham
- Super League Netball matches at Copperbox Arena
- Pro League Hockey matches at Lee Valley Stadium
- Men’s and Women’s domestic T20 cricket matches at Kent CCC
- All England Tennis Championships at Wimbledon.

2025/26

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Hockey (boys and girls) – Loughborough		Aquatics (boys and girls) – Spain		Rugby (boys) – South Africa	
				Netball (girls) – South Africa	

2026/27

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Rugby (boys) – Cardiff		Cricket (boys) – UAE		Hockey (boys and girls) – Holland	
Netball (girls) – Paris					

2027/28

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Hockey (boys and girls) – Loughborough		Aquatics (boys and girls) – Spain		Rugby (boys) – South Africa	
				Netball (girls) – South Africa	

2028/29

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12
Rugby (boys) – Cardiff		Cricket (boys and girls) – UAE		Hockey (boys and girls) – Holland	
Netball (girls) – Paris					



Hockey Holland 2024



Rugby South Africa 2024



Cricket UAE 2025

Pathway Partnerships

London Pulse

We are delighted to announce a new partnership with Super League netball franchise, London Pulse, opening up access to top-flight training and coaching for both our students and staff and bringing a wealth of opportunity for talented netball players in our community.

As Platinum Partner, the school – which already has students on the club’s talent pathways – will benefit from broader access to elite coaching as well as structured opportunities for more students to join these highly competitive and prestigious routes into elite sport. The partnership also supports staff development, with training including in-person and online workshops for all staff across the family of schools from January.

As part of an initiative by London Pulse – who are reigning Super League champions – to bridge the gap between school-level netball and elite performance, the partnership not only brings immense benefits to the school’s own netball community but offers tremendous opportunity to the local area. Eltham College becomes a Pulse ‘hub’, hosting London Under 14 and Under 15 age groups to which netball players can be nominated for selection.

Director of Sport, Marc Edwards says: “One of our five key strategic aims is to partner with elite player pathway systems across all our core performance sports, and the launch of this partnership marks an exciting time for our netball programme. As a school, we are committed to nurturing the best sporting talent in south-east London – alongside achieving outstanding academic grades – and I expect to see the relationship with London Pulse grow as we

welcome increasing numbers of talented netball players to our Sixth Form as part of our Sports Scholarship programme.”

Kent County Cricket Club

Eltham College has been recognised in The Cricketer magazine’s prestigious list of the Top 100 UK schools for cricket. Judged against criteria which included a compelling commitment to cricket in the curriculum, facilities, coaching and outreach programmes, the accolade reflects our ongoing commitment to delivering exceptional coaching and opportunities for every student. Our aim is to strengthen our performance-pathway environment by hosting a wide range of Kent Cricket initiatives that give pupils direct access to high-quality development opportunities.

The partnership includes staging the Bromley State Primary Cricket Championships in collaboration with the Kent Cricket Foundation, creating an inspiring entry point for young players from the local state school community. In addition, the school regularly hosts ECB National CAG fixtures, bringing elite-level junior cricket to our facilities.

The programme is further enhanced by Kent Girls’ Pathway tournaments, which provide aspirational female cricketers with a clear route from school sport into county and performance cricket.

Together, these events demonstrate a thriving and purposeful link with Kent CCC, ensuring that students benefit from a genuine performance ecosystem that supports ambition, nurtures talent, and connects them to the wider performance cricket pathway.

Other

We are also in the process of securing formal performance pathway links with Harlequins RFC, Bromley SC and Holcombe TA.





Sport Scholarships

Sport scholarships are available to students who demonstrate exceptional talent and potential in at least one sport, whilst also fulfilling the normal academic requirements for entry into the College.

