



MADE FOR GIRLS AGE 4 - 18



**SPORT**

2018-19



A photograph of four young girls in blue soccer uniforms celebrating. They are all smiling and shouting with their mouths open. One girl in the center is holding a white soccer ball. They are all reaching up towards the ball. The background is a dense, out-of-focus green foliage.

“

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy



# SPORT FOR ALL

Active girls are happy and motivated girls; we seek to inspire both the elite and the novice across the board with a programme that provides every student with the opportunity to make the most of her talent and potential.

While pursuing excellence for the senior teams and for outstanding individuals, The Maynard believes that an active lifestyle should be enjoyed by all. Self-confidence, teamwork and a sense of achievement are qualities readily transferable to other areas of their lives and all our students are involved in sport at some level.

The significance of sport lies in the resilience it engenders, the courage and endeavour required when the going gets tough, to rise up after a disappointing result or to simply persevere on a bad training day.

Undoubtedly, the ability to pick yourself up after failure is a key life lesson. But sport is also about the joy of playing with your peers, releasing those endorphins, stepping away from social media and letting off steam.

By fostering an “active life” philosophy and promoting a lifetime involvement in sport, we generate an ethos focused around inclusion and mass participation.





The collage consists of 15 individual photographs arranged in a grid-like fashion. The top row shows three images: students on horses, a group in purple Netball uniforms, and a student performing a high jump. The second row contains four images: students in a red and white boat, a group holding a banner for 'THE MAYNARD SCHOOL TEN TORS 2018', students holding a large trophy, and a group in colorful uniforms on a field. The third row features three images: a close-up of a smiling student, a group in green and white uniforms, and a group in a huddle. The bottom row includes four images: a student in a black dress performing a dance move, students running on a track, students in orange wetsuits in the water, a student on a horse jumping over a hurdle, and a group of students with a teacher on a tennis court.

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## CATERING FOR THE ELITE

Our Elite Athlete Programme helps support and extend provision for our high performance athletes, providing extra coaching, masterclasses, mentoring, nutritional advice and leadership opportunities.

Our long tradition of sporting excellence gives us the experience required to maximise even the most elite pupil's potential. With an exceptional team of teachers and professional coaches dedicated to the running of our school sport, we are superbly equipped to develop all of our students' skills to ensure they can maximise their sporting potential.

We are regular Devon champions in the sporting arena for Netball, Hockey, Athletics and Equestrian whilst our Tennis, Swimming and Basketball teams have built an enviable reputation as some of the best in the South West. The School is also host to County and National level sports women in hockey, netball, swimming, rowing, Jiu Jitsu, athletics, sailing, equestrian and gymnastics.

Our record of excellent pastoral care, coupled with bespoke Maynard timetables for elite athletes who juggle busy training schedules with the school workload, makes us truly unique.

## ACCESS TO OUTSTANDING FACILITIES

We are fortunate by nature of our central Exeter location to have access to some of the best sporting facilities in the South West in addition to our own courts, sports hall and gymnasium on site.

Olympic standard astro hockey pitches at the University, a choice of swimming pools, a professional athletics track, Haven Banks, the River Exe, Dartmoor and so much more are all on our doorstep and provide The Maynard with a varied choice of top venues for our many activities.



# THE BEST COACHES MONEY CAN BUY!

In addition to our hugely qualified and experienced team of dedicated PE staff we also hire the expertise of specialist coaches to ensure the maximum learning experience in a broad range of sports. This enables us also to offer an enormous provision focused on fulfilling our 'active life' philosophy and our desire to cater for all interests and abilities.

Specialist coaches are currently used (although the list is ever expanding) for:

- Hockey
- Tennis
- Swimming
- Junior Sport
- Martial Arts & Kickboxing
- Badminton
- Football
- Basketball
- Ballet
- Aerobics & Fitness classes
- Modern Dance
- Yoga
- Golf
- Outdoor Education (sailing, kayaking, paddleboarding, dragon boating, mountain biking etc)
- Squash
- Gymnastics





## SENIOR SCHOOL SPORT

Health and Wellbeing is at the heart of the Maynard School and we believe that sport is not just about physical excellence – it is a vehicle to developing the whole person and, in this sense, is both transformative and inspirational. Our number one goal is to provide every single student with access to the skills, knowledge and understanding necessary to promote life-long participation in physical activity.

In essence, we have masses to offer covering a realm of different activities. All our girls have abundant opportunity to participate in a wide variety of sports either recreationally or as a keen competitor. Our staff are always on hand to develop individual skills, teach the value of teamwork and, most importantly, to promote the importance of a healthy lifestyle.

As well as organising hotly contested fixtures against other schools, we also have a fun-packed programme of inter-house sport, enabling pupils of all levels to experience competitive events on a regular basis. Our ethos is, after all, sport for all!



