



Senior School Sports Guide

AUTUMN TERM 2024-2025



CLAREMONT FAN COURT SCHOOL





Welcome

Dear parents and pupils,

Welcome back and a very warm welcome to those joining the school in September.

We are very excited to build on the many sporting successes of the past year at Claremont Fan Court School. We would like to welcome some new staff to our department and very much look forward to a busy and exciting year of sport. Ms Haseeb is joining us as teacher in charge of netball and Ms Green is joining our department and leading in gym beginning in January. We will also be enhancing our strength and conditioning programme with Mr Beavis joining our department and his knowledge of forwards play further enhancing our flourishing rugby provision.

This document will provide you with a comprehensive guide to the games programme, physical education curriculum and the co-curricular sports offering during the autumn term. The term time programme will commence from Monday 2 September and will conclude on Friday 6 December.

Regular communications will be sent to all parents during the term to outline the fixture programme for the week and season ahead. Access to the fixture list for the term can be found on SOCS, via the school website.

Should you wish to discuss any matters pertaining to our sport provision, please contact the strategic directors of sport, Ms Georgina Harfitt and Mr Tom Rixon (gharfitt@claremont.surrey.sch.uk and trixon@claremont.surrey.sch.uk) or Mr A Mawson head of games and co-curricular (amawson@claremont.surrey.sch.uk). Our sports administration assistant, Mrs Tagg, will always be your first point of contact as she will ensure that everything is sent to the relevant member of the team as soon as possible (mtagg@claremont.surrey.sch.uk).

CLAREMONT SPORT

Claremont prides itself on providing high-quality sporting opportunities for all pupils. We offer a vast number of competitive fixtures with the majority played on Saturdays. We see significant value in the provision of a full and comprehensive games programme for all our students competing alongside their peers, for enjoyment, friendship, well-being and resilience and character development.

Alongside these aims, pupils are encouraged to strive for excellence. The school is ambitious in the development of its sporting facilities on-site and is continuing to pursue an astro and a new indoor swimming pool and dance studio. Our recently refurbished fitness suite allows us to continue to deliver a more comprehensive strength and conditioning programme. An exciting addition this current year, is that our strength and conditioning provision will be extended to assist with our performance teams and sports scholars.

It is set to be another very exciting year of sport at Claremont.

WHERE TO PURCHASE SPORTS KIT

Claremont works closely with our uniform supplier Alleycatz, based in Hersham. Please visit their website for important information regarding the current online service and to book individual fitting appointments:

www.alleycatz.co.uk

<https://sites.google.com/claremont.surrey.sch.uk/cfcs-resources/parents/uniform>



FIXTURES, TEAMS AND SOCS INFORMATION

Fixtures information can be found on the school website. There is a link to the SOCS webpage. You will have a 'Parent' login tab appear on your SOCS login page. For parents to begin logging into SOCS, they should first activate their account. They can do so using the instructions below:

1. Access your school login page here: SOCS Login (socscms.com)
2. Select the 'Parent' login tab and click 'Activate Account.'
3. Enter the email address you have registered with the school, and then select 'Activate'.
4. An email will then be sent to your email address containing an activation link where you can set a password. Once you have followed the instructions on the link you should then be able to log in using your email address as the username and your password.

Team sheets are always uploaded onto SOCS / school sports portal / website. We usually try to give parents and pupils a minimum of a week's notice prior to the fixture date. However, there may be occasions where this has not been possible due to fixtures being rearranged because of weather or a cup fixture.

The password will be emailed to you separately.

TRANSPORTATION TO FIXTURES AND TRAINING

Transportation both outgoing and return will be provided from school for all midweek and weekend fixtures at opposing schools. However, parents are welcome to transport their own children and stay to support.

For weekend fixtures, **parents are required to complete the transport booking information on SOCS by the Thursday prior to fixtures by 4.00pm.** We require confirmation and consent if your child will be travelling on the school coaches to and from fixtures on a Saturday.