Scholarships are awarded, following the appropriate assessment and interview, to those who show potential in one or more of the school's core sports of Rugby, Hockey, Netball and Cricket. We also welcome applications from students who participate to a high level in additional sports such as Athletics, Chess, Cross Country, Fencing, Football, Golf, Skiing, Swimming, Tennis and Water Polo. Every student who is awarded an Eltham College sport scholarship will receive the same mentoring and support. This includes access to high-level coaching, links with local clubs and sporting academies, as well as the High Performing Athlete Programme (HPAP). Every student works with a member of Sports staff who acts as a personal mentor, offering advice and support across each academic year. Scholars will also benefit from a progressive strength and conditioning programme using the newly refurbished gym in the Eric Liddell Sports Centre.

Benefits of the Sports Scholarship Programme:

- Aim of improving individually and progressing the standard of sport within the school
- Regular high quality coaching sessions
- One to one sport specific sessions from professional coaches
- Regular meetings with a Mentor to receive guidance on lifestyle management, nutrition, psychology and injury prevention
- Trips to elite sporting venues and facilities
- High-performance lectures, seminars and talks from internal and external professionals in specific field
- Integrated Sports psychology support

We are pleased to see many of our students go on to district, county, regional and international representation.

Please reach out to Mr Marc Edwards, Director of Sport, at MAE@Eltham-College.org.uk with any questions.



Strength & Conditioning



The Strength and Conditioning programme at Eltham College is designed to help students develop robust athletic foundations that support both their sporting ambitions and long-term physical wellbeing. Through targeted training, students strengthen key supporting muscle groups, improve mobility, reinforce correct posture, stabilise joints, reduce injury risk, and enhance overall coordination. Every student has access to bespoke training plans tailored to their individual needs, with additional guidance available on nutrition where appropriate. All core sports now benefit from sportspecific programmes that students can use to accelerate their development and performance.

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where appropriate. All core sports now benefit from sport-specific programmes that students can use to accelerate their development and performance.

It has been fantastic to see an increasing number of students engaging with the gym before school, at lunchtime, and after school, demonstrating a growing commitment to their physical development. Many are already achieving progressive personal bests and showing a deeper understanding of how structured training supports their performance. Scholars and HPAP students have shown particularly impressive improvements in their half termly fitness testing, reflecting the hard work and consistency they bring to their sessions.

If you would like to access a personalised programme or learn more about the support available, please email or visit Mr Hodson in the PE Office.



Sports Psychology

The Sports Psychology Programme at Eltham College, led by Miss Parkin, provides students with tailored mental skills training to support their performance, wellbeing, and development as young athletes. Through annual psychological screening, targeted seminars, team workshops, and one-to-one support, students learn key strategies in confidence, motivation, focus, resilience, and managing pressure.

Performance squads across Rugby, Hockey, Netball, Water Polo and Cricket receive bespoke preparation sessions, while parents

and coaches engage through dedicated seminars that strengthen the wider support network.

Now in its third year, the programme includes psychometric testing to help athletes track their progress and has expanded to become a core part of Scholarship Day and the wider performance-sport pathway. With future plans for access into Junior School and Blackheath Prep, guest speakers, and ongoing research, the programme continues to position Eltham College as a sector leader in holistic athlete development.



Contact Details

Initials	Name	Role
MAE	Marc Edwards	Director of Sport
LJT	Laura True	Assistant Director of Sport, Senior School and Head of Netball
BJK	Ben King	Assistant Director of Sport, Sports Science and Head of Rugby
MKO	Mark O'Dwyer	Assistant Director of Sport, Junior School
AER	Annie Rigg	Graduate Sports Assistant, Marketing
CLW	Charlotte Watts	Teacher of PE and i/c of Badminton
DZB	Drew Barrett	Teacher of PE and i/c of Cross-country
ETT	Edd Thorogood	Head of High Performance and i/c of Athletics
JBA	Jamie Batten	Head of Hockey
JFK	Josh Kelly	Head of Cricket
JHA	Jules Halls	Hockey Professional
KOP	Kate Parkin	Teacher of PE and Trainee Sports Psychologist
MAH	Matthew Hodson	Head of S&C and Rugby 7s
MYA	Yasir Arafat	Cricket Professional
SMP	Sean Perfect	Head of Aquatics
TBU	Temba Bungane	Head of Water Polo
LUP	Luca Petrozzi	Rugby Professional
GSF	Silviu	Fencing Head Coach
EJE	Emily Evans	Ski Racing Head Coach