## JUNIOR SCHOOL SPORT

At the core of our Games Programme is a team sports ethos, promoting physical health and social interaction, and providing every pupil with the opportunity to represent the school in each of our core sports.

In the Junior School, pupils participate in many sports, including netball, hockey, rounders and basketball and everyone is provided the opportunity to represent the school at each level. We also nurture individual pursuits such as swimming, athletics, tennis, gymnastics and dance with the hope of encouraging exercise for health as much as for competition. All of our pupils experience half a term of early morning yoga, helping to wake them up and be ready for their day, improve their balance, strength and flexibility whilst having fun and learning to be body confident.

Junior School pupils also enjoy a term of swimming lessons enabling them to strengthen their individual skills. The Tennis Academy run by Jon Rycroft offers coaching to pupils in Years 4-6 before school three times a week, and we also run after school seasonal sports clubs. The weekly Jiu Jitsu and ballet sessions, taught by specialist teachers, are also popular additions to our varied provision and attendance to these is traditionally high.



## PRE-PREP SPORT

In the Pre-Prep department girls are taught multi skills by a specialist PE teacher with the aim of giving them a platform of physical literacy in a fun and varied environment. Following the Real PE syllabus, girls develop multi skills and agility through themed adventures designed to engage and enthuse them whilst improving balance, strength, flexibility and coordination using a variety of sports equipment.

They also have a weekly creative skills lesson, which is centred around gymnastics and dance skills, developing body confidence, control, flexibility and confidence in movement. Ballet, taught by a specialist teacher, is also offered as part of the curriculum.

Pre-Prep girls undertake swimming lessons once a week for two terms, taught at the neighbouring University of Exeter Pool by ASA swimming instructors. As part of our after school care programme we offer additional sports clubs for this age group in dance, Jiu Jitsu and tennis as well as early morning yoga and lunchtime running clubs.





# MEET THE TEAM

## Catherine Gabbitass

Director of Sport

**Sporting credentials:**

**Basketball:** Member of England Under 15, 17, 19 and Junior Women’s Squads as well as competing in the World Student Games.

**Netball:** County and Regional Squad member at Under 16 and Under 18 level.

In any spare time, Cathy is a frequent attendee at numerous fitness classes including, but by no means limited to, pilates, kettlebells and aerobics.

**What motivates you?**

Getting girls to enjoy sport regardless of ability and being able to challenge pupils to be the best they can be.

**What is the best thing about your job?**

The gorgeous girls who for the most part are a joy to teach! I also spent many years as a Sixth Form tutor and seeing the girls on results day, achieving so well and ready for the next stage, was always a privilege.

**What is your life motto?**

‘Work Hard, Play Hard, Be Kind.’

**What one thing could you not live without?**

My family - they are my world!



## Sandra Wood

**Sporting credentials:**

**Netball:** Two England caps as well as a regular player on the Somerset County and West Regional teams. Such is my love of the game that I am now the Chair of the Exeter Netball Club in my spare time.

**What motivates you?**

My husband and children.

**What is the best thing about your job?**

My colleagues and the girls.

**What is your life motto?**

‘Just Go for it’ (as heard regularly shouted from any side-line)!

**What one thing could you not live without?**

My family but ..... food – I don’t like sharing food!





# MEET THE TEAM

## Ria Fabian

**Sporting credentials:**

A Regular County & University team member for athletics, netball and basketball. I have also completed the Great West Run many times, run the London Marathon for ‘Children with Leukaemia’ charity and was proud to be a London 2012 Olympic Torch Bearer.

I still love to run, train, do yoga and practise gymnastics with my own girls!

**What motivates you?**

On a personal level, I love the physical and mental buzz you get from exercise and the feeling of success. Sport is such a powerful vehicle to unite and inspire, and there are so many amazing examples of human endeavour overcoming adversity that it’s hard not to be moved by them. I love all things Team GB, the Olympics, London Marathon, Wimbledon, the Invictus games and Usain Bolt!

**What is the best thing about your job?**

Everything! I love it all, but especially the girls, the Junior Gym and Dance Show and, oh, designing those sparkly leotards – that has to be the highlight of my time at The Maynard so far!

**What is your life motto?**

“Have courage, be kind” (and on busy days, “just keep swimming, just keep swimming”).

**What one thing could you not live without?**

My family, sunshine and Green Tea!



## Katy Lavelle

**Sporting credentials:**

As a Level 2 hockey umpire I have been lucky enough to oversee some Junior International Hockey matches including GB vs Holland, Belgium and Germany.

I was the University of Birmingham Women’s Hockey Club captain, a member of the North-West of England junior hockey squad and I now play for the ISCA Hockey Club here in Exeter.

**What motivates you?**

Being part of a team and achieving together.

**What is the best thing about your job?**

Encouraging girls of all abilities to reach their potential. I work in a great department with some fantastic colleagues and there’s always a real buzz.

