



## **SPORT AT QUEEN MARY'S COLLEGE - 2022/2023**

**QMC has always had an excellent reputation in Hampshire for its sporting programme and team successes. The College boasts exceptional sporting facilities and offers a wide range of academic, enrichment and recreational sport programmes.**

QMC is proudly regarded as a Centre of Excellence for football and as a consequence has attracted some excellent male and female players to the College. The College is one of only a small number of colleges in the country to be recognised as a Football Focus College by the FA and AoC Sport, which primarily focuses on developing female football, increasing participation and developing players with special needs.

As well as A Level and BTEC/Cam Tech Sport programmes, there are additional sports related courses available which can be added to your main programme. You do not have to be studying academic sport to enrol on any of the programmes below:

- Level 2 Certificate in Coaching Multi Skills
- Level 2 Certificate in Supporting Learning in Physical Education and School Sport
- National Pool Lifeguard Qualification
- Duke of Edinburgh Awards (Silver & Gold)
- Fitness Instructors/ Personal Trainer Qualifications (Level 2 & 3)
- QMC Football Academy
- Team Games

Further information about the above enrichment courses is available on our website or email any questions to [info@qmc.ac.uk](mailto:info@qmc.ac.uk)

## TEAM GAMES

Badminton (mixed)  
Basketball men  
Basketball women  
Football men  
Football women  
Netball  
Rugby  
Rugby women  
Tennis  
Yoga (women only)  
Volleyball (mixed)

If you have not already registered your choices on the online application system we can help you to do this, or make changes, at your enrolment appointment in August.

## SPORT TEAM TRIALS

We will contact you with information about team trials during or after enrolment. Below is some generic information about playing sport at QMC.

### **Trials for men's football, women's netball and men's rugby on Thursday, September 7<sup>th</sup>**

**QMC Football Academy** You may already have received information about the Football Academy if you are enrolling on this programme. If you are interested but have not received information please contact Chris Kirby or Matt Johnson by email [christopher.kirby@qmc.ac.uk](mailto:christopher.kirby@qmc.ac.uk) or [matthew.johnson@qmc.ac.uk](mailto:matthew.johnson@qmc.ac.uk)

## PLAYING FOR QMC

Playing for one of the College teams is a serious commitment. Players **are expected to be** available for matches and timetabled training sessions. Generally, there are league, cup, merit table, friendly games and tournaments arranged every Wednesday afternoon throughout the Autumn and Spring Terms. These, and the training times, will appear on your timetable. Away matches involve travelling time and you will need to keep yourself free from other commitments, such as work, until a little later on Wednesday evenings.

Details regarding fixtures to be confirmed.

**To help avoid injury and to be fit enough for the trials and the start of the College season it is advisable to do some regular fitness training during the summer months and attend pre-season training if you are a member of a club (as and when they re-open).**

**There is a sport team subscription charge for the year (depending upon the sport).** Details of this are contained within the Course Cost Booklet. Subscriptions contribute towards the cost of running the team (transport, playing kit (depending upon the sport), equipment, laundry, pitch/court hire, fees for officials, affiliation and competition entry fees).

# **SPORTS CODE OF CONDUCT FOR PLAYERS, COACHES, PARENTS & SPECTATORS**

Please make sure you have read and agreed to the online Sporting Code of Conduct. The code of conduct is applied by all colleges in Hampshire. As a reminder:

## **Players should**

- Play by the rules and laws of the game.
- Play within the spirit of the rules and laws and avoid gamesmanship and time wasting.
- Make every effort to develop their own sporting abilities in terms of skill, technique, tactics and stamina.
- Treat opponents, spectators and match officials with respect.
- Accept the decision of match officials without protest.
- Encourage team members.

## **Coaches should**

- Respect the rights of all players and match officials.
- Place the safety of all players above all considerations including the development of skill.
- Must encourage players to abide by rules and regulations and accept responsibility for their behaviour.
- Ensure that activities are appropriate for age, maturity, experience, gender and ability.
- Set clear standards of acceptable behaviour on and off the pitch/court.
- Keep winning and losing in perspective with personal challenge and enjoyment.
- Adhere to all governing body rules.
- Provide constructive feedback.

## **Parents and Spectators should**

- Applaud good performance from all competitors.
- Display self-control on the side-line/courtside, do not shout and scream.
- Respect the referee/match official's decision.
- Respect that people are involved in sport for the fun and enjoyment.
- Be positive and encouraging to all players, coaches and officials.



Queen Mary's College



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## QM SPORTS CENTRE - Free 6 Week Summer Membership

Studying sport and/or playing for one of the College Teams is not the only way to get or stay fit. QM Sports Centre strives to promote a healthy lifestyle for all by providing a high quality and diverse range of sport and leisure activities for students, staff and members of the local community.

**Get fit in a welcoming and friendly environment with our Student and Family and Friends Offers this summer. Enjoy these great facilities:**

### **Fitness Suite**

Students can enjoy free use of the Fitness Suite for a joining fee of £30 during College hours. An induction is essential prior to use, which is bookable at the Sports Centre Reception. Students can also take advantage of a great offer to extend their membership to include evenings, weekends, school holidays and also unlimited fitness classes for just £80 per year, or £8 per month paid by direct debit. Personal exercise programmes can be designed for students wishing to focus their training. The Fitness Suite is air conditioned and offers 40 fitness stations, comprising of 20 pieces of cardiovascular equipment, a selection of resistance machines, a free weights area and music and video entertainment.

### **Freestyle Studio**

There are also plenty of fitness classes on offer – Pump, Core Fitness, Ab Blast, Body Conditioning, Functional Circuits, High Intensity work outs and Yoga available from just £2 per session. Contact the Sports Centre reception for bookings and more information on 01256 418301.

### **Sports Hall**

Students can use the Sports Hall without charge during College hours (unless the Sports Hall is being used for lessons). The multi-purpose hall has been designed to provide specialist facilities for netball and basketball but can also be used for indoor football, badminton (4 courts), cricket (2 nets), volleyball and table tennis. It is also possible to hire equipment by leaving a QM card at reception. There are full changing facilities, a viewing gallery and glass-partitioned wall.

### **Swimming Pool**

Students can use the swimming pool when it is open during College hours, this is free of charge. The swimming pool is 23 metres and has 4 lanes. There are separate showers and changing rooms. Go to the QMC Sports Centre's web page for further information and timings.

### **Rubber Crumb Synthetic Pitch (3G Pitch) and Other Pitch Facilities**

A full size, floodlit rubber crumb pitch, suitable for football and rugby, is available for hire 6pm-10pm (weekdays) 8am-5pm (weekends). This facility completes the College's excellent pitch facilities, which also include a sand-based astro pitch, suitable for hockey and football, and a newly surfaced grass rugby pitch and training area.

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### **QM Sports Centre Summer Membership Offer**

Applicants have been sent a gym voucher in their Welcomefest invitation packs. We also have a **£30 Family & Friends 6 Week Offer** to join between 18<sup>th</sup> July and 27<sup>th</sup> August 2022 for unlimited access for six weeks to the fitness suite, swimming pool and classes. Contact the Sports Centre on 01256 418301.