

WESTMINSTER SCHOOL

STATION



HISTORY

Historically the principal sports at Westminster School are rowing (known as Water), football and cricket. All three have a long tradition at the School, dating back to the 18th century and the distant origins of these sports. The School can rightfully claim a place in their annals – the first known cricket match between public schools was Westminster v Harrow in 1796, the Westminster colours were chosen after rowing against Eton in 1837 and the School competed against Charterhouse in the first ever inter-school football matches in 1863.





Sport at Westminster

All pupils at Westminster participate in a wide variety of sporting activities, known as Station, on Tuesday and Thursday afternoons. If pupils are involved in a competitive Station, they will also have fixtures on Saturday afternoons.

At the start of the academic year in September, each pupil chooses a Station to pursue throughout the Play and Lent Terms. A fresh choice of Station is then made for the Election Term, when sports such as cricket and tennis become available. Some pupils commit themselves to the same Station for the whole of their Westminster career, while many take the opportunity to try different sports from the wide variety on offer. In the Fifth Form (Year 9), boys have 12 different Stations from which to choose; as pupils progress through the School, the Station programme extends to include over 25 choices.

The competitive Stations – such as cricket, cross country, fencing, Fives, football, squash, tennis and Water – have full fixture lists of matches and competitions against other schools. Westminster pupils participate in these sports at local, regional and

national levels and benefit from the tuition of professional coaches, several of whom have represented their countries internationally, including at the Olympic Games.

There are plenty of opportunities for Westminsters to develop and excel in other sports and physical activities, including DanceFit, Gym Fitness, lawn bowls and yoga. Our 'sport for all' approach means that everyone can find an activity they enjoy. The Station programme gives pupils the opportunity to learn important life skills, by working both independently and as part of a team and through participation and competition. Our aim is for Station to be one of the most enjoyable and rewarding areas of each pupil's school life. It is the exceptional variety of sporting activities on offer that ensures this is the case.



When does each Station become available?

As pupils progress through the School, more Station choices become available.

Year Group	New Station choices available
Fifth Form	Athletics, cross country, cricket, fencing, Fives, football, hockey, judo, squash, swimming, tennis, Water
Lower Shell	Cycling, golf, rock climbing, table tennis, lawn bowls
Upper Shell	Badminton, basketball, Real Tennis, shooting
Sixth Form	DanceFit, Gym Fitness, hula-hooping (girls only), indoor football, Musical Theatre Dance, netball (girls only), rounders, yoga (girls only)

Turn to page 22 to see Station choices by term.

Our Facilities

Westminster's Pavilion, playing fields and Sports Centre are at Vincent Square, a 10-minute walk from Dean's Yard. Football, netball, cricket, tennis, basketball, hula-hooping and rounders are played on Vincent Square. Officially opened by Queen Elizabeth II in 2014, the Sports Centre offers over 6,000m² of space for a broad range of athletic pursuits and includes changing facilities and a cafeteria. It houses a state-of-the-art Fitness Suite, a multi-use Movement Studio, a Rowing Training Suite, fencing pistes, six cricket nets, two climbing walls, four table tennis tables, five badminton courts, a dojo and courts for basketball, netball, indoor football, hockey, handball and volleyball.

On the main school site there are facilities for Fives and shooting whilst the School's Boathouse, which was completely rebuilt in 1996, is situated on the Tideway at Putney.



Sporting Success

Over the last decade or so, Westminster School has enjoyed considerable sporting success in a variety of Stations. These successes include:

Cricket

- London Schools' U19 Cup –
Winners: 2018, 2016, 2013, 2009 and 2008
- London Schools' U15 Cup – Winners: 2005
Runners-up: 2018, 2016 and 2015
- ESCA London U14 Cup – Winners: 2017

Cross Country

- London Schools' Championships Overall Team Winners 2015-2017 and 2006-2013
- Seniors Boys Team Winners 2015 and 2007-2013
Individual: 2018 – Silver, 2013 – Gold and Bronze
- Inters Team Winners 2017, 2013, 2009, 2007 and 2006
Individual: 2016-2017 – Silver, 2015 – Gold
- Juniors Team Winners 2015 and 2006
Individual: Silver 2016
- Senior Girls Winners 2013, 2012 and 2006
Individual: 2013 – Silver
- 2014: seven pupils ran for London at the English Schools' Championships