FAQs

Further Information and FAQs

Supporting Sport

- Spectators are welcome at all fixtures both home and away.
- If fixtures are taking place during the school day at home, we ask you park at College Meadow (SE12 9PH) and walk up to the appropriate pitches.
- On Saturday home matches unless stated differently, students will arrive and enjoy post-match refreshments in the College Meadow Pavilion.
- We want to create a **positive environment for all students involved in sport**, so we ask you to support officials and staff decisions publicly regardless of personal opinion.
- We are a **no dog and smoke/vape free site**.

Sports Kit

- All students are expected to Eltham College branded sports kit for PE, Games and Co-curricular Sport.
- If you are waiting on any items of kit from Stevensons, please print off the order note and ensure students have this with them to show to members of staff.
- Please ensure all sports kit is clearly labelled so that if it does become lost it can make its way back to the correct student.

Medical

- Students who require an inhaler or epi-pen should ensure they have it on them at every PE, Games, Co-curricular and Saturday session.
- All students should carry a water bottle with them to all sporting activities to stay hydrated.
- We are extremely well supported by the staff at Foxbury Medical Centre throughout the whole week until 6pm and at home Saturday matches and trainings we employ additional medical staff.
- All injuries are logged through Return 2 Play, see above for more information on how the system works for students and parents.

Match Information

- **All students if selected are expected to play and represent the school**
- For planned absence from a fixture, students and/or parents must contact the specific team coach and Head of Sport at least 10 days prior to the fixture to ensure the team can field a strong and consistent team.
- Team sheets are planned to be published at least 48 hours ahead of fixtures. Students are encouraged to regularly check SOCS to view their involvement.
- If travelling direct to matches on Saturdays, you must let the lead coach know via e-mail at least 24 hours prior to the fixture.
- When refreshments are provided after the match, we expect all students to stay, eat and engage with the opposition in a social manner.
- For midweek fixtures, particularly away matches, students should speak with their respective coach about expected return time to school so they can travel home safely. Those students who usually take the school bus may need to have back-up plans if the fixture is not going to return to school on time where factors out of the control of staff impact on return times.
- Parking onsite during the week is limited so please aim to make use of College Meadow (SE12 9PH), with its own Car Park, for fixtures where possible.

Physical Education (Years 7–10)

- PE lessons are taught in **form groups**, and each class has a dedicated PE teacher for the academic year.
- In **Year 10**, students alternate **each half term** between PE and Wellbeing.-term
- For all PE-related communication, please contact your child's **PE teacher** directly.-related communication, please contact your child's

PE Kit Requirements

- **General PE Activities:** White polo, blue skort/shorts, white socks, trainers
- **Swimmin:** Navy swimsuit/shorts, goggles, swim hat, towel
- **Gymnastics:** White polo, blue skort/shorts
- **Football:** White polo, blue skort/shorts, long socks, shinpads, trainers
- **Extra layers** (mid-layer, waterproofs, leggings, tracksuit bottoms) are recommended due to changeable weather.

If a Student Cannot Participate in PE

- Students must still bring their PE kit, regardless of injury or illness.
- Parents/guardians must email or provide a written note to the PE teacher before the lesson.
- If a student becomes unwell during the day, they must visit the Foxbury Centre for an excusal note.

Games Programme

Years 7–9

Students take part in the school's **core sports** during Games afternoons. Most sessions involve training, with occasional fixtures. All fixtures are listed on **SOCS Sport**.

Core Sports by Term

Term	Boys	Girls
Michaelmas	Rugby	Hockey
Lent	Hockey	Netball
Summer	Cricket	Cricket

At half term, Year 9 students in the bottom ability group may switch to an alternative activity.-term, Year 9 students in the bottom ability group may switch to an alternative activity.