**What is your life motto?**

“Never let the fear of striking out keep you from playing the game.” (A Cinderella Story)

**What one thing could you not live without and why?**

Musicals because they are uplifting and entertaining.





# ATHLETICS

Athletics is one of the main sports offered in the Summer Term. The school makes use of our field 'The Mount Radford Lawn' during curriculum time whilst our after school club takes place at the Exeter Athletics Arena where keen pupils have the opportunity to develop their technique and gain extension work.

Year-on-year, our girls are very successful in the various trials, gaining places in Area, County and Regional teams.

Cross-country has equally become very popular in recent years and we have students of all abilities joining our weekly lunchtime Running Club, some looking to train for actual races, with some simply looking to improve their overall fitness. Staff always run with the students and offer a variety of different approaches throughout the sessions. Many of the cross-country students are inspired to push themselves further and represent the school in team events and trials. In recent years our students have gained representation at Area, County, Regional and National Level.



Pictured: India Leetham

## FUTURE STAR



### INDIA LEETHAM

**Age:** 15

**Club:** I can't fit in any more clubs at the moment as I also play netball on Monday and Tuesday for Team Bath and on Friday for Exeter Netball Club but I used to be a member of Exeter Harriers for many years.

**Specialist Event:** 80m hurdles, long jump and high jump.

**Personal best:** Hurdles: 11.94s  
Long Jump: 5.23m  
High Jump: 1.49m

**Career successes:** I was Devon Champion in the high jump in 2016 and always qualify for the Regional Finals in the hurdles and then one of the jumps (you are only allowed to compete in two events) but whenever I try to qualify for the nationals there is always a clash in my calendar with a netball or hockey event!

**Long term goals:** I would like to compete for my country in one sport or event so I am going to try for a sports scholarship to university so I can continue training in top class facilities. After that, I'm not sure in which direction my career will take me!



# FUTURE STAR

NATALIE CHARITY

Age: 13

**Club:** Culm Valley Comets and I have been selected for the U15 national squad for Exeter Spartans, to compete in the national league next year.

**School Team:** Under 13 and Under 14

**Player Position:** Point Guard

**Career Successes:** Competed in European and national tournaments for South West Under 15 and Under 13 squads, captaining the latter. Member of the winning team representing Devon in the County League. Key player in The Maynard Under 13 squad. I have also been advised by the England Basketball coach that I have the potential to play for England in the future.

**Other interests:** Member of the Under 14 team at the West Exe Netball Club, gaining a place at the National Club finals and placing 8th in the country. Also with Brazilian Jiu Jitsu, I have four European silver medals, and five National silver medals - I have never won a gold medal but, of course, this is a goal of mine. I have fought against girls from Iceland, Spain and many other exciting countries. At the moment netball and basketball are my main sports, but I like to keep up with tennis, swimming and Brazilian Jiu Jitsu.

**Long term goals:** Be a part of England basketball and netball, stay determined, never give up and most importantly, have fun!

## BASKETBALL

Basketball is a very popular sport at The Maynard and we make full use of our wonderful indoor sports hall. All girls in the Senior School and Sixth Form are invited to play and the game is taught within the curriculum, offered as a lunchtime practice and at an afternoon club.

Girls play basketball fixtures against many school teams from around the South West and have been very successful over the past 20 years in the National Schools Competition. We are often placed in the top eight in the country and make regular appearances at the National Finals. Many of our girls play in representative teams.

The basketball programme is delivered by experts within school but also supported with a highly qualified external coach who runs the very popular after school club.

Pictured: Evangeline Davies





# DANCE

Dance is offered and enjoyed in several disciplines at The Maynard with many talented girls also studying for examinations in local dance schools and companies. In school, girls are encouraged to develop their own creativity and experience different genres of dance through both lessons and extra-curricular involvement.

In the Pre-Prep and Junior School lessons are offered by our wonderful RAD Ballet teacher. Mrs Barlow delivers classes based on the Royal Academy of Dance syllabus emphasising good posture, co-ordination, musicality and a joy of movement. Our youngest dancers also have the opportunity to attend "Jumping Beans" classes which are fun movement and music sessions designed to increase physical confidence and creativity.

The Junior School Gym and Dance show is held annually and is a chance for parents to enjoy class performances from the girls, awash with colourful costumes, fun and lots of smiling happy faces.

The senior girls experience various genres of dance in their creative PE lessons, and work on quality of movement and expression by choreographing their own work in genres such as Contemporary, Bollywood, Lyrical, Street and Hip Hop. We offer Modern Dance lessons to senior girls with visiting dance teacher, Clare Connor, who delivers classes based on the ISTD syllabus, but in an informal setting to encourage movement, enjoyment and confidence.