Fencing

- Public Schools' Overall Team Champions (The Bartlett Trophy) 2002-2007
- 2018: Individual Bronze in Senior Boys' Foil
- 2017: Individual Gold in Senior Boys' Epee and
Bronze in Boys' Junior Foil
- 2016: Individual Silver in Boys' Mount-Haes Epee
- 2015: Individual Bronze in Boys' Mount-Haes Foil

Football

- Boodles ISFA U18 Cup Quarter-Finalists 2013 and 2007
- London ISFA Cup Runners-Up 2014 and 2007
- Players picked for National ISFA U18 (Boys and Girls), U16, U15 and U14
- Several players in U18 and U16 ISFA regional representative sides

Judo

- HMC Independent Schools' Judo Championships:
2018: one Gold, one Silver and Small Team Trophy Winners
2017: one Silver, three Bronze
2016: one Gold, one Silver, one Bronze
2015: one Silver, one Bronze
2014: one Gold, one Silver

Rock-Climbing

- Independent Schools' Championships –
Overall Team Winners 2009-2014
- 2017: Individual Silver
- 2016: Team Winners: Senior
Individual Winners: Senior Bouldering
and Senior Lead Climber
Individual Silver
- 2015: Team Winners: Senior
- 2014: Team Winners: Senior
Individual Winners: Junior Climber,
Junior Boulder, Junior Top Rope
- 2013: Team Winners: Senior and Junior
Individual Winners: Senior Circuit,
Senior Boulder, Junior Circuit, Junior Rope
- 2012: Team Winners: Junior and Senior Bouldering;
Junior Leading

Tennis

- ISTA Thomas Bowl Cup (U15s): Champions 2015
- ISTA Youll Cup (U18s): Runners-Up 2006

Water

Henley Royal Regatta

- Fawley Challenge Cup (Junior M4x) Winners 2009,
Runners-Up 2010
- Princess Grace Challenge Cup (Open W4x) Winners 2009
- Princess Elizabeth Challenge Cup: Runners-up 2015

National Schools' Regatta

- 2018: three Gold, one Silver, one Bronze
- 2017: one Gold, one Silver, one Bronze
- 2016: four Gold, two Silver, one Bronze –
including retaining Championship Eights
and Championship Coxless Fours
- 2015: two Gold, two Silver, two Bronze –
including winning Championship Eights (for the
first time) and Championship Coxless Fours
- 2014: three Gold, four Bronze
- 2013: four Gold, one Silver (2nd in overall league table)
- 2012: one Gold, two Silver, one Bronze

Schools' Head

- 2018: Winners of J16 Championship Eights,
2nd in J15 Championship Eights.
- 2016: Winners of Championship Eights,
J15 Championship Eights and J15 Fours.
- 2015: Winners of Championship, J16 Eights,
Junior and J15 Fours

Athletics and Cross Country

When

Cross country – Play and Lent Terms; Tuesday and Thursday

Athletics – Election Term; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

In the Play and Lent Terms, cross country Station takes place in the Royal Parks near the School. The Station aims to cater for all – those wishing to improve their fitness and stay healthy, and seasoned competitors. Tuesday sessions consist of shorter, faster periods of running in Green Park (interval training) while Thursdays generally involve a timed two- to three-mile run in Hyde Park in addition to a one-mile warm-up and warm-down. About four competitive matches take place per term, primarily on weekday afternoons. We have been London Schools' Champions for ten years running, as well as winning

numerous team and individual medals. There are two cross country House competitions – the Long Distance Races (Play Term) and the Bringsty Relays (Lent Term).

In the Election Term, athletics Station takes place at the Millennium Arena. Participants travel by coach to Battersea Park, where they focus mainly on track work (speed and endurance), and enjoy some field events. One of the highlights of the Election Term is the School's Athletics Sports event, which is held at the Millennium Arena.





Badminton

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Upper Shell, Sixth Form and Remove; boys and girls

Badminton Station takes place in the main hall of the School's Sports Centre, which houses five courts. There are normally around 30 pupils involved on each afternoon, mostly playing doubles and with an emphasis on teamwork. The Station is for pupils of all standards, from beginner to expert, all fully involved and on court for most of the session.

The Station aims to teach beginners the basics of the game and to foster enthusiasm with plenty of opportunity for improvement through friendly challenge. Shuttlecocks and rackets are provided, although pupils are welcome to bring their own if they wish. Informal instruction is available from the experienced teachers supervising, as well as from more experienced players who enjoy the keen competitive spirit of inter-school matches to extend their level of play. There is also a House badminton competition.