STRENGTH AND CONDITIONING/ FITNESS SUITE

Strength and conditioning sessions are currently run for our high performing sports pupils from Year 9 through sixth form. These are bespoke group sessions focused on developing physical attributes required for success in the individual's sports.

These sessions are currently by invitation only, whilst we aspire to offer these to more pupils in the future.

The timings for different group sessions can be found in the co-curricular timetable on the school website and further information will be sent out to invited pupils.

CURRICULUM PE LESSONS

In the core physical education lessons, pupils in Year 7 have two PE lessons a week. They rotate through different games and fitness activities introducing tennis and fitness concepts, as well as the more creative activities of dance and gymnastics. All these activities are aimed at giving the pupils an all-round experience of the characteristics required for sport as well as an understanding of fitness for life. Each activity will aim to improve pupils' physical capabilities, as well as specifically improving their social, personal and cognitive skills within sporting contexts. Pupils will be required to wear their full PE kit for all lessons. Pupils will be informed of their activity and specific kit requirements at the start of each half term.

Year 7 Lesson A	Year 7 Lesson B
Dance/Gymnastics	Tennis

MALE PE KIT (YEARS 7-11)

COMPULSARY	OPTIONAL
Navy PE shirt	Contact sports top
Navy shorts	
White (hooped navy) socks	
Navy midlayer top	
Navy tracksuit bottom	
Trainers	
Boots	

FEMALE PE KIT (YEARS 7-11)

COMPULSARY	OPTIONAL
Navy PE shirt	Contact sports top
Navy shorts or skort	
White (hooped navy) socks	
Navy midlayer top	
Navy tracksuit bottoms or leggings	
Trainers	
Boots	

GAMES PROGRAMME FOR AUTUMN TERM

DAY	TIME	AGE GROUPS	GAMES OPTIONS
Monday	2.25pm - 4.00pm	Year 9	Girls - netball Boys - rugby
Tuesday	2.25pm - 4.00pm	Year 10	Girls - netball Boys rugby Mixed fencing / archery
Wednesday	2.25pm - 4.00pm	Year 11 and sixth form	Netball (girls), rugby (boys), S & C, tennis, spin class, paddle, golf, badminton, gym workout.
Thursday	2.25pm - 4.00pm	Year 8	Girls - netball Boys - rugby
Friday	2.25pm - 4.00pm	Year 7	Girls - lacrosse Boys - rugby

RUGBY

Rugby Union is the major sport for boys during the autumn term. The programme is developing to meet the guidance and best practice currently defined by the RFU, professional clubs and research. We are proud to field multiple teams across year groups as well as provide playing opportunities to suit the level of contact appropriate for pupils. The school participates in a well-balanced weekend fixture list, coupled with additional competitive opportunities through the competitions. Our Rugby Sevens programme runs across the spring term, with squads entered into school festivals, Surrey tournaments and the prestigious Rosslyn Park National 7's. Games and training sessions are designed for players to develop core skills and tactical understanding of the game in a safe and controlled manner as dictated by our coaches and teaching staff.

Kit Requirements

COMPULSORY ITEMS	OPTIONAL ITEMS
Boots (firm ground)	Head guard
Mouthguard (see discount below)	Shoulder pads
Claremont school games top	Claremont school tracksuit trousers
Claremont school games shorts	Claremont sub coat
Knee length navy/pink socks	Claremont contact top

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Use the discount code **ClaremontFanCourt10 to receive 10% off!**

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LACROSSE

Lacrosse at Claremont is becoming increasingly successful. History was made this year as we entered 6 teams into the Nationals (the most ever) with the 2nd's and 15B's entering for the first year ever. With all Nationals A teams coming in the top 16 this year and one team reaching the National final. It is a competitive sport at the school that will be new to all pupils in Year 7 so we recommend giving it a go!

Matches are played every Saturday during the autumn and winter terms, playing different schools each week to participate in competitive and fun matches. Each week we have up to 12 teams participating in fixtures. The U12 year group have their county tournament to round off their first season of lacrosse.

