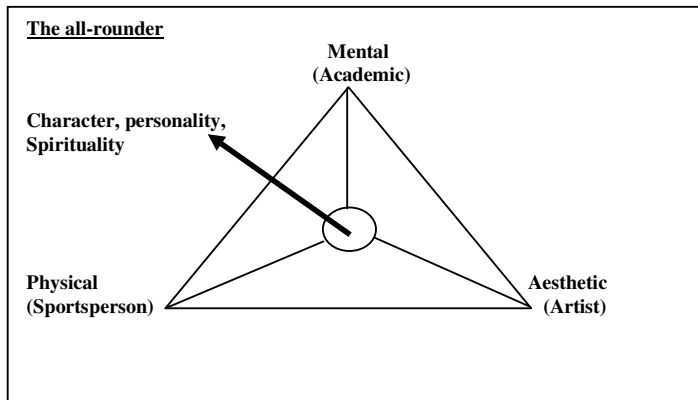


EPSOM
COLLEGE

Guide to Extra- curricular Activities

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Introduction

“The strong may have ideals to inspire them and the weak may not be frightened”. **The Rule of St. Bernard.**

As part of their education at Epsom pupils are offered a wide range of activities for the time outside the classroom. During the week there are 24 hours of classroom time to deliver the academic curriculum and 12 hours of activity time with a further 20 hours for corporate activity, changing time, breaks and meals. It is also expected all pupils will also do at least 12 hours of preparation time during the evenings. This is structured for the boarders.

The extra-curricular programme covers the whole range of sports, music, drama, clubs and societies.

Pupils are expected to fill a designated proportion of that 12 hours with a range of purposeful activities to develop skills and talents in an enjoyable manner. The degree of choice in the programme will depend on age.

The aim of this extensive programme is to help develop well-rounded individuals with all the qualities that will enable enjoyment of life to the full. We aim to foster a balance between the academic, sporting, aesthetic and spiritual elements, fostering tolerance and teamwork, in order to bring out positive aspects including integrity, enthusiasm, resilience, fairness, humility, warmth and confidence; the key elements of leadership. We also expect to inculcate the skills of time management and promote the ability to use time as profitably as possible.

In the future pupils will need to prove to Universities and prospective employers that they are not only academically able but that they are also well balanced individuals, with usefully developed talents. Pupils should, therefore, take the responsibility to explore as many facets of their abilities as possible while they have easy access to opportunities, facilities and skilled staff.

We hope that most pupils will follow a balanced programme which covers a wide range of interests. However, we do accept that some individuals will want

to become specialists as they make progress, and this is catered for in the organisation.

Epsom College prides itself on its ‘all-round’ education, encouraging individual pupils to develop all their talents in order to produce a well-rounded and capable young person. To this end we must not only offer intellectual stimulation but also allow our pupils to discover their own strengths and weaknesses in all the areas of experience. As pupils mature at different rates we must take care to encourage the weaker and less able as well as taking on the strong and capable. We should be able to find a particular talent in all our pupils and to do this we must give our pupils every opportunity to explore as wide a range of activities outside the classroom as possible until they find their niche or niches. We would aim to cater for not only for specialists but also those with general interest, offering and teaching a constructive use of time with the attendant skill of time management. We will also widen pupils’ horizons and experience to provide ‘mental furniture’ for their futures.

“If you neglect to study when you are young, what of your old age?”

Old Chinese proverb

We aim to develop:

- Skills
 - hand eye-coordination,
 - spatial awareness
 - inter-personal communication
 - presentational
 - graphical
 - numerical
 - social
 - organisational
- Talents
- Personality
 - humour
 - manners
 - charm
- Character
 - self-confidence
 - individuality
 - tenacity
 - charity
 - commitment
 - self-awareness
 - respect for others
 - self-reliance
- Socialisation (Citizenship)
- Teamwork
- Philosophy/Spirituality

Many of the extra curricular activities are rooted within the curriculum, many from the interests and enthusiasms of individual members of staff whilst other influences come from outside the College. We must take advantage of all possible opportunities and must encourage pupils to use their time as profitably as possible. There is a place for being in the House and working but equally there is an important role to be

played by staff meeting students in a non-classroom environment.

The pupil's tutor therefore has a vital role to play in this process of maturation and enhancing skills and quality of experience. Many pupils will need no help in filling their time purposefully but some, especially the younger ones, will need a great deal of assistance in planning a programme which will meet their needs.

We also wish to preserve the strengths of the College in terms of the high standard we achieve in so many different areas. To this end negotiation between pupil and Tutor is of paramount importance to allow the pupil some autonomy whilst using the talents available to us in the most effective way. A totally free choice is not on offer, there are some areas of proscription, but the programme should offer other opportunities to offset these. For the younger pupils especially there may well be a significant element of 'compulsion to enjoy' (MCO) and this may even apply to the recalcitrant minority in the older age groups. Pupils must begin to realise that achievements of true worth do take some effort and that not all in life comes gift wrapped for them.

"The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value. I love the man that can smile in trouble, that can gather strength from distress and grow brave by reflection."

Thomas Paine, The Crisis, December 23, 1776

This programme requires commitment for the pupils to receive the full benefit and when signed up to, and accepted on, an activity they should attend it for the whole term. Pupils should therefore be reminded about the commitment involved in this programme, that they have a personal responsibility to attend the activities organised for their benefit, and the steps to be taken if a session is missed as per 'Guidance to Pupils':

Participation in the extra-curricular programme is therefore compulsory and demands commitment from you. Involvement in an activity demands that you attend that activity at the time programmed and you participate fully in order to derive full benefit. It also means that if there are conflicts in your programme as a result of external factors you must plan ahead to ensure that these are resolved in such a way to minimise disruption. If you are unable to attend a particular session, apart from registered absence from the school, you must see the member of staff in advance to ask for permission to miss that activity. This also applies if you are 'off-games'. The appropriate chit must be shown to the member of staff at the start of the session or before.

An element of the arrangements for extra-curricular activities is accountability. The system is able to produce appropriate lists of pupils attending not only games sessions but also activity sessions, which allow House staff to have lists of pupils expected to be in the House for any given 'Quiet time' or preparation slot. It is expected that pupils free of formal activities will be accounted for within the House 'Quiet time/Prep' arrangements unless 'signed out' to an appropriate optional destination eg Library, Instrumental practice/lesson.