Basketball

When

Election Term;
Tuesday and Thursday

Who

Upper Shell, Sixth Form and Remove; boys and girls

Basketball Station takes place on the Small Court at Vincent Square, approximately 20 pupils participate each afternoon. Currently, pupils are instructed and supervised by an enthusiastic member of the Common Room, with some sessions run by an external coach. 2017 saw the renewal of inter-school matches, with a successful fixture away to Tonbridge, a trend which has since continued, with regular matches at both U16 and U18 level.



Cricket

When

Election Term; Play and Lent Term nets only; Tuesday and Thursday; Saturday matches

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Cricket at Westminster dates back to the very origins of the sport in the 18th century. Cricket Station takes place at Vincent Square, mainly during the Election Term and with regular fixtures on Saturdays. Most years there are between 80 and 90 pupils involved in the Station. Vincent Square houses facilities including two cricket squares, an astroturf wicket, seven astroturf nets and a roll-on batting cage, as well as bowling and fielding machines. In the Play and Lent Terms, cricket is offered as part of the Lower School Activities (LSA) programme, using the five nets in the main hall of the Sports Centre.

Currently, the School fields six teams: 1st XI, 2nd XI, U17s, U15A/B and U14A/B. The 1st XI plays about 18 matches per season (including Cup and Tour games), the younger

teams about 12 each. As well as drawing upon the existing expertise in the Common Room, cricket Station has three external coaches, including a former Sri Lankan test cricketer. The 1st, 2nd, U15 and U14 XIs enter London Schools' Cup competitions with considerable success: the 1st XI have won the U19 Cup on five occasions (they were runners-up twice), most recently in 2018 when the 2nd XI also reached the Final. The U15s have won their age group Cup once, as well as being runners-up in 2018, 2016 and 2015, and the U14s were the ESCA London Cup winners in 2017. In addition, there is a House competition, which takes place during the Election term and is keenly contested. The 1st XI squad tours overseas (normally every two years) to destinations such as Barbados and Spain.





Cycling

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Cycling is one of the newest additions to Westminster School's Station programme. About 16 pupils participate.

Cycling Station takes two forms. The first is indoor Wattbike training in the top-floor suite of the Sports Centre on Tuesday afternoons. Wattbike training is supported by a professional instructor, who leads the participants in freestyle spin racing accompanied by music, where each participant's cardio fitness is tested and developed 'to the beat'. In addition, there are 'Stages' sessions at the Queen Mother Sports Centre Studio, which are also instructor-led.

The second form is track racing, which take place at both the Herne Hill Velodrome – the last surviving venue from the 1948 Olympics – and Lea Valley Velopark. At these historic sites, pupils train and participate in monthly competitions against a number of other London school teams.

A Lower School cycling expedition is usually offered twice a year, and open to keen cyclists from all Stations. In June 2017, for example, a group cycled from London to Paris.

DanceFit

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Sixth Form and Remove; boys and girls

DanceFit Station takes place in the Movement Studio on the second floor of the Sports Centre. It is a dance fitness class that combines various styles ranging from aerobics to Latin to hip-hop and street dance. The class is instructor-led and each term pupils learn new routines to chart music. Pupils are not expected to be experienced but rather to bring lots of enthusiasm while working on improving their coordination and fitness in a non-competitive environment.

Many participants take DanceFit on one afternoon, but several keen advocates come to both weekly sessions. Boys and girls are equally welcome and classes normally take about 15 pupils. A recent initiative is to work towards a performance at some stage during the school year.





Fencing

When

Play, Lent and Election Terms; Tuesday and Thursday;
Saturday matches

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and
Remove; boys and girls

Fencing is a long-standing major Station at Westminster. It takes place in the main hall of the Sports Centre. With the help of two expert and high-level external coaches, pupils have the opportunity to learn all three weapons, the Épée, Foil and Sabre, thereby developing their coordination, skill, speed and general fitness. About 50 pupils participate in fencing Station.

During the Play and Lent Terms, pupils participate in matches against top fencing schools. The competitive season culminates in the Public Schools' Championships, in which the School has a distinguished record of individual triumphs and team victories, including winning Gold in the Senior Épée in 2017. Fencing Station continues into the Election Term, focusing upon individual development. During the year, the Station is complemented by the fencing LSA for particularly keen and gifted fencers.

Fives

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and
Remove; boys and girls

Fives Station has 50 to 60 participants throughout the year, although the season runs formally from September to April. The Station is located in the School's own courts, housed in the unique setting of Ashburnham Garden, and on courts hired at the Westway Sports Centre. The School plays the Eton Fives version of the game, which features an eccentric array of ledges and obstacles. Pupils are instructed by our highly experienced coach, who is a national champion, assisted by enthusiastic Common Room staff. Each pupil enjoys approximately 75 minutes' court time per session.