Pictured: Sophia Hall

## FUTURE STAR



**EMILY DAVIS**  
CONTEMPORARY, BALLET AND  
FREESTYLE DANCE

Age: 13

Club: Exe Dance Arts

**What inspired you to take up Contemporary, Ballet and Freestyle dance?** When I was four, my dad brought a video tape all about the Royal Ballet, and I used to watch it non-stop and danced along if I could. I loved the way the people turned and the beautiful style of dance. From that moment I always wanted to dance so I started ballet at the age of five. Then, after a few years, I saw people dance Contemporary and Freestyle on live stages on TV and it made me think that I should also try other dances.

**What do you enjoy most about it?** I enjoy being on the stage with all the lights, and expressing my emotion through dance. It's also a good way to get away from everything, to just enjoy the rhythm of the music and the flow of movement through your body.

**Career Successes:** In 2015 I entered the 'Aspiring Ballet Dancer 2015' for my club and I was amongst 100 dancers from across the whole of the South West. I was delighted to be placed first in my age category.

**Other interests:** I love singing, I like to teach myself the guitar and piano, I have a growing interest in coding and have a passion for drawing.



# FUTURE STAR

ELLIE SIMPSON

Age: 12

**Career successes:** I was selected to go to Austria as part of the GB 'Children on Horses' squad to compete in the Nations Cup and was delighted to be placed 7th individually.

**Training regime:** I ride most evenings in the week, even in the winter. At the weekends, I either compete or go over and train with Justin Tuff. I do sometimes train with him on the weekdays after school as well.

**Other interests:** I really like playing hockey and netball and doing some athletics.

**Equestrian idols:** William Funnell is one of my idols because not only does he successfully compete but he set up the Billy Stud and breeds many successful horses. Rodrigo Pessoa is also one of my idols because he makes amazing saddles (Pessoa saddles) and also was an Olympic gold medallist for Brazil (who he has represented at six Olympic Games) and has had 70 grand prix wins.

**Long term goals:** I would like to make the European 'Children on Horses' team next year and possibly the Juniors in a few years.

## EQUESTRIAN TEAM

Our Equestrian teams compete in the National Schools Equestrian Association (NSEA) Competitions and enjoy a busy calendar of Dressage, Show Jumping, Arena Eventing and One Day Events at various heights starting from 70cm and going up to 1.10m. The competitions take place at local, county, regional and national levels against other schools. The Maynard teams are consistent winners on the circuit and, in 2017, they were crowned the National Champions courtesy of victory in the NSEA Eventer's Challenge at Hickstead.

Regularly featured in the Western Morning News as the county's most competitive school equestrian team, the editor once said in print, "I am pretty sure I have said this before but I genuinely think the school has some future Team GBR or even Olympic representatives on their hands." And she was right, as proven by Ellie Simpson, our up and coming young star.



Pictured: Ellie Simpson



# FOOTBALL

Football is very much a developing sport at the Maynard and is fast growing in popularity. It is taught within the curriculum from Year 8 (Lower 4) and is offered as an after school club for all our senior pupils. The Maynard team participates in various interschool tournaments which take place throughout the year and has a dedicated football coach. We have also forged close links with Exeter City Football club.

We were very proud plate winners of the Catherine Fraser Memorial Tournament 2018 and we look forward to future success as football becomes an increasingly popular addition to the sporting provision here at The Maynard.

Many of our girls have been inspired by their on pitch experiences with school to join their local clubs and we are seeing some fine new talent emerging through the ranks.



Pictured: Dulcie Fraser

# FUTURE STAR



**DULCIE FRASER**

**Age:** 14

**Club:** Exeter Development Centre and Crediton Youth Club

**School team:** The Under 14 Football Team

**Player position:** Striker

**Career success:** For school, I captained our team to win the Catherine Fraser Memorial Plate tournament following victories in ten separate games (this was a really proud moment as the event is in memory of my mother and was also against mixed and boys teams) in March 2018. We have won all of our matches at the Exeter Development Centre, but recently against Gloucester we notched an incredible 12-1 victory and I scored several of the goals. Our Crediton Youth team came 3rd in the league and the best match was probably against Plymouth when we were losing 2-0 at half time but came back to win 3-2 and I scored the winning goal.

**Sporting Idol:** Steph Houghton MBE - she's just a really good player who plays for England and I admire the way she plays.

**Other interests:** Netball and rounders.

**Long term goal:** I would like to become a professional footballer so I have to put in the hard work and determination.



# FUTURE STAR

ZOE WHEATLEY

Age: 11

**Club:** Exeter Gymnastics Club, Devon Elite Squad and the South West Squad

**Preferred discipline:** The beam because it's all about balance and staying on. You do hurt yourself quite a lot falling off or slipping but you just have to get up and do it again! I think I like it most because it's so challenging.

**Training regime:** I train 26 hours per week and, as one of the elite athletes at school, I am allowed to miss certain lessons to do my training. This involves every week night after school and Tuesday, Wednesday and Friday mornings as well as Thursday afternoons. It means I miss quite a lot of school but I have my own special timetable so I never get too far behind and I keep the weekends free to catch up and have some other fun.

