



YCC SPORT 2022-23



RUGBY



Junior boys' teams will play regular local and not so local fixtures. They will be entered into the South Powys Tournament. If successful, then go on into the Welsh Cup. The Junior teams will also play in the Powys Schools Sevens and Tens tournaments.

Dates:	Tournament	Venue
5-10-22	U12/U13 S. Powys Tournament	Brecon RFC
16-11-22	U14 / U15 S. Powys Tournament	Builth
24-3-23	7s /10s rugby Ages TBC	Llanidloes
14-6-23	7s /10s rugby Ages TBC	Llanidloes

The U13 team have also been entered for the Rosslyn Park Sevens in London – the premier 7's tournament in the UK. The date for this is **March 23 – 25th**.

Girls Rugby

Girls rugby will continue to be developed with extra fixture opportunities, including Development Days and weekly training sessions.

U15/U16 Development day–15th March 2023

U12–U14 Development day–22nd March 2023

In-House

There will be regular touch rugby tournaments at lunchtimes, for both boys, girls and mixed teams.

There will be inter campus fixtures.

U18 Boys – The senior team in school will be playing in the East Wales North Championship League.

Date:	Opponents:	Venue: (all home fixtures will be in Builth)
14-09-22	Bryncelynnog	Away
21-09-22	St John's, Mountain Ash	Home
28-09-22	Rhydywaun	Away
5-10-22	Aberdare	Home
12-10-22	Merthyr College	Home
19-10-22	Y Pant	Home
26-10-22	Garth/Llanharri	Away

The cup/plate/bowl fixtures start after half term every Wednesday

The first team have also been entered for the Rosslyn Park Sevens in London – the premier 7's tournament in the UK. The date for this is **March 19 – 21st**.

Training

Team training for all year groups on a weekly basis. See later pages for timetable.

The Senior Squad will have unit team Strength & Conditioning programmes.

Monday	Tuesday
Senior Rugby in Builth	Boys 9&10 rugby in Llandrindod
Boys 7&8 rugby in Llandrindod	
Players will be transported between campuses. Training will start at 3.45 and finish at 4.45pm	



Football



In-House

There will be regular football tournaments at lunchtimes, for both boys, girls and mixed teams.

There will be inter campus fixtures.

Boys & Girls teams will play regular local and not so local fixtures. They will be entered into the South Powys Tournaments and into the Welsh Cup.

Date:	Tournament	Venue
15-9-22	U18 Boys	Crickhowell
24-11-22	U12, U13, U14 Boys t	Crickhowell
29-11-22	U15/U16 Boys	Builth
TBC	Girls	YCC
Welsh Cup fixture dates are yet to be confirmed		



Netball



Girls teams will play regular local and not so local fixtures. They will be entered into the South Powys Tournament. If successful, then go on into the Welsh Cup for some year groups.

Date	Tournament	Venue
3-10-22	U13 & U16	Christ College
7-10-22	U14 & U19	Brecon HS
3-3-23	U12 & U15	Christ College

The dates for the Welsh Cup tournaments are yet to be announced.

In-House

There will be weekly training and lunchtime tournaments.

There will be inter campus fixtures.

Hockey

Hockey fixtures will be held at local level and the school will be entering the South Powys Tournaments.

Training will be held at lunchtime and after school.

Date:	Tournament	Venue
28-09-22	U16 Girls	Llandrindod
14-10-22	U18 Girls	Christ College
25-11-22	U14 Girls	Brecon HS
1-02-23	U12 & U15 Boys Development day	Crickhowell
10-03-23	U12 & U13 Girls Tournament	Crickhowell



Cross Country

The school will be entering the South Powys Cross Country League, the Welsh Inter- Schools competition and the Powys Cross Country Championships in Newtown.

There will be a weekly after school session.

Date	Competition	Venue
29-9-22	South Powys league 1	Crickhowell
11-10-22	South Powys league 2	Gwernyfed
20-10-22	South Powys league 3	Brecon
10-11-22	South Powys league 4	Christ College
TBC	Welsh Inter schools	Brecon
TBC	Powys County Championships	Newtown



Other sporting and physical opportunities

There will be additional opportunities to participate and compete in a great range of other activities, both against other schools, in tournaments and also within the school.