For 'core' activities:

- Games;
- CCF;
- 6th Form Wednesday Options;
- M4 Circus;
- Music Ensembles;
- Academic Preps (Art, Drama);

rolls will be taken and those missing the activity will be checked on. This will involve a notice on the 'See Me' board and a note to the pupil via the House post. Appropriate sanctions will be applied for any absence without a legitimate explanation, especially if the pupil has failed to follow the instructions above. House staff should be informed of absence.

For other activities attendance of pupils in the M4 & U4 will be via their activity timetable, signed by the member of staff in charge. Pupils who fail to attend for two consecutive sessions will be removed from that activity list and HMMs informed.

A pupil's programme

Games and activity time is split into 18 daytime periods:

<u>Day</u>	<u>Time</u>	<u>Priority</u>	<u>Label</u>
Monday	Summer Timetable		
	2.55 – 3.45	Academic (P6)	A1
	4.00 – 5.00	Academic	A2
	5.00 – 6.00	Music /Drama	A3
	Evening		A4
	Winter Timetable		
	2.00 – 3.00	Academic	A1
	3.00 – 4.00	Music/Drama	A2
	4.15 – 5.05	Academic (P6)	A3
	Evening		A4
Tuesday	2.15 – 3.00	Games	A1
	3.00 – 3.45	Games	A2
	4.00 – 5.00	Matches	A3
	5.00 – 6.00	Music	A4
	Evening		A5
Wednesday	Michaelmas & Lent		
	2.00 – 3.00	CCF	A1
	3.00 – 4.00	CCF	A2
	Evening		A3
Thursday	2.15 – 3.00	Games	A1
	3.00 – 3.45	Games	A2
	4.00 – 5.00	Music	A3
	5.00 – 6.00	Drama	A4
	Evening		A5
Friday	2.00 – 3.00	Music	A1
	Summer Timetable		
	5.00 – 6.00	Academic/Drama	A2
	Winter Timetable		
Saturday	3.00 – 4.00	Academic/Drama	A2
	Evening		A3
	1.30 – 2.30	Matches	A1
	2.30 – 3.15	Matches	A2
	3.15 – 4.00	Matches	A3

Selection of activities will be done via the dedicated activities selection tab on the Staff Utility and should be done under tutor supervision.

Pupils will select 3 games, usually Tuesday, Thursday and Saturday (**all** pupils must do something on Saturday). 6th formers may select 3 'physical activities' some of which lie outside games priority time.

It is expected that members of the Sixth Form will train and represent the College in the Major Game of the term as appropriate for their gender. If pupils are released from this commitment they may choose 3 physical activities as their games programme.

Those selected for Major Games will be on the lists published by AW and FCD and will honour this commitment unless released by permission of AW or FCD.

Boys 'A' squad players (lists have been published by AW) may have another games session as a **skills practice, unless they opt for a priority activity on the Monday or Friday.**

Games options are offered to the Sixth Form and a limited number of Fifth form and for the majority, excluding new pupils, this will already have been done at the end of the previous Summer Term. Games will start at the beginning of term. All other activities will run 'open house' sessions during the first week to allow pupils to sample the activities. At the end of the first week, once musical and other educational commitments have been established, pupils will select activities to fill up their programme. Tutors should encourage them to go for a varied programme, insisting on cultural and non-sporting elements. The aspiration should be to 'higher culture' and mental enrichment.

Many pupils will have predetermined activities where the commitment is longer than just one term. Those already committed to activities will be expected to pursue them. Those undertaking instrumental tuition will attend at least one of the school music groups, as posted by the Director of Music, whilst music scholars will be encouraged to attend more. You are reminded that those undertaking instrumental tuition may choose instrumental practice as an activity (see below).

Academic scholars will be expected to attend cultural activities.

All pupils have already selected a Wednesday activity. For the Upper Fourth and Fifth the Wednesday slot is already determined as they are part of the CCF. For a large number of Lower Sixth and Upper Sixth they too are already committed to CCF whilst the remainder have opted for other activities. For the Middle Fourth their activity will be part of a circus of activities, lists and programme published by GAL. For some of the Wednesday activities for the Sixth form there are restrictions on who may opt.

On Monday afternoons (A2 Summer/A1 Winter) M4 & U4 boys will be involved in a House Games programme.

On Thursday afternoon (either A3 or A4) the M4s will undertake a compulsory non-sporting activity.

Within this guide can be found a complete list of activities with their timings, venues, age group and maximum numbers accepted and, for many, a general account of what is involved, including who may or may not opt for them. Activities are classified under the CAPSTAN system to assist in producing a balanced programme:

<u>Class</u>	<u>Label</u>	<u>Maps to IB</u>
Cultural	Cu	C
Adventurous	Ad	A
Physical	Ph	A
Service	Se	S
Technical/skills	Te	C
Academic development	Ac	C
Noesis (Rational thought)	No	T

It must be made clear to pupils that these choices do not mean automatic acceptance, it depends on the demand and the maximum number accepted. Every effort will be made to accommodate first choices but this cannot be guaranteed. Re-options for some activities will be necessary and will be carried out through the same software.

Changes of option

Whilst we aim to be as flexible as possible there are significant administrative implications in any change of activity. A 'change of activity' chit is available in Houses and these will only be allowed during the first two weeks of term, unless there is an overriding reason for a change.

Detentions

Departmental detentions (Monday A2 Summer/ A1 Winter) and School detentions (Friday A1) have priority over other activities apart from:

- Friday for choir members: detention will then be A2.

Available Activities: Monday, Tuesday, Thursday, Friday, Saturday

A

ABRSM Grade V Theory Mr. M. Ellis /GAL

Timings: Class A Monday A3 (A2)
Class B Tuesday A4
Class C Thursday 1.45 – 2.15 pm

Ages: Open **Maximum number:** 12

Venue: Music School **CAPSTAN:** Cu/Ac
Lessons for pupils to enable them to sit the ABRSM Grade Five Music Theory examination in February 2007. Pupils learning an instrument at grade 4 level or above should consider taking this examination, which is required for ABRSM practical examinations above grade 5. This activity continues into the Lent Term. Pupils must choose one of the sessions to attend regularly.

Aerobics CW

Timings: Monday Summer TT A2 Winter TT A1

Ages: 6th **Maximum number:** 20

Venue: Fencing Salle **CAPSTAN:** Ph

The activity gives an opportunity for a majority of 6th form girls (although boys are just as welcome) to exercise to music. For every session, participants need to expect a gentle warm-up followed by an intense workout and finally some floor exercises as well as stretching exercises.