Fives is also offered as an LSA after school on Mondays, Wednesdays and Fridays, and there are evening training sessions on Thursdays. Fixtures are played in the Play and Lent Terms, culminating in the Public Schools' Championships in March, where previously the Westminster girls' team has been victorious, and the boys' team semi-finalists on several occasions. In addition to these fixtures, a club based in the School (The Abbey Club), comprising pupils and staff, participates in the Eton Fives League, playing midweek evening matches against other clubs. There is also a House competition, which runs primarily in the Lent Term.





Football

When

Play, Lent and Election Terms; Tuesday and Thursday; Saturday matches

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Football is the largest and most popular Station at Westminster. Over 200 pupils are involved, with a full schedule of fixtures for boys and girls. The Station takes place at Vincent Square, with additional astroturf facilities at Kennington, Battersea and Archbishop's Park.

Westminster School has a long and rich history in the sport, dating back to the 19th century. We were involved in the establishment of the first FA guidelines and boasted international players during the 1900s. The School is a full member of ISFA (Independent Schools' Football Association) and competes in the ISFA Sixes, as well as the U18 and U15 ISFA Cup competitions.

Currently, the Station runs 11 full teams: 1st, 2nd, 3rd and 4th XIs and A and B teams at U16, U15 and U14 age groups for boys, as well as a girls' 1st XI. Pupils are instructed by five external coaches (1sts, 2nds, 3rds, U16s and U15s) and by experienced Common Room staff. The fixture list includes



the major football-playing independent schools within appropriate geographical range. The 1st XI play about 25 matches per season. In addition to the Cup competitions mentioned above, the 1st XI, 2nd XI and U15s compete in the Elgin Capital League in the Play Term, and the 1st and 2nd XIs play in the London Independent Schools' Cup in the Lent Term. There are also three House Competitions – Senior 11-a-sides, Senior 6-a-sides and Junior 6-a-sides – which are held in the Lent Term.

Westminster Football has enjoyed considerable success in recent years with three quarter-final appearances in the Boodles ISFA U18 Cup; we have twice been runners-up in the London Independent Schools' Cup, and runners-up again in the Elgin Capital League and ISFA Sixes Plate Competitions. In addition, the School has provided several players to ISFA representative teams at U14, U15, U16 and U18 level, including in 2017 Westminster's first player in the England Independent Schools' U18 Girls side.



Golf

When

Play and Lent Terms; Tuesday and Thursday

Who

Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Pupils travel by minibus to the beautiful Dulwich and Sydenham Hill Golf Club, where they receive instruction from the resident professionals, and have a chance to play on the impressive 18-hole course. The golf club is a new venue for the Station and we are privileged to be playing on such a course. The teaching allows beginners and experienced golfers to take part, with all equipment supplied. The golf team, made up of the best golfers in the School, play about five matches per season, including multi-school and national knockout competitions. They also play a fixture against the Old Westminster and there is the possibility of residential golfing trips such as the recent trip to La Manga.

The atmosphere during Station afternoons is such that all golfers, regardless of ability, enjoy playing and improving their game. There are close links maintained with the Old Westminster Golf Society, who are keen to nurture potential future players. Furthermore, the House golf competition is now a fixture in the calendar, and golf as a whole is flourishing.

Gym Fitness

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Sixth Form and Remove; boys and girls

Gym Fitness Station takes place in the Fitness Suite on the first floor of the Sports Centre. 30 to 40 pupils are split into two groups for one-hour sessions, where they receive expert instruction from an external fitness trainer. Each pupil is given a tailor-made fitness programme to follow, combining cardio exercise, weight training and core stability.





Hockey

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

In the main hockey season, during the Play and Lent Terms, the Station takes place at Battersea Park on Tuesdays and Kennington Astro on Thursdays. 30 to 40 pupils are instructed by enthusiastic and knowledgeable Common Room staff. The Station tends to run two to three teams – the 1st XI play about ten matches during the season and the Juniors about six. In the recent past, the School has competed with some success at the prestigious Bath Festival, held in the Easter holidays. In the Election Term, there are no fixtures played and the Station takes place at Battersea for a group of about 30 pupils.

Hula-hooping

When

Election Term; Thursday

Who

Sixth Form and Remove girls

Hula-hooping, one of the newest additions to Westminster's Station programme, takes place at Vincent Square on Thursday afternoons. About 10 to 15 girls receive expert tuition from a qualified hula-hooping instructor, to work on their coordination, balance, flexibility and core strength – and have plenty of fun in the process!