Other activities: Badminton, Athletics, Swimming, Gymnastics, Rounders, Golf



Student Leadership:

Community Sports Leaders Awards:

Pupils will be given the opportunity to complete a level 2 Sport Leaders Award; the same opportunity for the level 3 Award will be given to Year 12 students.

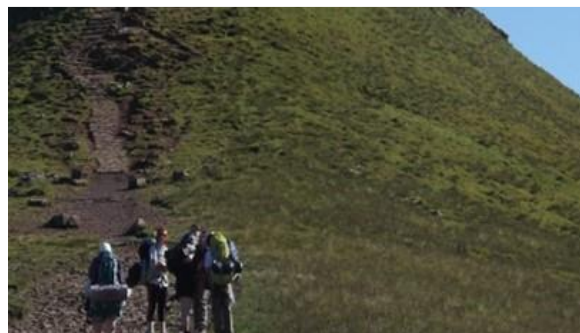
Pupils in Key stages 4 & 5 will make up the Health & Sports Council, who help to organize opportunities for our younger students.



Duke of Edinburgh Award Scheme:

Year 10 pupils will be invited to apply to take part on the Duke of Edinburgh Bronze Award.

Year 12 students will be able to take part in the Gold Award.



YCC Extra-Curricular After School Training Schedule

(Selection for school teams will be taken from attendance at these after school sessions)

(Transport will be provided to and from training and matches)

Sport	Monday	Tuesday	Wednesday	Thursday	Friday
Football	Girls All Years (BA/TM) (Builth) Boys Years 9 and 10 (TM/BA) (Builth)	Boys Years 11 (TM) (Builth)	Boys Years 7 and 8 (GMP, BA) (Llandrindod)		
Rugby	Boys Year 11 & Seniors (JRX, WM) (Builth) Boys Years 7 and 8 (GMP, JR) (Builth)	Boys Years 9 and 10 (JRX, JR, WM) (Builth)			
Netball		Girls All Years (ET) (Builth)			
Hockey			Girls All Years (ET) (Llandrindod)		
Cross Country		Boys & Girls All years (FP, GMP) (Builth)			
Additional:				Fitness & Conditioning Years 11, 12, 13 Senior Boys & Girls (WM) Builth - Centre (TM) Llandod - MRC	

Llandrindod Campus Extra-Curricular Lunch Clubs

(Pupils of all abilities are welcome to participate)

(Sessions will aim to start at 12.45pm but pupils need to check each week)

Sport	Monday	Tuesday	Wednesday	Thursday	Friday
Football			Girls Years 7, 8 & 9 (KP)(JR) ASTRO	Boys Year 11 (JR) SPORTS HALL	Boys Years 9 & 10 (TM) ASTRO
Rugby	Touch Rugby Boys Club Years 9, 10 & 11 (JRX, WM) ASTRO			Touch Rugby Boys Club Years 7 & 8 (WM) ASTRO	Touch Rugby Girls Club Years 7 & 8 (JRX) ASTRO
Netball	Girls Years 7, 8 & 9 (ET) SPORTS HALL	Girls Years 10, 11 & 6 th Form (ET) SPORTS HALL			
Hockey		Boys & Girls All Years (JRX) ASTRO			
Basketball					Boys & Girls Years 7, 8 & 9 (JR) SPORTS HALL
Badminton			Boys & Girls Years 7, 8 & 9 (GMP) SPORTS HALL		
Gymnastics	Tumble and Vaulting (GMP) GYM				

Builth Campus Extra-Curricular Lunch Clubs

(Pupils of all abilities are welcome to participate)

(Sessions will aim to start at 12.45 pm but pupils need to check each week)

Sport	Monday	Tuesday	Wednesday	Thursday	Friday
Football	Boys Club All Year Groups (BA) FIELD			Girls Club All Years Groups (DD) FIELD	
Fitness (Gym)					Boys & Girls All Year Groups (BA) MULTI-GYM
Netball			Girls Week 1 - KS3 Week 2 - KS4 (MW) SPORTS HALL		
Hockey	Girls All Year Groups (MW) TENNIS COURTS				
Basketball				All Year Groups (BA) SPORTS HALL	
Badminton					Boys & Girls Week 1- KS3 Week 2- KS4 (MW) SPORTS HALL
Gymnastics		All Year Groups (MW, BA) SPORTS HALL			