Years 10–11

Games take place on **Tuesdays, periods 8–10**.

- Students either join a **core sport** or take part in a **rotation of activities**.

- Placement in core sports is made by the appropriate **Head of Sport**, and students are expected to participate in fixtures.
- Students must speak with the **Head of Sport** if they wish to move between core sport and rotation.
- Rotation activities change **every 4 weeks**.
- Students receive an email the day before Games confirming their activity and are expected to attend the allocated session.

Seniors (Years 12–13)

- Games take place on **Wednesdays, periods 8–10**.
- Students not in a core sport may **select an activity** each term.
- Once placed, students must remain with their group for the duration of that term.
- A selection email is sent before the start of term; students who do not respond are allocated a group automatically.
- An email is sent **the day before Games** confirming the activity for the following day.

Games Kit Requirements

Core Sports

- **Rugby:** Striped top, navy shorts, striped socks, rugby boots, gumshield

Hockey:

Girls: White polo, navy skort/shorts, striped socks, trainers, shinpads, gumshield

Boys: Striped top, navy shorts, striped socks, trainers, shinpads, gumshield

- **Netball:** White polo, navy skort/shorts, white socks, trainers

Cricket:

Girls: Blue games shirt, navy skort/shorts, white socks, trainers

Boys: White polo, navy shorts, white socks, trainers

- Students taking part in **non-core sports** must wear Eltham College branded kit.

If a Student Cannot Participate in Games

All communication must be directed to **Miss True (LJT)** via email or written note. Further guidance will then be provided. (For Sixth Form students, approved non-participation may result in library study.)