The recommended kit is a good pair of trainers, socks, shorts (as you will get hot and sweaty and baggy trousers will get in the way of most exercises!), and a T-shirt.

Art Prep/Focus Time IF/IDN/GP

Timings:

U4 Tuesday A4 20

5th Thursday A4 20

6th Monday A2/3, Tuesday & Thursday A1/2/3/4 Friday A1/2 10

Venue: Art School **CAPSTAN:** Ac

For GCSE, AS and A2 candidates only.

Aural Class (Grade 6-8) Mr. Ellis

Timings: Tuesday 1.45 – 2.15 pm

Ages: Open **Maximum number:** 10

Venue: Music School **CAPSTAN:** Cu

B

Backstage Team PH/MRR/AD

Timings: Tuesday & Thursday A3/4

Ages: Open **Maximum number:** 30

Venue: Main Hall **CAPSTAN:** Se/Te

You will work as part of the Backstage Team for College productions. Opportunities exist to assist with lighting and sound (Tech Team) to build scenery and props (Stage Crew), Costumes (Dress Team) and Make up. Appropriate training is supplied for each area.

For Tech Team:

An interest in competence in electronics, sound systems and lighting an advantage.

For Stage Crew:

A good knowledge of construction techniques and the use of tools and equipment are necessary or the enthusiasm to learn about these quickly. A good painting ability would also be useful.

For Dress Team:

An interest in dress making and an ability to sew plus an eye for fashion (current and historical) and accessories would be an advantage.

Band Workshop Mr Baker

Timings: Group A Tuesday A4

Group B Tuesday A3

Group C Thursday A4

Group D Friday A1

Ages: Open **Maximum number:** 40

Venue: Portakabin **CAPSTAN:** Cu

Membership of this ensemble is posted by the Director of Music but others interested in the variety of pop and rock music may also join.

Basketball Club JMD

Timings: Tuesday A4

Ages: 5/6th

Maximum number: 20

Venue: SH1

CAPSTAN: Ph

Basketball Club (Junior) OC

Timings: Thursday A4

Ages: M4/U4

Maximum number: 14

Venue: SH1

CAPSTAN: Ph

Big Band CIH

Timings: Monday A3 (A2)

Ages: Open **Maximum number:** 40

Venue: Concert Hall **CAPSTAN:** Cu

The full line-up of saxophones, trumpets, trombones and rhythm section (guitars, piano and drums) plays music of the big band/swing era together with big band arrangements of film and TV themes and songs from the musicals. Membership of this ensemble is posted by the Director of Music.

Business Studies A2 coursework NCM

Timings: Tuesday & Thursday A3/4

Ages: U6th

Maximum number: 20

Venue: Ec1

CAPSTAN: Ac

C

Canoe Club NSAP

Timings: Friday A2

Ages: Open

Maximum number: 8

Venue: Swimming Pool

CAPSTAN: Ph

Chapel Choir GAL**Timings:** Tuesday A4, Friday A1, Saturday 8.10 – 9.30 am**Ages:** Open **Maximum number:** 72**Venue:** Chapel **CAPSTAN:** Cu

The Chapel Choir rehearse twice each week and leads the worship at the College services. It has an enviable reputation for the standards achieved and we sing the full range of sacred repertoire. The choir has sung in Westminster Abbey, St. Paul's & Southwark Cathedrals. The most prestigious choral group in the school. Entry is by audition. Membership is open to everyone by audition.

Charity Workshop AD**Timings:** Friday A2**Ages:** Open **Maximum number:** 12**Venue:** En **CAPSTAN:** Se**Chess Club** BJA**Timings:** Thursday A4**Ages:** Open **Maximum number:** 12**Venue:** Ma7 **CAPSTAN:** Cu**Choral Society** GAL**Timings:** Tuesday 8.00 – 9.15 pm A5**Ages:** Open **Maximum number:** 150**Venue:** Chapel **CAPSTAN:** Cu

A large choir of local people and members of the school rehearsing for the Royal Albert Hall event and a performance of Verdi's Requiem in January 2005. No audition required. Your chance to sing in a choir with over 100 others.

Clarinet Ensembles Miss N. Hutchins**Timings:** Thursday A4**Ages:** Open **Maximum number:** 30**Venue:** Holman Reading Room **CAPSTAN:** Cu/Te

Membership of this ensemble is posted by the Director of Music.

Classical Guitar Ensemble Mr. J. Taylor**Timings:** Tuesday A4**Ages:** Open **Maximum number:** 20**Venue:** Ma2 **CAPSTAN:** Cu

Membership of this ensemble is posted by the Director of Music.

College Archive AGS**Timings:** Tuesday A3/A4; Friday A1**Ages:** Open **Maximum number:** 4**Venue:** College Archive **CAPSTAN:** Se**College Singers** Miss Meek**Timings:** Friday A1**Ages:** Open **Maximum number:** 50**Venue:** Holman Reading Room **CAPSTAN:** Cu

For all who enjoy singing, a choir that does not require an audition and which tackles a wide range of pieces.

Computer Programming Club TCVT**Timings:** Tuesday A34**Ages:** OP **Maximum number:** 20**Venue:** IT3 **CAPSTAN:** Ac

Anyone who is interested in acquiring or developing programming skills is welcome to join this club. Concentrating mainly on Logo and Visual Basic, you will have the opportunity to learn new programming techniques and develop your own programs. You will be able to explore aspects of programming that particularly interest you, such as animation or database programming. You will be able to work on your own or jointly with others on group project work. Books, worksheets and an experienced teacher will be there to help you!

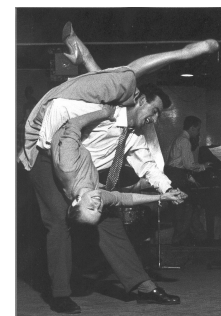
You might like to consider entering the annual Programming Competition. Each year the brief is different; there will be a very desirable prize for the winning entry. Details are announced during the Michaelmas term.

Cricket Club DJRC**Timings:** Tuesday A4**Ages:** Open **Maximum number:** 20**Venue:** SH2 **CAPSTAN:** Ph**Cross Country** PJG**Timings:** Friday A2**Ages:** Open **Maximum number:** 20**Venue:** Fencing salle **CAPSTAN:** Ac**Curie Society** PEDG**Timings:** Friday A2**Ages:** 6th **Maximum number:** 12**Venue:** Bi4 **CAPSTAN:** Ac

Open to all 6th Form scientists. The opportunity you have been waiting for; a chance to develop and present your ideas in an adult forum. See PEDG in advance for more details.