YCC SPORTS Calendar 2022 – 2023

(Please use only as a guide for the opportunities on offer)

Autumn Term 2022

Day	Date	Sports Fixtures
Monday	5 Sept	TERM STARTS – Monday 5 September
To be played by end of November		Wales Schools U16 Boys Football League Matches Calon Cymru v Tredegar Calon Cymru v Rhydywaun Cyfarthfa v Calon Cymru
Tuesday	6 Sept	YCC 1 st XV Rugby Session (Afterschool YCC Builth)
Wednesday	7 Sept	
Wednesday	14 Sept	Welsh Schools League U18 Boys Rugby Bryn Celynnog v YCC 1 st XV (Away, KO 2.30pm)
Thursday	15 Sept	S Powys U18 Boys Football Tournament (Crickhowell HS, All Day)
Friday	16 Sept	Bronze DofE Expedition BC & LC Day 1
Monday	19 Sept	Bronze DofE Expedition BC & LC Day 2
Wednesday	21 Sept	Welsh Schools League U18 Boys Rugby YCC 1 st XV v St Johns/Mountain Ash (Home, KO 2.30pm YCC Builth)
Wednesday	28 Sept	Welsh Schools League U18 Boys Rugby Rhydywaun v YCC 1 st XV (Away, KO 2.45pm) S Powys U16 Girls Hockey Tournament (YCC Llandrindod, All Day)
Thursday	29 Sept	S Powys Cross Country League Fixture 1 (Crickhowell HS, 4-6pm))
Friday	30 Sept	Y13 Bronze Assessed Expedition Fri-Sat
Monday	3 Oct	S Powys U13/U16 Girls Netball Tournament (Christ College, All Day)
Wednesday	5 Oct	Welsh Schools League U18 Boys Rugby YCC 1 st XV v Aberdare (Home, KO 2.30pm YCC Builth) S Powys U12/U13 Boys Rugby Tournament (Brecon RFC, All Day)
Friday	7 Oct	S Powys U14/U19 Girls' Netball Tournament (Brecon HS, All Day)
Tuesday	11 Oct	S Powys Cross Country League Fixture 2 (Gwernyfed HS, 4-6pm)
Wednesday	12 Oct	Welsh Schools League U18 Boys Rugby YCC 1 st XV v Merthyr College (Home, KO 2.30pm YCC Builth)
Friday	14 Oct	U18 Girls Powys Hockey Tournament (Christ College, All Day)
Wednesday	19 Oct	Welsh Schools League U18 Boys Rugby YCC 1 st XV v Ysgol Pant (Home, KO 2.30pm YCC Builth)
Thursday	20 Oct	S Powys Cross Country League Fixture 3 (Brecon HS, 4-6pm)
Wednesday	26 Oct	Welsh Schools League U18 Boys Rugby Garth/Rhondda/Llan v YCC 1 st XV (Away, KO 2.30pm)
		HALF TERM – Monday 31 October – Friday 4 November
Wednesday	9 Nov	Welsh Schools U18 Boys Rugby Cup Competition 1
Thursday	10 Nov	S Powys Cross Country League Fixture 4 (Christ College, 4-6pm)
Wednesday	16 Nov	Welsh Schools U18 Boys Rugby Cup Competition 2 S Powys U14/U15 Boys Rugby Tournament (YCC Builth, All Day)
Wednesday	23 Nov	Welsh Schools U18 Boys Rugby Cup Competition 3
Thursday	24 Nov	S Powys U12/U13/14 Boys Football Tournament (Crickhowell HS, All Day)
Friday	25 Nov	S Powys U14 Girls Hockey Tournament (Brecon HS, All Day)
Saturday	TBC	Welsh Inter Schools Cross Country Championships (Brecon HS)
Tuesday	29 Nov	S Powys U15/16 Boys Football Tournament (YCC, All Day)