Kit Requirements

To make things a little simpler, Claremont has a school webpage set up through a lacrosse equipment provider who also gives Claremont families a discount on equipment (CLAREMONT2024). Listed below are the mandatory items for lacrosse. If your child does not attend lessons or practices with the required equipment, they will not be able to participate in the activities.

Link to shop: www.hattersleysonline.co.uk/collections/claremont-fan-court-school

COMPULSORY ITEMS	OPTIONAL ITEMS
Boots	Base layers
Mouthguard	Claremont sub coat
Claremont lacrosse shirt	Lacrosse gloves
Claremont school PE skort/shorts	Lacrosse stick back
Knee length navy/pink socks	
Eye guards	
Lacrosse stick	

NETBALL

At Claremont, the netball season spans across both the autumn and spring terms. Students are provided with ample opportunities to engage in netball, with sessions available during lunchtime as well as after-school practices and games lessons.

There are many opportunities for friendly competitions: we enter Surrey netball, School Sports Magazine Cup, National Schools and Sisters In Sports Cup. We play matches against nearby schools during our after-school practices, plus, everyone gets in on the action during the games afternoon lessons when the whole year group is involved.

The vision and ethos behind entering these competitions is to provide more opportunities for girls to engage with and participate in meaningful, competitive sport. We believe this is where they fall in love with the game, create lifelong memories with their teammates and build a relationship with sport that will mean they continue to play after they leave school.



FOOTBALL

We run an extensive programme for football here at Claremont in both the spring and autumn term. In the autumn we train weekly to prepare for the National ISFA and ESFA Schools competitions at U13, U15 and U18. We have lots of talented performers who are put forward to trial for ISFA representative teams where we have been well represented over the years.

ISFA - <https://www.isfa.org.uk/>

ESFA - <http://www.esfa.co.uk/competitions/>

Representative football - <https://www.isfa.org.uk/representative-football>

Throughout the spring term we have 14 teams playing on a weekly basis with blocks on Saturdays for pupils at U12-U15 and four senior teams playing in a U16-18 Super 8 league every Wednesday. We are incredibly proud to get over 200 pupils playing football every week at school.

Girls football is growing rapidly and we are extremely competitive against local and National opposition. We run training weekly for the girls to develop their skills and we also play in U13, U15 and U18 competitions. Last year saw us put out our first ever U18 girls teams which was a huge achievement and enjoyed thoroughly by all involved.

ARCHERY

Pupils have a chance to try their hand at archery during every term, they can experience two different types of archery, sighted recurve and the more instinctive bearbow.

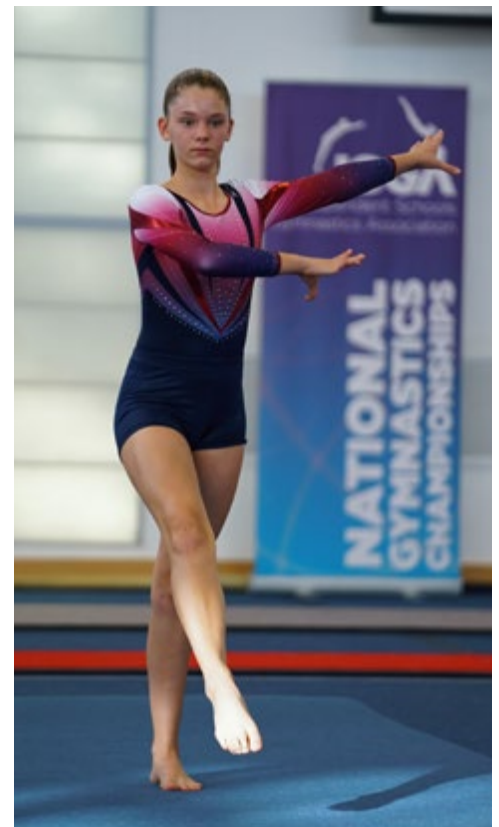
No previous knowledge is required, we have all the equipment and expert coaches to help pupils try archery. When the archer is ready, we will encourage them to take part in external competitions against junior archers from other archery clubs. To date the school has had a high degree of success at competition level.