D**Dance (Jive)** APT**Timings:** Tuesday A3**Ages:** Open**Maximum number:** 20**Venue:** Fencing Salle**CAPSTAN:** Ph/Te

Rock and Roll dancing – the dance craze that is sweeping the country. Dare you be left behind?

**Dance (Jazz & Modern)**

Mrs. L. Johnstone

Timings: Thursday A4**Ages:** Open**Maximum number:** 20**Venue:** Fencing Salle**CAPSTAN:** Ph/Te

Learn new Dance Routines including Funk, Rock, Modern and Show Style (West End). Improve your co-ordination, flexibility strength and musicality. Come and have some fun, all levels welcome. Try it and enjoy!

Debating

AF

Timings: Thursday A4/5**Ages:** Open **Maximum number:** 20**Venue:** TBA **CAPSTAN:** Cu

Would you like to learn how to argue so effectively that you should always win an argument? Debating will teach you not only to be able to produce an effective argument that cannot be shot down (well, theoretically anyway!) but will also teach you how to speak in public with confidence.

Downs Singers

CIH

Timings: Thursday 1.45 – 2.15 pm**Ages:** Open **Maximum number:** 16**Venue:** Concert Hall **CAPSTAN:** Cu

A 16-strong 'close harmony' type vocal group which rehearses weekly and gives performances in College, in the local area and annually at Westminster Central Hall, London. The songs sung are mostly arrangements of popular chart hits from the sixties to the present day. Membership is by audition.

Drama Preps**Timings:**

Thursday 5B1 A3 KC

Friday 5A1 A1 PAH

Ages: 5th **Maximum number:** 16**Venue:** Drama Studio **CAPSTAN:** Ac**DT Club/Prep**

PMS

Timings: Monday Summer TT A2 Winter TT

A3; Tuesday & Thursday A1/2, A3/4; Friday A2

Ages: Open **Maximum number:** 16**Venue:** DT **CAPSTAN:** Ac**E****EAL Academic Tutorial**

AD

Timings: Monday A1**Ages:** 5th **Maximum number:** 12**Venue:** En1 **CAPSTAN:** Ac**Earthwatch**

EAH

Timings: Monday A3**Ages:** M4/U4 **Maximum number:** 20**Venue:** 150th Garden **CAPSTAN:** AcDeveloping the 150th Anniversary conservation garden.**English Studies**

AB/RW

Timings: Tuesday A2**Ages:** U6 **Maximum number:** 12**Venue:** En **CAPSTAN:** Ac

For non-Oxbridge potential English undergraduates

F**Fish Keeping Club**

NSAP

Timings: Tuesday A2**Ages:** M4/U4 **Maximum number:** 4**Venue:** Ch **CAPSTAN:** Te**Flute Ensemble**

Ms N. Willis

Timings: Friday A1**Ages:** Open **Maximum number:** 25**Venue:** Concert Hall **CAPSTAN:** Cu/Te

Membership of this ensemble is posted by the Director of Music.

Football Club

CAPSTAN: Ph

Junior: PJG**Timings:** Tuesday & Thursday A4**Ages:** M4/U4 **Maximum number:** 24**Venue:** Chapel Astro**5th**

APF

Timings: Tuesday & Thursday A4**Ages:** 5th **Maximum number:** 24**Venue:** TBC**Senior:**

AJW

Timings: Monday Summer TT A3/Winter A2;

Thursday A4

Ages: 6th **Maximum number:** 20/14**Venue:** Chud 2/SH1**G****Golf Club**

EGI

Timings: Monday A3**Ages:** Open **Maximum number:** 10**Venue:** **CAPSTAN:** Ph

This is an opportunity to play golf on the Epsom Downs course and participate in occasional inter-school matches. Players must wear acceptable golf dress.

Golf Lessons

EGI

Timings: Friday A1/2**Ages:** Open **Maximum number:** 10**Venue:** **CAPSTAN:** Ph

This term golf lessons can be arranged with the professional Ron Goudie at Epsom Golf Club. During the term there will be the opportunity to have 5 forty-minute lessons in a small group. The lessons will cover

- the long game including set up
- chipping
- putting and bunker play
- rules and course etiquette

The remaining slots in the term can be used for practice at the club or to play a round/part of a round. There will be a charge for the lessons, which can be added to the school bill. If six pupils sign up for the activity, the charge will be £30 per pupil, for the term. If five pupils sign up the charge will be £36.00. Appropriate clothing will be required.

Greek GCSE

KS

Timings: Monday Summer TT A2/A3 Winter TT A1/A2**Ages:** Open **Maximum number:** 5**Venue:** Cl 1 **CAPSTAN:** Cu/AcBy arrangement with KS **ONLY**.**H****Hockey Club**

SJH

Timings: Tuesday & Thursday A3**Ages:** Open (M4 NOT Thursday) **Maximum number:** 24**Venue:** Chapel Astro **CAPSTAN:** Ph

For non-hockey opters.

House Play Rehearsals

Timings: Tuesday & Thursday A3/4, Friday A2

Venue: **CAPSTAN: Cu**

Ages: Open **Maximum number:**

Bookable sessions for Rosebery House performing their house play this term.

I

Instrumental Practice

Timings: Monday A1/2/3, Tuesday & Thursday A1/2/3/4, Friday A1/2

Ages: 56 **Maximum number:** 12

Venue: Music School **CAPSTAN:** Ac

Pupils may enter regular practice times as part of their activity programme.

J

Japanese

Tutor

Timings: as arranged

Venue: as arranged **CAPSTAN:** Ac

Ages: Open **Maximum number:** 5

Classes can be organised as arranged with the tutor.

Judo

MRR

Timings: Monday Summer TT A3 Winter TT A2

Venue: Fencing Salle **CAPSTAN:** Ph

Ages: M4/U4 **Maximum number:** 20

Judo for beginners and those more proficient.

Junior Fencing Club

OC

Timings: Thursday A3

Ages: M4/U4 **Maximum number:** 16

Venue: Fencing salle **CAPSTAN:** Te

An opportunity for those who are new to the sport to develop their basic skills, building on the teaching from the M4 Circus sessions. Total beginners welcome.