Wednesday	30 Nov	
Friday	TBC	Powys Schools Swimming Sprints Gala (Maldwyn LC)
Wednesday	7 Dec	Welsh Schools U18 Rugby Competition Finals Day (Principality Stadium)
Wednesday	21 Dec	CHRISTMAS BREAK

Spring Term 2023

Day	Date	Sports Fixtures
Monday	9 January	TERM STARTS
	TBC	Powys Schools Cross Country Championships (Newtown)
	TBC	Powys Schools U12/13/14/15 Boys/Girls Indoor Athletics (YCC Llandrindod)
Friday	27 Jan	S Powys All Ages Gymnastics (YCC Builth, All Day)
Wednesday	1 Feb	U12/U14 Boys Hockey Development Day (Crickhowell HS)
		HALF TERM – Monday 20 - Friday 24 February
Friday	3 March	S Powys U12/U15 Girls Netball Tournament (Christ College, All Day)
	TBC	Welsh Indoor Athletics Competition (Cwmbran)
Friday	10 March	S Powys U12/U13 Girls Hockey Tournament (Crickhowell HS, All Day)
Wednesday	15 March	U15/U16 Girls Rugby Development Day (Gwernyfed RFC, All Day)
Monday	20 March	National Rugby 7s, Rosslyn Park Boys U18 Day 1 (London)
Tuesday	21 March	National Rugby 7s, Rosslyn Park Boys U18 Day 2 (London)
Wednesday	22 March	U12/U13/U14 Girls Rugby Development Day (Gwernyfed RFC, All Day)
Thursday	23 March	National Rugby 7s, Rosslyn Park Boys U13 Travel (Outward)
Friday	24 March	National Rugby 7s, Rosslyn Park Boys U13 Playing Day (London)
Saturday	25 March	National Rugby 7s, Rosslyn Park Boys U13 Travel (Return)
	TBC	S Powys U12/13/14//15 Boys Rugby 7s (Llanidloes, All Day)
Friday	31 March	EASTER BREAK

Summer Term 2023

Day	Date	Sports Fixtures
Monday	17 April	TERM STARTS
Thursday	25 May	Powys Schools Track & Field Athletics Championships (Brecon)
		HALF TERM – Monday 29 May – Friday 2 June
Wednesday	14 June	Powys Boys U12/13/14/15 Rugby 7s Tournament (Llanidloes, All Day)
	TBC	NASUWT Athletics Cup and Plate Competition (Newtown)
Wednesday	28 June	Sports Day – (YCC Llandrindod) (YCC Builth) S Powys U12 Girls Rounders Tournament (Brecon HS, All Day)
Thursday	29 June	S Powys U13/U15 Girls Rounders (Gwernyfed HS, All Day)
	TBC	Welsh Schools Track and Field Athletics Championships
	TBC	NASUWT Athletics Finals Competition (Brecon)
Wednesday	5 July	Health & Wellbeing Day (YCC Llandrindod)
Friday	7 July	Health & Wellbeing Day (YCC Builth)
Wednesday	19 July	Race for Life (YCC Builth)
CFriday	21 July	Hwyl y Haf / Ramble (YCC Llandrindod)
Friday	21 July	SUMMER BREAK



Expectations of Pupils

- All pupils are encouraged to 'give it a go' with the emphasis on enjoyment regardless of the level of ability.
- Attendance and selection is seen as a privilege. Good behaviour is vital, including at the extracurricular club, during travel and in matches. Pupils not demonstrating consistently good behaviour and effort in lessons and around school may lose this privilege.
- High work rate during training and matches – intensity is everything!
- Commitment to want to learn and improve – whether that is individual skills or helping your team mates improve.
- Train like you want to play in a match!
- High level of player input during sessions – take ownership of your team.
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- Correct kit for training and matches including footwear and protective equipment such as mouthguards and shin guards.
- Clean up after yourselves – equipment away/changing rooms tidy.
- Punctuality to all training sessions and meet times. It is better to be early than late! Pupils not able to attend club or matches must make every effort to inform their teacher 24hrs in advance.