**Career successes:** I have won quite a few competitions in the West Country but my proudest moment was qualifying for the National Finals in London where I represented the South West. It was a huge step up and I was so happy to have finished overall 17th nationally for my age group as well as number one top gymnast in Devon and number two from the entire South West.

I was also awarded Gymnast of the Year 2018 at Exeter Gymnastics Club.

**Long term goals:** I am training for the British Championships in March 2019 which is the biggest competition I will have entered so far. That's my main focus at the moment and I can't really think beyond that!



Pictured: The Maynard Elite Gymnastics Team

## GYMNASTICS

Gymnastics is offered throughout the year to all girls from the Pre-Prep to Senior School and forms a fundamental basis for many aspects of fitness and body confidence whilst encouraging the girls to develop their physical skills and express their creativity. Floor skills, apparatus work and sports acrobatics are enjoyed in our on-site gymnasium, with girls developing and performing their own individual and group routines.

We have recently formed a new and exciting partnership with the Exeter Gymnastics Club, where many Maynard girls train as recreational and club gymnasts. Our close geographical proximity to the Club enables us to take advantage of their excellent facilities and high level coaching, with our Junior Gymnastics Club attending each week for recreational and squad training sessions.

Our annual Junior School Gym and Dance Show allows every student to publicly perform in their class dance routines, and gives our club and elite gymnasts a platform to share their performances with the school community.

Such is the success of our gymnastic provision, we entered a junior Under 11 team in the Independent Schools Gymnastics Association National Challenge Competition 2017, and came away as Team Bronze medallists with an overall individual Silver for one of the squad members.

We also have several elite gymnasts who are members of the Devon Elite Gymnastics Squad training for 20+ hours per week and we strive to support their extensive training needs with a tailored academic programme, support and mentoring within school.



# HOCKEY

The Maynard School runs fourteen hockey teams, ranging from the prestigious Senior 1st XI to the Under 9 A & B 7-a-side team, competing against a variety of schools across the South West.

Girls play hockey fixtures during the Autumn Term and many of our pupils play outside school with an array of local clubs on our doorstep.

We offer coaching of the highest level from our own staff as well as from a number of highly qualified and experienced professional coaches. The school makes use of the astro turf at Exeter University for the main Games session for each year group and also runs an indoor hockey programme via lunchtime practices and after school clubs.

The school participates in the National Schools Outdoor & Indoor Competitions which takes place throughout the year. Maynard girls are very well-represented in County teams and a number of girls also play in Regional squads.



Pictured: Rowena Taylor

## FUTURE STAR



ROWENA TAYLOR

Age: 11

Club: Exe Hockey Club

School team: Under 12

**Training regime:** I play every week on Wednesday after school and we have matches against other local clubs.

**Career successes:** We win regularly at club level and I hope to be selected for the Devon and Exeter squad in the next lot of trials.

**Other interests:** I love football (and I won two trophies as Player of the Year at Exeter Football Club) and I'm a keen swimmer and have won medals for Honiton Swimming Club.

**Sporting idol:** Sam Quek – the England women's hockey defender, Olympic gold medallist and MBE.

**Long term goals:** To represent Devon and, one day, England!



# FUTURE STAR

**ANNIE GRIEF**

**Age:** 14

**Club:** Exeter Netball Club

**School team:** Under 14 Netball team

**Player Position:** Centre and Goal Defence

**Career successes:** I was able to go to the National Finals with the U15 team this year which was an amazing opportunity for me. Last year I trialled for, and was accepted into, the Devon Satellite Development squad which has taught me many new skills and really progressed my game. I also play regularly with my club and we qualified into Division 1 of the Regional Championships.

**Other interests:** I really enjoy athletics and hockey. I represent the school in both of these and love playing matches against other teams.

**Long term goals:** I have trials for County Netball which I hope I will be successful in and I look forward to trialling for the Bath Futures Squad in 2019.



## NETBALL

The provision for netball at Maynard is extensive and allows pupils of all abilities to develop their own personal skills at recreation or performance levels. Netball is the main game played during the Spring Term but all pupils can access netball in the Autumn Term, within a lunchtime practice or at an after school club.

We offer coaching of the highest level from our own staff and also a number of local coaches who have a wealth of experience and qualifications. We are regular County Champions, beating much larger schools than ourselves and, for over 20 years, have been regulars at both the South West Regional Schools Finals and the National Finals.

A number of our pupils participate in High Performance, regional, county and satellite academies that are run by coaching staff employed by England Netball.

We have also enjoyed a number of overseas tours, most recently to South Africa in summer 2018.