Junior Rifle Club

RG/JRWP

Timings: Tuesday A3/4

Ages: M4/U4 **Maximum number:** 16

Venue: Indoor Range **CAPSTAN:** Te

Junior Rifle Club Assistance

RG/JRWP

Timings: Tuesday A3/4

Ages: 6th **Maximum number:** 8

Venue: Indoor Range **CAPSTAN:** Se

L

Latin GCSE

KS

Timings: Tuesday A3

For candidates taking GCSE in 2009 (M4th)

Tuesday A4

For candidates taking GCSE in 2008 (U4th)

Friday A1/2

For candidates taking GCSE in 2007 (5th)

Ages: As above

Maximum number: 5

Venue: C11

CAPSTAN: Cu/Ac

By arrangement with KS **ONLY.**

LNAT Preparation

IMcC

Timings: Monday Summer TT A2 Winter TT A1

Ages: U6 **Maximum number:** 10

Venue: En4 **CAPSTAN:** Ac

This class offers valuable preparation for those U6 students who will be sitting the LNAT as part of their university applications. This LNAT is designed to identify those students who possess the skills and intellect that will enable them to study Law successfully as an academic subject. These classes will familiarise students with the format and scope of this test. The classes will include the examination of sample and practise papers, assistance with analytical writing and advice on the acquisition of independent learning skills. Attendance at this class is, thus, advisable for those applying to do Law at Birmingham, Bristol, Cambridge, Durham, East Anglia, Nottingham, Oxford and UCL.

M

Martial Arts: Ju-Jitsu

NB

Timings: Friday A2

Ages: 5th/6th **Maximum number:** 24

Venue: Fencing Salle **CAPSTAN:** Ph

A Japanese martial art from which disciplines such as Judo and Aikido have stemmed from. Concentrating on self-defence moves to neutralise an attacker's force, Ju-Jitsu also teaches locks, holds and submissions. This is a contact sport suitable for all ages and all abilities.

Martial Arts: Taekwon-do

NB

Timings: Friday A1

Ages: 5th/6th **Maximum number:** 24

Venue: Fencing Salle **CAPSTAN:** Ph

This course is run by a Sixth Dan black belt in Taekwon-do and involves learning and using hand and foot techniques as well as methods of self-defence. The activity is suitable for both male and female students, and contains elements of fitness and light contact.

Mask Making

KC

Timings: Saturday A1

Ages: 56 **Maximum number:** 12

Venue: Drama Studio **CAPSTAN:** Ac

Movie Making

TCVT

Timings: Thursday A3 & A4

Ages: OP **Maximum number:** 15

Venue: IT3 **CAPSTAN:** Te

This activity is designed to introduce you to the exciting world of making and editing digital video movies. You don't need any particular expertise - just enthusiasm and commitment. You will be part of a team that will

need to develop skills in storyboarding, script writing, videography, lighting, sound and post production. A short comedy film or a series of sketches would be a good place to start, but you might also like to consider a documentary or a short video play.

N

O

Orchestra

MH

Timings: Thursday A3/4

Ages: Open **Maximum number:** 70

Venue: Concert Hall **CAPSTAN:** Cu

Membership of this ensemble is posted by the Director of Music.

Oxbridge Lessons

Timings:

Biology Monday Summer TT A2
Winter TT A1 PEDG Bi

Chemistry Monday Summer TT A2
Winter TT A1 TMM Ch

Economics Monday Summer TT A2
Winter TT A1 DNR Ec

English As arranged

Geography: Monday Summer TT A2
Winter TT A1 EAH Gg2

History Monday Summer TT A2
Winter TT A1 AGS Hi

Mathematics As arranged

Modern Languages Monday Summer TT A2
Winter TT A1 RE MI

Physics As arranged AWH

Politics Monday Summer TT A3
Winter TT A2 AGS Hi

Ages: U6th **Maximum number:**
Venue: Departments **CAPSTAN:** Ac

P

Percussion Ensemble

Mr MW Osborn

Timings: Friday A1

Ages: Open **Maximum number:** 20

Venue: Music School **CAPSTAN:** Cu

Photography

Timings & Ages: Tuesday A3 Open
Tuesday A4 6th
Thursday A3 U4/5th
Thursday A4 M4

Maximum number: 8

Venue: Art School **CAPSTAN:** Te/Cu

Philosophical Society

CAC/MO

Timings: Bi weekly Friday A3

Ages: 6th **Maximum number:** 15

Venue: John Probert Room **CAPSTAN:** No

We meet once a fortnight to discuss philosophical issues such as 'What is truth?' or 'Does Science accurately describe the world?' and generally to enjoy having in-depth discussions on whatever is topical. Occasionally we watch, and discuss, a movie. We meet in the council room at 6.10p.m. every second Friday, in an informal atmosphere; refreshments are available, or, you can collect your supper from the dining room if you wish. This society is primarily for Sixth Formers, but any Fifth former with a strong interest may seek special permission.

Pilates

HEK/Mrs. Moore

Timings: Tuesday A4/5

Ages: 6th **Maximum number:** 15

Venue: Cricket Pavilion **CAPSTAN:** Ph

Pilates will improve your posture, strengthen your back allowing you to be more comfortable when sitting exams and playing on the games field. It improves muscle tone all over your body concentrating on key areas such as tummy, thighs and arms. It helps you feel fitter, leaner and stronger and will last you for life! working at your own level of excellence means it suits all abilities so give it a go!

R

Rugby Analysis

RIW

Timings: Monday A2

Ages: 6 **Maximum number:** 20

Venue: Gg5 **CAPSTAN:** Te

Rugby (Girls)

Timings: Friday A2

Ages: 6th **Maximum number:** 30

Venue: Chuds **CAPSTAN:** Ph

Running Club

JRLH/PJG

Timings: Monday A3; Friday A2

Ages: Open **Maximum number:** 20

Venue: **CAPSTAN:** Ph

The running club is aimed at those (young and old, and both boys and girls) who would like to improve and maintain their basic fitness. It is hoped to cater for all abilities *below* the very fit and fast, from beginner upwards. It might appeal to those who are looking for a physical activity to undertake as part of a Duke of Edinburgh award. Although a degree of commitment will be expected from those who join, occasional participation will be accepted.

S

Saxophone Ensemble

Mr. Hassall

Timings: Thursday A4

Ages: Open **Maximum number:** 30

Venue: Ma **CAPSTAN:** Cu

Membership of this ensemble is posted by the Director of Music.