GYMNASTICS

The gymnastics programme runs throughout the autumn and spring terms. At Claremont, our gymnastics classes and clubs are designed to cater to athletes of all levels, from beginners to advanced. We believe in fostering a supportive and inclusive environment where every gymnast can thrive and reach their full potential. We focus mainly on floor, vault and tumbling, with opportunities to perform and compete in all three.

We are proud to participate in several competitions throughout the year, including:

- ISGA (Independent Schools Gymnastics Association): ISGA competitions offer a platform for gymnasts to showcase their talents and compete against peers from across the country. We compete nationally in the ISGA 2 and 4 piece.
- Surrey Gymnastics Competitions: These competitions are organised by the Surrey Gymnastics Association and provide an opportunity for gymnasts to compete at the county level, representing Claremont against other local schools within the area.
- Friendly and Novice Competitions : In addition to formal competitions, we also participate in fun, inclusive displays and competitions. These events allow gymnasts to gain valuable experience in a less competitive environment.



TENNIS

Our tennis training programme operates year-round, ensuring that pupils have ample opportunities to hone skills and enjoy the game. With different age groups catered to on specific nights, it's the perfect environment to thrive and improve your game.

DAY/TIME	AGE GROUP	TRAINING
Monday after school	Year 9 and Year 10 girls/boys	Squad training
Wednesday lunch	Elite training (invite only)	High performance
Wednesday after school	Year 8 girls/boys	Squad training
Friday lunch	Elite training (invite only)	High performance
Friday after school	Year 7 girls/boys	Squad training

We proudly compete in the prestigious LTA (Lawn Tennis Association) and Surrey Leagues, showcasing our talent and sportsmanship on a competitive stage. From thrilling matches to intense rivalries, our league participation adds an exciting dimension to our tennis community.

FENCING

Claremont has a history of fencing and in recent years there has been an increased number of pupils coming to the school with a good level of experience and skill. To support this, there are two fencing clubs per week during lunchtimes. These clubs are open to all, but have a cap on numbers of 12 pupils. In both Year 9 and 10 pupils may have the opportunity to take fencing as their sport in games lessons. The aim is for pupils to represent the school in a local competitions leading to regional and national events. Our coach represented Great Britain in her fencing career and currently coaches individuals to the very highest level. Fencing is a wonderful opportunity for pupils to experience a different type of sport, but one that could lead all the way to the Olympics and with some of our pupils already qualifying for National competitions this year, who knows where their path will lead.

Pupils attending fencing need to be in their PE kit, with tracksuit bottoms, which are compulsory. The equipment will be provided by school.

CROSS COUNTRY

During the autumn and spring terms pupils from all year groups are welcome to attend the cross-country training session that are held during lunchtimes. With the steadily increasing level of performance of all of our teams, these sessions are going to be increased so that more pupils are able to attend and team players will be encouraged to go as an opportunity to develop their baseline fitness to compliment the skill work they undertake for their chosen sports. At the same time, those pupils who are dedicated runners have the chance to join the training before school with Mrs Tullett. Pupils will be able to represent the school in a number of races and participate in English Schools' Cross Country. Pupils must attend in the correct attire and equipment: Claremont PE kit and suitable running trainers / boots should be worn. All pupils should bring their own water bottle. The sessions will commence from w/c 9 September.

Should you wish to discuss any cross-country related matters please contact Mrs Tullett. htullett@claremont.surrey.sch.uk

GOLF

The school's golf team has been competing successfully for the past few years but now the aim is to expand both our provision and number of players. Currently, we compete in Schools Golf and ISGA tournaments, where we have once again qualified for the final weekend.

Our golf season tees off in autumn, pauses briefly in winter, and then swings back into action in spring for competitions. While our team may be small, our enthusiasm for golf knows no bounds. We're thrilled to see more students embracing the sport, enriching our team with their talent and dedication. Together, we're building a legacy of excellence on the course.

We take advantage of the beautiful Claremont Drive golf course for training sessions. Players of all ages are welcome to join us during lunchtime for practice rounds and friendly games. Senior players also have the opportunity to compete in exclusive senior games.