Pictured: Annie Grief & India Leetham



# ROUNDERS

Rounders is the main game of the Summer Term for our Juniors and, along with tennis, is played widely across the age groups in the Senior School. All pupils enjoy rounders within the curriculum and also via lunchtime and after school practices. We make excellent use of our field 'Mount Radford Lawn' which is approximately a five minute walk away.

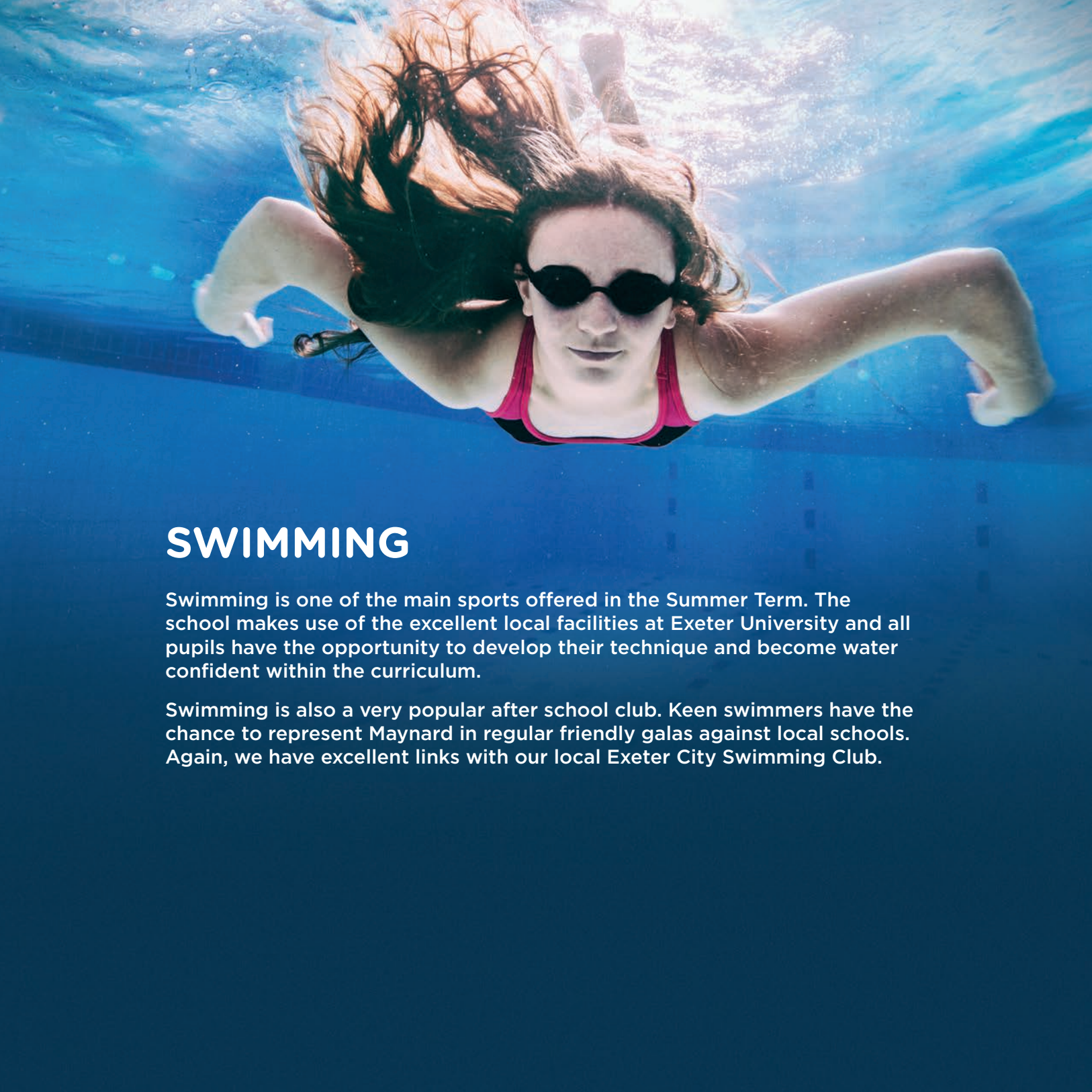
Team players have the chance to represent Maynard in regular 'friendly' matches against local schools. We were delighted to be crowned Devon Schools Under 14 Champions in 2017.



# SWIMMING

Swimming is one of the main sports offered in the Summer Term. The school makes use of the excellent local facilities at Exeter University and all pupils have the opportunity to develop their technique and become water confident within the curriculum.

Swimming is also a very popular after school club. Keen swimmers have the chance to represent Maynard in regular friendly galas against local schools. Again, we have excellent links with our local Exeter City Swimming Club.





# TENNIS

Tennis is the other main sport offered in the Summer Term. All pupils have the opportunity to enjoy tennis within the curriculum and also via lunchtime practices. The school is fully equipped to meet the demands of pupils of any age and ability. Team players have the chance to represent The Maynard in regular friendly games against local schools and also play in the National Schools Aegon Competition.