School Newspaper AB/RW

Timings: Thursday A3/4

Ages: Open **Maximum number:** 20

Venue: En **CAPSTAN:** Cu

School Play Rehearsals IMCC

Timings: Tuesday A3/4; Thursday A3/4; Friday A2

Ages: Open **Maximum number:** 50

Venue: Big School **CAPSTAN:** Cu

SCUBA Club EAH

Timings: Tuesday A5

Ages: 5th & 6th **Maximum number:** 4

Venue: Swimming Pool **CAPSTAN:** Ph

Introduction to SCUBA diving for 1one term.

Snorkelling Club EAH

Timings: Tuesday A5

Ages: M4 & U4 **Maximum number:** 20

Venue: Swimming Pool **CAPSTAN:** Ph

An opportunity for those interested in developing the skill of snorkelling leading to entry to the SCUBA club. A one term course providing the basic training.

Squash Club MALT

Timings:

M4/U4 Monday A2/3

Open Thursday A4/5

Friday A1

Team Monday, Friday 6.15 – 7.15 pm

Ages: **Maximum number:** 12

Venue: Sports Centre **CAPSTAN:** Ph

Squash Club (Girls) PST/NF

Timings: Tuesday A4/5; Friday A2

Ages: Open **Maximum number:** 12

Venue: Sports Centre **CAPSTAN:** Ph

Swimming Club

Timings: Monday Summer TT A3 Winter TT A2; Tuesday & Thursday A3; Friday A1

Ages: Open **Maximum number:** 20

Venue: Swimming Pool **CAPSTAN:** Ph

An opportunity for swimmers of all abilities to improve style, fitness and overall skill with direct coaching. Opportunities exist to join the College Swimming team. However the aim is enjoyment and opportunity.

T

Table Tennis CR

Timings:

M4/U4 Monday Summer TT A2, Winter TT A3

5th/6th Monday Summer TT A1, Winter TT A2

Open Friday A1

Ages: As above **Maximum number:** 16

Venue: SH2 **CAPSTAN:** Ph

Tennis Club SH

Timings: Monday Summer TT A2/3, Winter TT A1/A2

Ages: Open **Maximum number:** 24

Venue: Tennis Courts **CAPSTAN:** Ph

Textiles & Fashion Design

Timings:

Tuesday Open A3 A4

Thursday M4 A3 A4

Friday Open A1

Ages: As above **Maximum number:** 10

Venue: Design Studio **CAPSTAN:** Te/Cu

Are you an aspiring Paul Smith or Paloma Picasso? Do you want to make or customise your own clothes? Try the fashion design and textiles activity in the DT Design Studio to learn the skills you need. No experience necessary. A charge will be made for materials used.

Theatre Studies Preps

Timings:

U6th Thursday A4 KC

Monday Summer TT A2 Winter TT A1 PAH

Friday A2

L6th Wednesday A1 KC

Monday Summer TT A3 Winter TT A2 PAH

Tuesday A4

Ages: As Above **Maximum number:** 16

Venue: Drama Studio **CAPSTAN:** Ac

V

Volleyball Club CR

Timings: Tuesday & Thursday A3, Friday A2

Ages: Open **Maximum number:** 24

Venue: SH2 **CAPSTAN:** Ph

W

Waterpolo Club EAH

Timings: Thursday A5

Ages: U4/5th/6th **Maximum number:** 24

Venue: Swimming Pool **CAPSTAN:** Ph

Web Design RAJ

Timings: Monday Summer TT A3, Winter TT A2

Ages: Open **Maximum number:** 10

Venue: IT1 **CAPSTAN:** Te

This is an opportunity to discover the secrets behind professional web page design. These sessions are intended as an introduction for those who are new to authoring for the Web; however if you have previous experience you may like to come along to develop your skills or help those who are just starting. Macromedia Studio 8 is now installed across the school network, so you can learn how to create high quality animated graphics.

X

Y

Yoga**Timings:** Friday A2**Ages:** Girls Open **Maximum number:** 24**Venue:** White House CR **CAPSTAN:** Ph

The yoga activity is suitable for beginners as well as those with some experience and is normally practised in bare feet. Wear comfortable clothes, such as tracksuit bottoms or shorts, and have warm clothes available for relaxation at the end of the session.

Young Co-operative**MRR****Timings:** Monday A2**Ages:** Open **Maximum number:** 20**Venue:** JPR **CAPSTAN:** Se

Meeting time for those pupils involved in developing hampers and gift baskets of Fairtrade products.

Young Enterprise**EGI****Timings:** Monday Summer TT A2, Winter TT A1**Ages:** L6th **Maximum number:** 2 x 14**Venue:** Ec3 **CAPSTAN:** Ac

Pupils who have been successful in their application to join a Young Enterprise Company (separate forms available and already distributed to the L6th) should opt into this slot as protected working time for company business.

Optional Extra Sessions

These are NOT formally part of the activity and games programme and are to be undertaken ONLY when you have no other prior commitment or, under exceptional circumstances, with permission from the prior commitment.

Clinics**Biology****MDH/SAW****Timings:** Tuesday & Thursday A3/4**Ages:** Open**Venue:** Bi **CAPSTAN:** Ac**Business Studies****NCM****Timings: General** – Monday Summer TT A2, Winter TT A1; **Coursework** Tuesday & Thursday A3/4**Ages:** 6th**Venue:** Ec **CAPSTAN:** Ac**Careers****RJBH****Timings:** Monday Summer TT A2/3, Winter TT A1/A2 ; Wednesday A2/3; Tuesday & Thursday A3/4**Ages:** Open**Venue:** Careers Library **CAPSTAN:****Chemistry****TMM****Timings:** Friday A1**Ages:** Open**Venue:** Ch **CAPSTAN:** Ac**Computing****TCTV****Timings:** Friday A1**Ages:** Open**Venue:** IT3**CAPSTAN:** Ac

This is your opportunity to get some expert help with any computing problem you may have. Perhaps you would like advice on using applications, buying a computer, or connecting to the school network. Maybe you are studying ICT or Computing and you would like some additional help with the theory or a practical aspect of your work. Whatever the problem, come along on Friday afternoons; help is at hand!

Economics**DNR****Timings:** Tuesday & Thursday A4**Ages:** Open**Venue:** Ec **CAPSTAN:** Ac**Geography Club****RIW****Timings:** Friday A1**Ages:** Open**Venue:** Gg5 **CAPSTAN:** Ac**Gold Duke of Edinburgh Award****MH****Timings:** Tuesday A5**Ages:** U6**Venue:** Armoury **CAPSTAN:** Ad**History****AGS****Timings:** Tuesday A2/A3**Ages:** Open**Venue:** Hi **CAPSTAN:** Ac**Mathematics****AJW****Timings:** Tuesday A1**Ages:** Open**Venue:** Ma **CAPSTAN:** Ac**Modern Languages****BJC/HEK****Timings:** Tuesday & Thursday A3/4**Ages:** Open**Venue:** Mi **CAPSTAN:** Ac**Design Technology****PMS****Timings:** Sunday 10.00 am – 12.30 pm**Ages:** Open**Venue:** DT **CAPSTAN:** Ac

By direct arrangement with PMS ONLY.