BADMINTON

Badminton is a well established curriculum and co-curricular sport at Claremont with pupils given the opportunity to develop their badminton across all years of the PE curriculum. This is also linked to clubs at both lunch and after school giving pupils the chance to gain confidence and hone their skills to a competitive level. Currently, the school engages in friendly matches with other schools in our area. However, with so much opportunity to develop the sport now available, this year the aim will be to play many more fixtures and enter some more prestigious tournaments.





PRE-SEASON SPORTS TRAINING INFORMATION AUTUMN TERM 2024

DATE	TIME	GROUP
Tuesday 27 August	9.00am - 12.00pm	Years 11-13 senior rugby
Wednesday 28 August	9.00am - 12.00pm	Years 11-13 senior rugby
Thursday 29 August	9.00am - 12.00pm	Years 11-13 senior rugby
Friday 30 August	9.00am - 12.00pm	Years 11-13 senior rugby
Monday 2 September	2.00pm - 4.00pm	Year 8 rugby
	2.00pm - 4.00pm	Year 10 & senior lacrosse
	4.00pm - 5.00pm	Years 11-13 senior rugby
	4.00pm - 5.00pm	Year 10 girls strength & conditioning
Tuesday 3 September	2.00pm - 4.00pm	Year 9 rugby
	2.00pm - 4.00pm	Years 8-9 lacrosse
	4.00pm - 5.00pm	Years 11-13 senior rugby
	4.00pm - 5.00pm	Senior girls strength & conditioning
Wednesday 4 September	1.00pm - 3.00pm	Year 7 rugby & lacrosse
	2.00pm - 4.00pm	Year 10 rugby
	2.00pm - 4.00pm	Years 10 & senior lacrosse
	4.00pm - 5.00pm	Years 11-13 senior rugby
	4.00pm - 5.00pm	Year 9 strength & conditioning
Thursday 5 September	2.30pm - 4.00pm	Year 8 rugby & lacrosse
Friday 6 September	2.30pm - 4.00pm	Year 7 rugby & lacrosse
Saturday 7 September	9.00am - 11.00am	Years 7-13 rugby & lacrosse

LOST PROPERTY

- Named and unnamed sports lost property boxes are located outside the sports centre.
- Pupils are emailed weekly if a named item is in the PE lost property box to collect. Where we can, items are given to HOH/tutors to return to pupils directly.
- At the end of term, boxes and the sports centre are emptied. Any unnamed items not collected are given to charity.

RETURN 2 PLAY

We use an external provider called Return2Play to aid in the management of head injuries and concussions. This allows parents to book an online appointment with a Doctor/Concussion Specialist who can diagnose concussion, advise on recovery & return to sport.

Referrals can be made by both school or parents if a child is suspected to have a concussion from sport or any other incident.

Setting up your account:

If you are setting up your account for the first time please use the 'forgotten password' link on the login page. You should then input your email address and receive a password reset email. Once complete you should be able to access your account.

If you have any questions regarding return to play please contact Miss Pemberton.
Email: mpemberton@claremont.surrey.sch.uk

INJURIES AND PROCESS FOR INFORMING SCHOOL

If for any reason a pupil cannot participate in a PE or games lesson due to injury an email must be sent to Miss Pemberton, our Sport Rehabilitation Specialist. This information will then be communicated to the relevant teachers and the care centre where necessary.

Email: mpemberton@claremont.surrey.sch.uk

EQUIPMENT WEBSITES/ GUIDANCE ON FOOTWEAR

Football - <https://www.prodirectsport.com/soccer/>

Rugby - <https://www.prodirectsport.com/rugby/>

Tennis - <https://www.prodirectsport.com/tennis/>

Running & Fitness - <https://www.prodirectsport.com/running/>

FOOTWEAR GUIDE

FOR THE 3G ARTIFICIAL TURF PITCH AT THE SUSSEX COUNTY FA

PERMITTED FOOTWEAR:



Artificial Ground (AG)

RECOMMENDED

Specifically designed for extra abrasion, these boots usually feature more numerous and densely concentrated studs that vary in height and may be hollowed out.