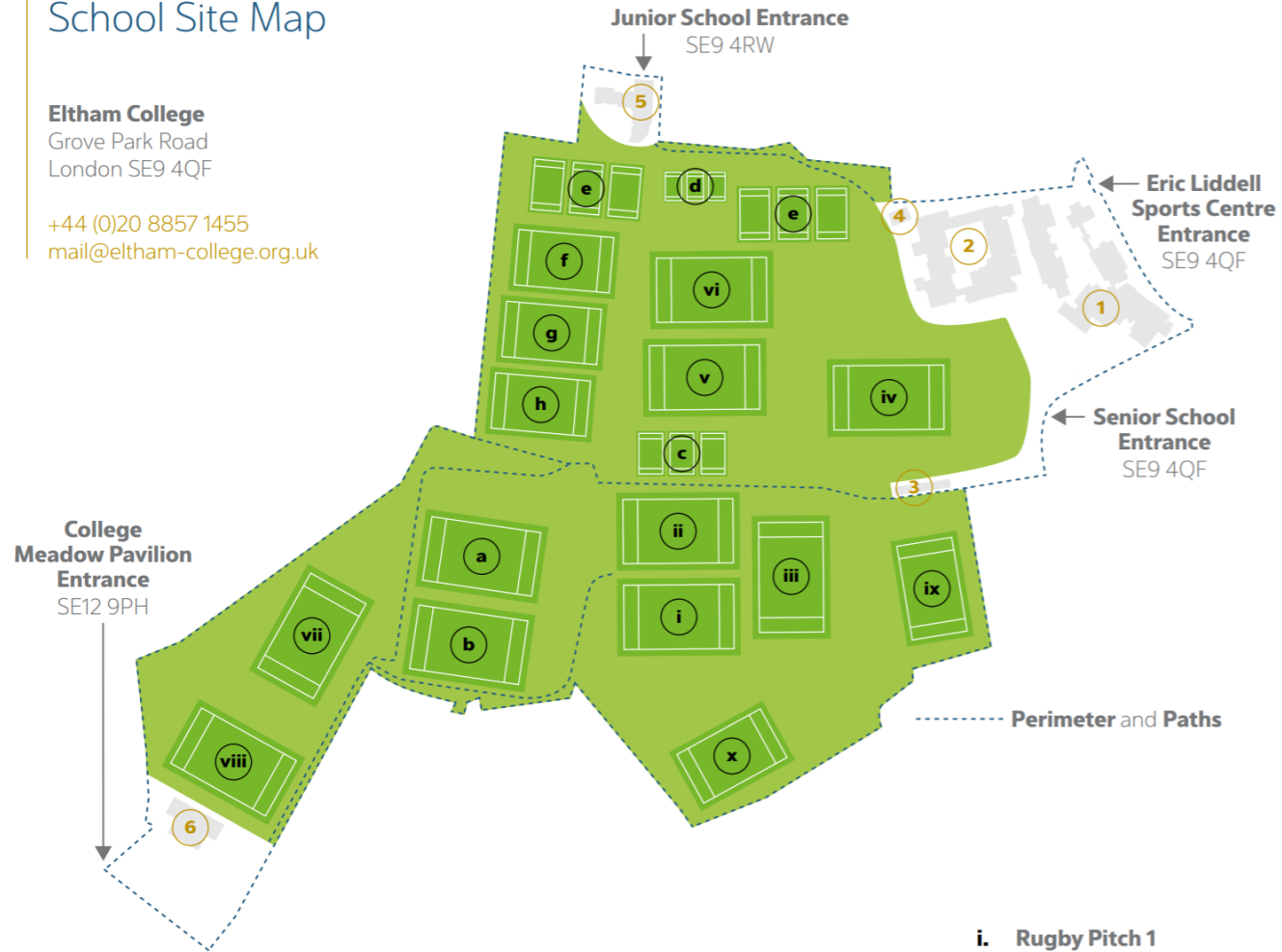


Sporting Facilities

Michaelmas and Lent Term School Site Map

Eltham College
Grove Park Road
London SE9 4QF

+44 (0)20 8857 1455
mail@eltham-college.org.uk



Eltham College Sport Map Key

- 1. Eric Liddell Sports Centre
- 2. Senior School
- 3. Marathon Pavilion and Changing Rooms
- 4. Foxbury Medical Centre
- 5. Junior School
- 6. College Meadow Pavilion