Music**Composition Clinic****GAL****Timings:** Monday Summer TT A3, Winter TT A2**Ages:** Open**Venue:** **CAPSTAN:** Ac**Instrumental Tuition****CAPSTAN:** Te/Cu

Pupils who request lessons (via a form signed by parents) agree a lesson time with their instrumental teacher. As part of the arrangement pupils agree to attend a weekly lesson, practise between lessons, and commit to an ensemble under the guidance of the Director of Music.

Music with Computers**Ages:** Open**Maximum number:** 6

Timings: Wednesday A1/2
Ages: L6th only **Maximum number:** 24
Venue: Gg2 **CAPSTAN:** Se
 A course to gain a College certificate in first aid.

Community Sports Leadership **SJH**

Timings: Wednesday A1/2
Ages: L6th only **Maximum number:** 12
Venue: Sports Centre **CAPSTAN:** Se
 A scheme devised by the Council for Physical Recreation which aims to develop leadership, organisation and coaching skills. This is NOT a course in games-playing.

Community Service **CIH**

Timings: Wednesday A2/3
Ages: 6th **Maximum number:** 15 per year
Venue: Off site **CAPSTAN:** Se
 The principle objective is to be of service to people in the community. You will need to be patient, keen to listen and to help others. We visit residential Homes for the elderly, those in sheltered housing and people living on their own. You may be expected to help with shopping, cleaning, gardening or just talking to someone but your aim will always be to put others first.

English Studies **FJC/AD**

Timings: Wednesday A2
Ages: 6th **Maximum number:** 10
Venue: En **CAPSTAN:** Ac
 For pupils who need / wish to develop English communication skills - spoken & written. IELTS course for those not doing it in General Studies + special English course for Medicine & Law.

Epsomian **JRWP**

Timings: Wednesday A1
Ages: U6th only **Maximum number:** 6
Venue: Hi **CAPSTAN:** Se

Information Technology **CJD**

Timings: Wednesday A1
Ages: 6th **Maximum number:** 20
Venue: IT1 **CAPSTAN:** Ac
 These are open sessions in which you can pursue any area of computing that interests you. Some students work on developing their skills in standard applications such as word processing and spreadsheets; some explore new avenues such as presentation graphics or web design. The choice is yours, and expert assistance is on hand should you require it!

International Cinema **RMW**

Timings: Wednesday A1

Ages: 6th **Maximum number:** 20
Venue: Ml **CAPSTAN:** Ac
 Cinema of the wider French speaking world and Latin America will be covered, giving an overall cultural view. Knowledge of French/Spanish language not required.

Library **SP**

Timings: Wednesday A1
Ages: 6th **Maximum number:** 4
Venue: Library **CAPSTAN:** Se
 An opportunity for a few pupils to assist in the running of the College Library. Pupils must have some knowledge of the Library and be willing to turn a hand to anything including database work.

M4 Helpers **GAL**

Timings: Wednesday A1/2
Ages: U6th only **Maximum number:** 12
Venue: Various **CAPSTAN:** Se
 Pupils may be expected to help coach and supervise some of the following activities: badminton; squash; basketball; golf; bridge & chess; computing; hockey. You must first speak to GAL and must also have appropriate experience/skill and be prepared to take responsibility.

Martial Arts **NB**

Timings: Wednesday A2
Ages: 6th **Maximum number:** 20
Venue: Fencing Salle **CAPSTAN:** Ph
 This course is run by a Fifth Dan black belt in Taekwon-do and involves learning and using hand and foot techniques as well as methods of self defence. The activity is suitable for both male and female students, and contains elements of fitness and light contact.

Music **GAL**

Timings: Wednesday A1
Ages: 6th **Maximum number:** 12
Venue: Music School **CAPSTAN:** Ac
 This activity is available only to genuine musicians, usually studying two instruments, who need extra practice time. Such pupils are likely to be working to advanced performance in Grade 7/8, Advanced Level or Diploma.

Photography **MRR**

Timings: Wednesday A1/2
Ages: 6th **Maximum number:** 8
Venue: Art School **CAPSTAN:** Cu/Te

Textiles **BD**

Timings: Wednesday A1/2
Ages: 6th **Maximum number:** 10
Venue: Design Studio **CAPSTAN:** Te

Create your own customised floor beanbag with tie-dye, batik or fabric paints. No experience of sewing necessary - you will learn all the basic skills including how to use a sewing machine. A charge will be made for materials used.



Theatre Studies

KC

AS**Timings:** Wednesday A1**Ages:** L6th **Maximum number:** 12**A2****Timings:** Wednesday A2**Ages:** U6th **Maximum number:** 12**Venue:** Drama Studio **CAPSTAN:** Ac

Only for those taking A Level. It is an opportunity to expand practical experience.

Middle Fourth

Members of the Middle Fourth will take part in a three/four weekly cycle of activities from:

Badminton **BJA/SYC****Timings:** Wednesday A1/2**Ages:** M4 **Maximum number:** 24**Venue:** Sports Centre **CAPSTAN:** Ph**Basketball****JMD/WDB****Timings:** Wednesday A1/2**Ages:** M4 **Maximum number:** 24**Venue:** Sports Centre **CAPSTAN:** Ph**Fencing****AMD/OC****Timings:** Wednesday A1**Ages:** M4 **Maximum number:** 24**Venue:** Fencing Salle **CAPSTAN:** Ph**Self Defence****Mr. K Ratcliffe****Timings:** Wednesday A1**Ages:** M4 **Maximum number:** 24**Venue:** Main Hall **CAPSTAN:** Ph**Hockey****DJRC****Timings:** Wednesday A1**Ages:** M4 **Maximum number:** 24**Venue:** Crosbie **CAPSTAN:** Ph**Squash****AJW****Timings:** Wednesday A1/2**Ages:** M4 **Maximum number:** 24**Venue:** Sports Centre **CAPSTAN:** Ph

In one of the cycles they will also be given a short course in Touch Typing

Computer Keyboard Skills**Mrs. G. Ellens****Timings:** Wednesday A1/2**Ages:** M4 **Maximum number:** 24**Venue:** IT3 **CAPSTAN:** Te

During this course you will be taught the correct way to use the computer keyboard. We won't be able to make a touch typist of you in just eight sessions, but we will get you started, showing you which fingers to use and giving you plenty of practical exercises. You will use

the acclaimed KAZ keyboard tutor program, which will drill you in the correct operation of the keyboard and help you develop good habits. With further practice on the computers in the weeks and months to come, your speed and accuracy will increase and your use of computers will become much more efficient. It's an important life skill which you won't regret having taken the trouble to learn!