Firm Ground (FG)

RECOMMENDED

Sole plates feature moulded studs which are evenly dispersed across the foot to offer enhanced traction and comfort.



Hard Ground (HG)

RECOMMENDED

Sole plates utilise a harder Thermoplastic polyurethanes compound for enhanced durability and typically feature multiple slightly shorter, evenly dispersed studs for optimal pressure distribution.



Turf Trainer (TF)

ONLY WHEN DRY

Otherwise known as Astro's, they feature a solid rubber outsole with numerous, small multidirectional lugs spread across the sole, which offer limited grip in wet conditions.

FORBIDDEN FOOTWEAR:



Soft Ground (SG)

TEAR THE SURFACE

Sole features removable, replaceable screw-in studs and typically come in a six-stud configuration, with four at the forefoot and two at the heel.



Soft Ground Pro (SGP)

TEAR THE SURFACE

Also known as Hybrid or Mixed Stud, the sole plate comprises of a combination of conical screw-in studs and moulded studs, which are most commonly bladed.



Blades

CAN CAUSE INJURY

Sole plates feature multiple straight slightly shorter, evenly dispersed studs that can restrict movement and turning which could cause injury.



Flat Sole (Indoor)

NO GRIP & FLATTEN SURFACE

Sole made up of non-marking materials such as moulded gum rubber and feature pivot points, flex grooves and herringbone patterns.

Male fit games kit (Years 7 to 13)

General appearance

All pupils should be in school uniform during lessons unless it is their games afternoon that day. In these cases, pupils must wear official school sports kit.

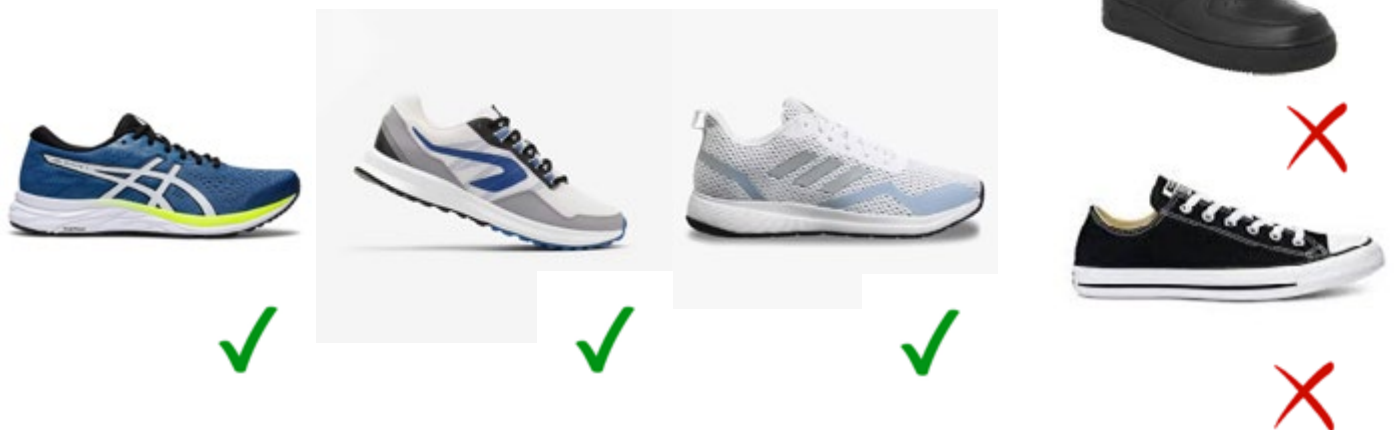
When to wear uniform vs sports kit:

- Pupils must wear school uniform following pre-school practices and before PE lessons. Pupils do not need to change back into uniform after PE lessons.
- Pupils who have games in the afternoon, can wear official Claremont games kit all day.
- If pupils are playing sport at lunch or after school they must change before and after these sessions.