Elite players in Years 4, 5, 6, 7 & 8 train before school and at lunchtime as part of the Tennis Academy. The squads are coached by Jon Rycroft and his associate coaches who have taught all over the world from beginner standard through to nationally ranked players.

Individual tuition from Jon or one of the school's LTA licensed coaches is also available for all interested girls throughout the year.

Pictured: Katie Slade & Alyssa Gibbons

## FUTURE STAR



**KATIE SLADE**

**Age:** 15

**Club:** David Lloyd

**School team:** Under 15 Division 1

**Training regime:** I play every Monday, Thursday and Friday. Mondays and Thursdays are individual sessions with my coach whilst Fridays are group sessions.

**Career successes:** I have played numerous tournaments and won the 'Road to Wimbledon' at club level but was unable to go onto the next round due to prior commitments.

**Other interests:** I play hockey, netball and compete in athletics for the school.

**Sporting idol:** Serena Williams because she is the only woman to have won 23 Grand Slam titles which is an amazing achievement.

**Long term goals:** I would like to improve in all of the sports I play but, especially, be able to get to a higher level of tennis.



# BEYOND THE CLASSROOM

The Maynard operates in excess of 60 extra-curricular clubs throughout each term, many of which are sports based.

These are an excellent way to extend our elite performers and provide extra practice for all those keen to improve. We also support students in their endeavours outside of school and have seen many individual successes in equestrian, athletics, gymnastics, sailing, rowing, ballet and Jiu Jitsu.

Our multi-dimensional sports programme provides students the opportunity to take part in a wide range of sports over the year including aerobics, pilates, golf, fencing, kickboxing and squash as well as the traditional sports on offer and, of course, the annual Ten Tors Challenge. This initiative has focused on the importance of health and fitness and the engagement of our pupils into a life-long love of sport.







# STAR VOLUNTEER

FLO EVANS

Age: 14 years

Club: Exeter Gymnastics Club

**Experience:** Up until January 2018, I trained for 22 hours a week at the Exeter Gymnastics Club which was an intense schedule that I had been doing for five years. It was very tiring at times but I managed to stay on top of my school work despite missing two mornings of school. Subsequently, I have stopped my day time sessions and I now train four times a week instead of six.

**Team coaching:** I coach at the Exeter Gymnastics Club, being paid for one session and volunteering at another. I have also helped a lot with the training of the younger Maynard gymnasts to prep them for competitions and to build confidence. Every Monday and Friday lunch times Mrs Fabian, my sister and I walk down to Exeter Gymnastics Club with the junior students and coach them in a professional environment – it's such a lovely way to spend my lunch breaks.

**NOTE FROM MRS FABIAN:** *Flo and her sister, Martha, set a superb example to all the younger girls as to the attitude, commitment and work ethic required to make progress, achieve and have fun in sport.*

*Both are highly competent gymnasts themselves, not only do they coach the younger girls at Exeter Gym Club and at school, but they also act as judges at competitions and help run holiday improver courses, camps and performances at the gym. They are both highly dependable, reliable and set a fantastic example of young Sports Leaders. I can't speak highly enough of them.*



Pictured: Coasteering off the Devon coast

## SPORTS LEADERSHIP & VOLUNTEERING

We work hard each year to encourage our students to think about others and we encourage them to volunteer, help at junior clubs and be at the forefront of whole school events. Our Sports Leaders work towards their Level 2 Sports Leadership Award in Year 11 (Upper 5) and, as part of this, they plan and deliver 10 hours of multi-skills sessions to pupils at our neighbouring St Leonard's Primary School every Spring Term, teaching them fundamental motor skills and core skills to prepare them for playing all the key school sports.

Senior students are fantastic at supporting many of the Junior School Sports Clubs, many of whom are accruing volunteering hours for their Duke of Edinburgh awards. Not only do they act as excellent role models for their younger peers but they develop their own confidence in leading others and learn valuable lessons that will serve them well for their futures.