Middle Fourth Thursday Circus

All members of the Middle Fourth must choose a non-sporting activity from the general list of open activities or from those activities specifically for the juniors:

Chess**BJA****Timings:** Thursday A4**Ages:** Open**Maximum number:** 20**Venue:** Ma**CAPSTAN:** Cu**Curious Pursuits****Timings:** Thursday A3**Ages:** M4**Maximum number:** 12**Venue:** Library**CAPSTAN:** Ac

A chance to discuss what you enjoy reading and to take part in a series of fun games and activities with a information theme. You would also get the chance to help suggest visiting authors and shape the future of your Library.

Drama**TSC****Timings:** Thursday A4**Ages:** M4**Maximum number:** 20**Venue:** Main Hall**CAPSTAN:** Cu**Debating****AF****Timings:** Thursday A4**Ages:** Open**Maximum number:** 20**Venue:** TBA**CAPSTAN:** Cu

Intended for a group of pupils who would be interested in formal debating, informal discussion and developing writing skills outside/beyond the classroom/prep context.

Ensemble Music**As Above****Timings:** Thursday A4/5**Ages:** Open**Maximum number:** 16**Venue:** Music School **CAPSTAN:** Cu

An opportunity to join the Clarinet or Saxophone ensemble, School Orchestra or a Rock group.

Junior Fencing Club**OC****Timings:** Thursday A3**Ages:** M4/U4**Maximum number:** 16**Venue:** Fencing salle**CAPSTAN:** Te

An opportunity for those who are new to the sport to develop their basic skills, building on the teaching from the M4 Circus sessions. Total beginners welcome.

Movie Making**TCVT****Timings:** Thursday A3 & A4**Ages:** Open**Maximum number:** 15**Venue:** IT3**CAPSTAN:** Te

This activity is designed to introduce you to the exciting world of making and editing digital video movies. You don't need any particular expertise - just enthusiasm and commitment. You will be part of a team that will need to develop skills in storyboarding, script writing, videography, lighting, sound and post production. A short comedy film or a series of sketches would be a good place to start, but you might also like to consider a documentary or a short video play.

Photography

Timings: Thursday A3 or A4

Ages: Open **Maximum number:** 6

Venue: Art School **CAPSTAN:** Cu

Textiles

Timings: Thursday A3/A4

Ages: M4 **Maximum number:** 10

Venue: Design Studio **CAPSTAN:** Te

This year we will make the most of old jeans and denim jackets - recycling them into trendy bags and purses. No experience of sewing necessary - you will learn all the basic skills you need including how to use a sewing machine. A small charge may be made for materials used.

Games Programme

M4 & U4

Boys: Rugby

Girls: Hockey & 1 Netball

5th & 6th Form

Boys: Rugby unless released by AW then opt for a minimum 3 day programme (must include Saturday) from the list below.

Girls: All 5th form play Hockey & 1 Netball

6th Form: Opt for a minimum 3 day programme (must include Saturday) from the list below.

Aerobics

Timings: Saturday A1

Ages: 6th **Maximum number:** 20

Venue: Fencing Salle **CAPSTAN:** Ph

Badminton

DRP

Timings: Tuesday, Thursday, A1/2; Saturday A2/3

Ages: 5th/6th **Maximum number:** 32

Venue: SH2 **CAPSTAN:** Ph

Basketball

Timings: Tuesday & Thursday A3; Saturday A2

Ages: 5th/6th **Maximum number:** 18

Venue: SH1 **CAPSTAN:** Ph

Fencing

AWH

Timings: Tuesday, Thursday A1/2; Saturday A2/3

Ages: 5th/6th **Maximum number:** 20

Venue: Sports Centre **CAPSTAN:** Ph

Girls Extras

KHB/KEB/SN-T

Timings: Saturday A1

Ages: Open **Maximum number:** 20

Venue: SH1

CAPSTAN: Ph

Golf

PJI

Timings: Tuesday, Thursday, A1/2

Ages: 5/6th **Maximum number:** 10

Venue: Cl 1 **CAPSTAN:** Ph

This is an opportunity to play golf on the Epsom Downs course and participate in occasional inter-school matches. Must have already played and have a handicap.

Hockey (Boys)

NSAP

Timings: Tuesday, Thursday A1

Ages: 5th/6th **Maximum number:** 24

Venue: Sports Centre **CAPSTAN:** Ph

Hockey (Girls)

Timings & Venue:

1st XI **FCD**

2nd XI **PST**

Tuesday, Thursday, A1/2; Saturday A2/3

Chapel Astro

3rd XI **SJH**

Tuesday, Thursday, A1; Saturday A2/3

Farm 4

U16AB **MCO/NW**

Tuesday, Thursday, A1/2; Saturday A2/3

A1 Crosbie Astro; A2 Farm 5

U15ABC **KDC/RAL/**

Tuesday, Thursday, A1/2; Saturday A2/3

A1 CP1; A2 Chapel Astro

U14ABC **CMR/HEK/JNH**

Tuesday, Thursday, A1/2; Saturday A2/3

A1 Farm 5; A2 Crosbie Astro

Ages: As above **Maximum number:** 100

Venue: As above **CAPSTAN:** Ph

Netball

Timings & Venue:

Seniors & U16

NW

Tuesday A3 or Friday A1 SH1 & Outside Court

U15 **KHB/KEB/SN-T/LR**

Monday Summer TT A2 Winter TT A1

SH1 & outside courts

U14 **FCD/KEB/NW/SN-T/LR**

Monday Summer TT A1 Winter TT A3

SH1 & outside courts

Open **NW/KHB**

Friday A2 SH1

Ages: As above

Maximum number: 30

Venue: As above

CAPSTAN: Ph

Rugby

Timings: Tuesday, Thursday, Saturday A1/2

Individual skills practices:

1st Side, Colts A Game, Junior Colts A Game