ITEM	DESCRIPTION	COMPULSORY - ALLEY CATZ	OPTIONAL - ALLEY CATZ	ANY RETAILER	PROVIDED BY SCHOOL	QUANTITY
Games shirt	Quartered/striped reversible rugby shirt.	✓	-	-	-	1
Shorts	Navy blue.	✓	-	-	-	2
Thermal base layer top	Branded thermal base layer top.	✓	-	-	-	1
Tracksuit bottoms	Navy, Claremont branded tracksuit bottoms.	✓	-	-	-	1
Mid layer top	Navy KUKRI sports top	✓	-	-	-	1
Navy PE shirt	Navy, branded polo shirt for PE and cricket. Sixth form have a plain blue top.	✓	-	-	-	1
House t-shirt	House colour t-shirt, provided by the school on starting Year 7. Replacement house colour t-shirts can be purchased from Alleycatz for other year groups.	✓ Years 8 to 11	-	-	✓ Year 7	1
Sports socks	Knee-length socks (1 pair) and short, white.navy sports ankle socks (2 pairs).	✓ Long and ankle socks	-	-	-	3
Trainers	Indoor/outdoor trainers - i.e. running trainers (not fashion or leisure trainers). NOT BLACK trainers.	-	-	✓	-	1
Football/ rugby boots	Sturdy rugby or football boots (not plastic removable studs)	-	-	✓	-	1

ITEM	DESCRIPTION	COMPULSORY - ALLEY CATZ	OPTIONAL - ALLEY CATZ	ANY RETAILER	PROVIDED BY SCHOOL	QUANTITY
Mouth guard (Compulsory)	All pupils must be fitted with a safety mouthguard. (any colour)	-	-	✓	-	1
Shin pads (Compulsory)	Shin pads are required for football.	-	-	✓	-	1
Boot bag	Claremont named boot bag.	✓	-	-	-	1
Contact sports top	Waterproof contact top to wear over mid layer for warmth and waterproof protection.	-	✓	-	-	1
Tennis racquet (optional)	For pupils pursuing tennis as a co-curricular activity.	-	-	✓	-	1

Examples of suitable trainer styles:



Female fit games kit (Years 7 to 13)

General appearance

All pupils should be in school uniform during lessons unless it is their games afternoon that day. On these days pupils must wear official school sports kit.

PLEASE NOTE THAT EARRINGS MUST BE REMOVED AT ALL TIMES FOR PE AND GAMES. **TAPE CANNOT BE WORN OVER THE EARS.** If you wish for you child to have their ears pierced we would recommend this is done at the start of the summer holidays to ensure they can remove earrings for the start of the autumn term.

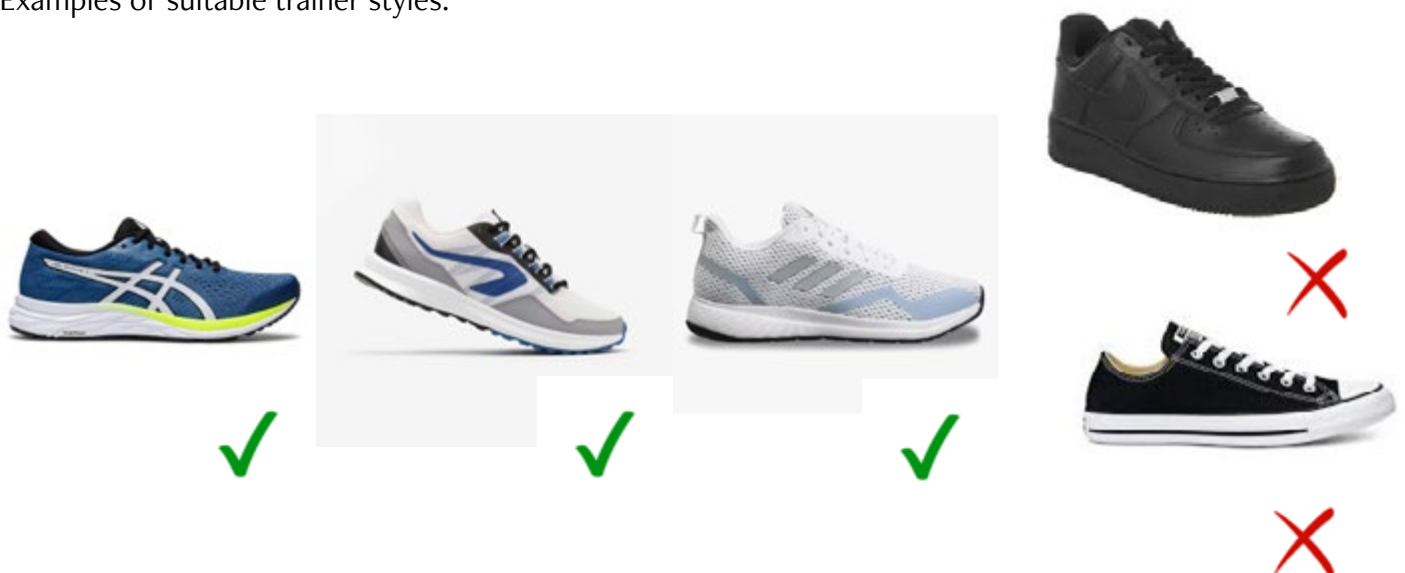
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- If pupils are playing sport at lunch or after school they must change before these sessions.

