



# Recreational and Team Sports

## Recreational sports

Students can play team sports or take part in the varied programme of recreational activities on offer.

These include:

Athletics  
Cheerleading  
Football  
cricket  
Rugby  
Netball  
Ultimate Frisbee  
Zumba

Badminton  
Cricket  
Golf  
Indoor football  
Stretch & Tone  
Trampolining

Basketball  
Dancercise Fitness  
Hockey Indoor  
Pilates  
Table tennis  
Volleyball Tennis

## Team sports

The College is very proud of its sporting achievements and has enjoyed success at regional and national level. It is our aim to field the strongest possible teams which we achieve through the full support of the students in their attitude, commitment and loyalty. The College will try to ensure that students who take part in other sports not already mentioned are given every opportunity to compete. All students who take part in a sport at a high level are encouraged and given every opportunity to gain representative honours.

## Football

The College football first team has been a proud winner of the U19 Colleges Cup.

## Rugby

The rugby squad reached the final of the 2011 Hampshire Sixth Form Colleges 7's Tournament and the County 7's Tournament. The College team also competes in the Daily Mail Cup and the British Colleges 10's competition and finished second in the 2011 Hampshire Colleges League. Girl's rugby is offered to all levels of players, including those new to the game.

## Netball

The netball teams have achieved notable success in the Hampshire leagues, the Versatility Competition and in the British Colleges Cup.

## Basketball

The men's basketball squad has a very busy season, often playing a staggering 30 competitive matches. The Under 19s team has reached the final of the British Colleges national and regional competitions, the Hampshire Cup and has had great success in the English Schools Basketball Association (ESBBA) National League, putting our players among the top 10 teams in the country.

## Mixed hockey

The Mixed Hockey team has won the Hampshire Sixth Form Colleges League for four consecutive years and reached the finals of this and the Mixed Hockey 7s Tournament in 2011.

## Volleyball

Our team brought home the British Colleges Volleyball Plate in 2011 when it entered the competition for the first time.

## Athletics

The athletics team competes in the Hampshire Athletics League, competing with a full team across all disciplines and often achieving a high level of success.

## Table tennis

The College runs a ladies and a men's table tennis team and competes in the county individual and team competitions.