# CHARITABLE CAUSES

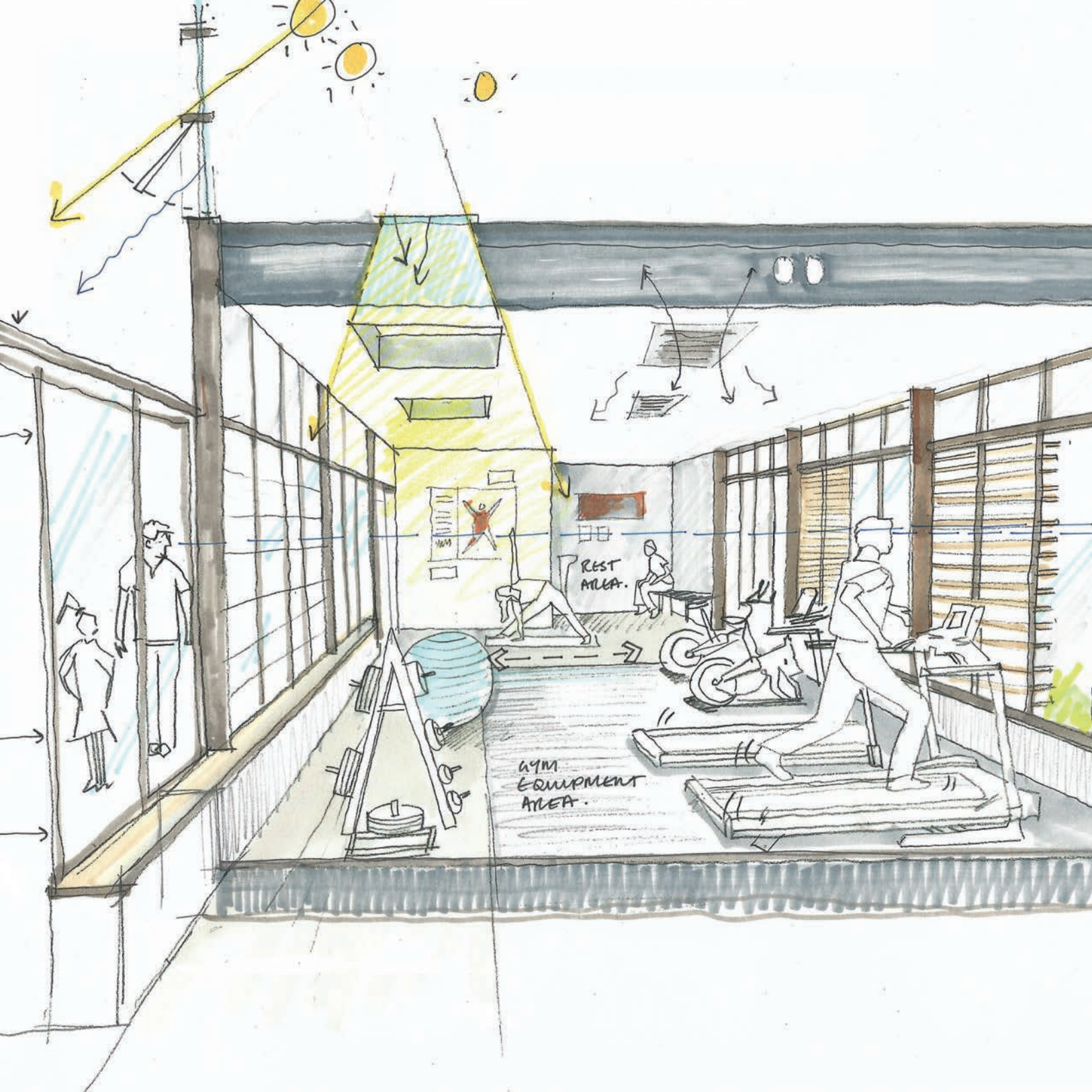
We are proud of our continued involvement in charitable causes each year and, through various sporting initiatives such as the Virtual Marathon, we regularly raise money for worthy causes such as Sports Relief, Water Aid, CLIC Sargent and the Teenage Cancer Trust.

In 2018, the South African Sports Tour girls organised the inaugural Maynard's Got Talent and this, along with other charity events including cake sales and film nights, raised enough money to sponsor a young SA girl's education for a year. We are thrilled to have forged links with SOS Africa and are proud that our sports scholars have committed to continue raising money each year to pay for that little girl's entire education.

There is no doubt that sport can make a big difference; not just to our elite performers or those who have experienced the joy of exercise on a social, psychological or physical level but also to those in dire need and much less fortunate than ourselves.







## INVESTMENT IN SPORT

We are committed to investments that will improve the sporting provision for the entire Maynard community and we look forward to opening the brand new Health & Fitness Suite adjoining the gymnasium in 2018. This has been a long time in the planning and is being met with much anticipation and excitement from our Senior School students, Sixth Formers and staff who will all reap the mental and physical benefits of this invaluable resource.

Beyond this, we will continue to reappraise and research, in collaboration with the Elite Athlete Programme and our own Wellbeing Council, to ensure that all Maynard girls remain active, healthy and successful in fulfilling their individual ability based on our ethos focused on inclusion and mass participation.



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Whilst we are committed to success  
in sport, they are emphatically for all  
at the Maynard.

Follow us on twitter @MaynardSport

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**The Maynard School**

Denmark Road  
Exeter  
Devon  
EX1 1SJ

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**Enquiries**

Tel: +44 (0)1392 355998  
admissions@maynard.co.uk  
[www.maynard.co.uk](http://www.maynard.co.uk)

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The Maynard School is a registered charity providing education for girls.

Registered Charity No. 1099027.