ITEM	DESCRIPTION	COMPULSORY - ALLEY CATZ	OPTIONAL - ALLEY CATZ	ANY RETAILER	PROVIDED BY SCHOOL	QUANTITY
Lacrosse shirt	Striped lacrosse top - must be personalised with number by AlleyCatz. (allocated on a first come first serve basis)	✓	-	-	-	1
Shorts or skort	Navy blue.	✓	-	-	-	1
Thermal base layer top	Branded thermal base layer top.	✓	-	-	-	1
Thermal base layer leggings	Branded thermal base layer leggings.	✓	-	-	-	1
Tracksuit bottoms	Navy, Claremont branded tracksuit bottoms.	✓	-	-	-	1
Mid layer top	Navy KUKRI sports top.	✓	-	-	-	1
Navy PE shirt	Navy, branded polo shirt for PE and netball. Sixth form have a plain blue top.	✓	-	-	-	1
House t-shirt	House colour t-shirt, provided by the school on starting Year 7. Replacement house colour t-shirts can be purchased from Alleycatz for other year groups.	-	-	-	✓	1
Sports socks	Knee-length socks (1 pair) and short, white/navy sports ankle socks (2 pairs).	✓ Long and ankle socks	-	-	-	3

ITEM	DESCRIPTION	COMPULSORY - ALLEY CATZ	OPTIONAL - ALLEY CATZ	ANY RETAILER	PROVIDED BY SCHOOL	QUANTITY
Mouth guard (Compulsory)	All pupils must be fitted with a safety mouthguard. Any colour.	-	-	✓	-	1
Shin pads (Compulsory)	-	-	-	✓	-	1
Boot bag	Claremont named boot bag.	✓	-	-	-	1
Contact sports top	Waterproof contact top to wear over mid layer for warmth and waterproof protection.	-	✓	-	-	1
Lacrosse eye protector (Compulsory)	-	-	-	✓	-	1
Lacrosse stick (Compulsory)	Please see the next page for details of specialist suppliers.	-	-	✓	-	1
Tennis racquet (optional)	For pupils pursuing tennis as a co-curricular activity.	-	-	✓	-	1
Lacrosse stick bag (optional)	-	-	-	✓	-	1
Gripped lacrosse gloves (optional)	-	-	-	✓	-	1
Trainers (Compulsory)	Indoor/outdoor trainers - i.e. running trainers (not fashion or leisure trainers). NOT BLACK trainers.	-	-	✓	-	1
Lacrosse/ Football boots	Sturdy lacrosse or football boots (not plastic removable studs)	-	-	✓	-	1

Examples of suitable trainer styles:





CLAREMONT FAN COURT SCHOOL