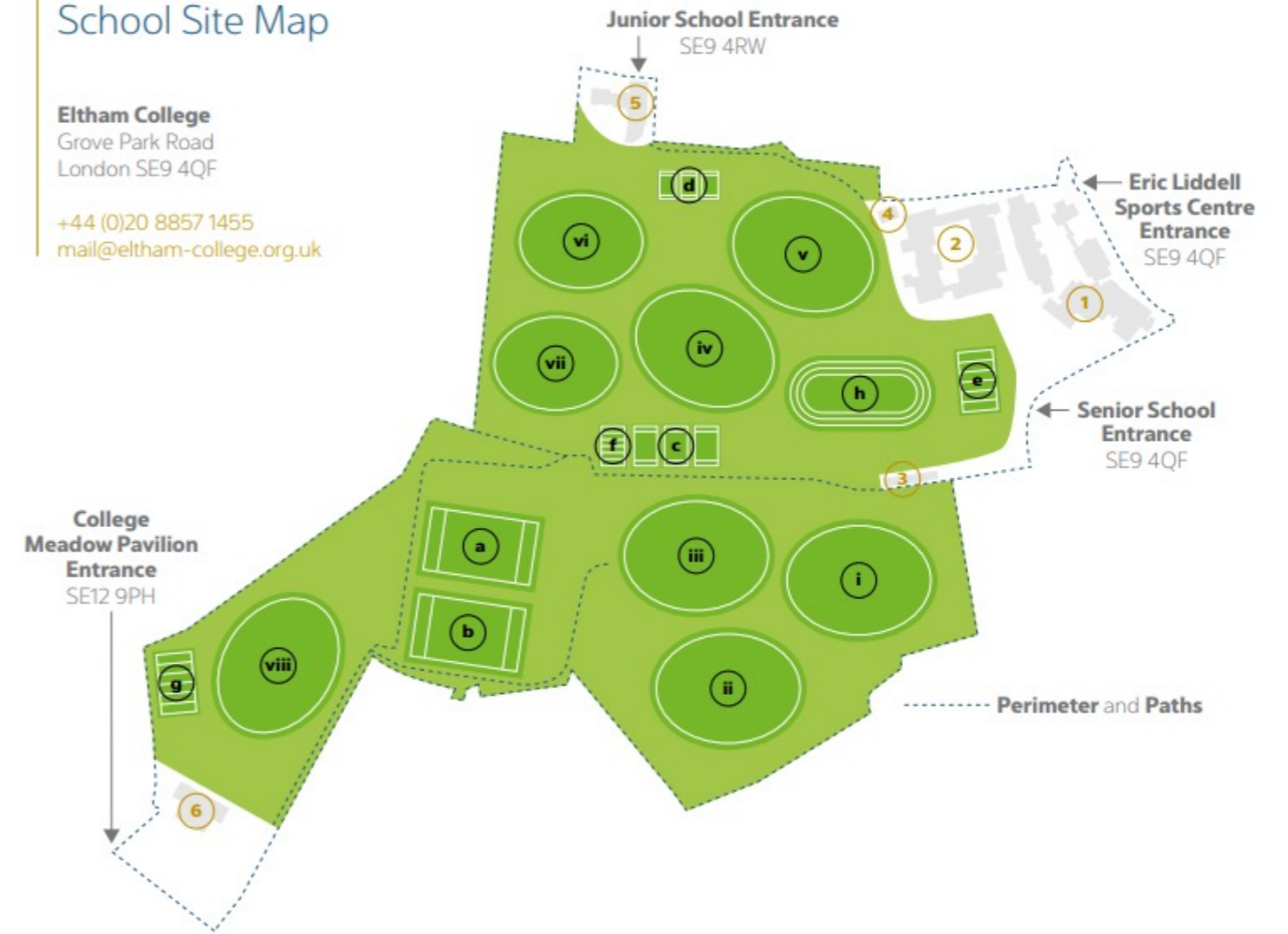
- a. North Astro
- b. South Astro
- c. 3x MUGA Pitches
- d. 3x Junior School Netball Pitches
- e. Junior School Football Pitches
- f. Junior School Rugby Pitch 1
- g. Junior School Rugby Pitch 2
- h. Junior School Rugby Pitch 3

- i. Rugby Pitch 1
- ii. Rugby Pitch 2
- iii. Rugby Pitch 3
- iv. Rugby Pitch 4
- v. Rugby Pitch 5
- vi. Rugby Pitch 6
- vii. College Meadow Pitch 1
- viii. College Meadow Pitch 2
- ix. Football Pitch 1
- x. Football Pitch 2

Summer Term School Site Map

Eltham College
Grove Park Road
London SE9 4QF

+44 (0)20 8857 1455
mail@eltham-college.org.uk



Eltham College Sport Map Key

- 1. Eric Liddell Sports Centre
- 2. Senior School
- 3. Marathon Pavilion and Changing Rooms
- 4. Foxbury Medical Centre
- 5. Junior School
- 6. College Meadow Pavilion

- a. North Astro
- b. South Astro
- c. 3x MUGA Pitches
- d. 3x Junior School Netball Courts
- e. College Cricket Nets
- f. Junior School Cricket Nets
- g. College Meadow Cricket Nets
- h. 300m Athletics Track

- i. Senior Cricket Pitch 1
- ii. Senior Cricket Pitch 2
- iii. Senior Cricket Pitch 3
- iv. Senior Cricket Pitch 4
- v. Senior Cricket Pitch 5
- vi. Junior Cricket Pitch 1
- vii. Junior Cricket Pitch 2
- viii. College Meadow Cricket Pitch



Gloria Filiorum Patres



Eltham College
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www.eltham-college.org.uk