Indoor Football

When

Election Term;
Tuesday and Thursday

Who

Sixth Form and Remove;
boys and girls

Indoor football Station takes place in the main hall of the School's Sports Centre. The Station is for enthusiastic players, although, unlike its close relation, football Station, the ethos is not so much competition and fixtures but rather about pure enjoyment of the 'beautiful game'. The focus is primarily on 4-a-side or 5-a-side play, although there is the occasional venture into the world of Futsal.



Judo

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Judo Station is held in the Judoka on the second floor of the Sports Centre. About 15 pupils receive instruction from an expert (former Olympian) external coach, supervised by enthusiastic Common Room staff. There are occasional fixtures with other schools, culminating in the Independent Schools' Championships, where Westminster has enjoyed some success in recent years: three Golds, four Silvers and five Bronzes from 2014 to 2018, as well as winning the 'Small Team Trophy' in 2018.

The Judo Club aims to develop pupils' throwing, locking and grappling skills and their physical fitness and general health. Equally, it is the aim of the Station to develop pupils' mental abilities, since concentration, focus and intellectual understanding form an integral part of the sport. Within this, pupils are encouraged to develop confidence and maturity, a calm and reasoned attitude and the fostering of compassion and peacefulness. They are encouraged to be honest, kind and courteous and to have respect for the traditional etiquette and discipline of judo.

Lawn Bowls

When

Election Term; Thursday

Who

Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Established in 2015, lawn bowls is one of the more recent additions to the Westminster School Station programme. Ten to 15 pupils travel to the Winnington Bowls Club in Fulham, where they are supervised and instructed by an enthusiastic Common Room member with occasional input from the Bowls Club Chairman. Currently, there are no inter-school fixtures, although there is an annual Westminster School Singles competition and the possibility of a House tournament in the future.

Musical Theatre Dance

When

Play, Lent and Election Terms:
Tuesday

Who

Sixth Form and Remove;
boys and girls

Musical Theatre Dance takes place in the Millicent Fawcett Hall on Tuesday afternoons. It is open to Upper School boys and girls, who are taught by an external instructor/choreographer. The sessions cover a broad range of styles such as ballet, jazz and contemporary dance, and techniques are put into practice by learning pieces from the musical theatre repertoire.

Additional dance styles from film, television and theatre are also covered, including ballroom, country and historical.



Netball

When

Play and Lent Terms; Tuesday and Thursday

Who

Sixth Form and Remove girls

Netball Station takes place on both Tuesday and Thursday afternoons on the Large Courts at Vincent Square. About 20 to 25 girls receive instruction from both an experienced external coach and enthusiastic Common Room staff, as well as an external fitness trainer, who provides tailor-made sessions on Thursdays. The Station is open to players of all ability levels.

There are usually two netball teams and approximately eight fixtures per term against many of the top London girls' schools. Home matches are played either on the Large Courts or in the main hall of the Sports Centre, while away matches are currently all within an easy commute by public transport. Occasionally, matches take place on Wednesdays and Saturdays.

In addition to the School fixtures, there is a House competition in the Lent Term, which is always very popular and keenly contested. Plans are also afoot to initiate an offsite training weekend during the season and there is the possibility of a tour (pre- or post-season) in the future.



Real Tennis

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Upper Shell, Sixth Form and Remove; boys and girls

Real tennis is the game, from which the majority of racket sports derive. The rules were invented by Henry VIII, and, at its best, it combines the hand-eye coordination of all the racket sports, the athleticism of basketball and the tactics of chess. Players use a racket that bends halfway up the shaft and the balls are made from cork wrapped in felt. The court has windows, doors, corners, and, unusually, a bell. It is a great game and somewhat addictive.

Real tennis Station takes place at the Queen's Club, near Baron's Court in London. About eight pupils travel by public transport to play and receive instruction, accompanied by an enthusiastic Common Room member, who is himself a committed player. Currently, there are no fixtures other than participation in the National Schools' Tournament, in which Westminster has had some success, particularly in the Plate Competition in 2015.

Rock Climbing

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Lower Shell, Upper Shell, Sixth Form and Remove

Rock climbing Station takes place on the two climbing walls in the main hall of the Sports Centre. About 50 pupils choose the Station, so a normal Station afternoon is split into two separate sessions with each pupil receiving at least one hour's climbing and instruction from experienced and knowledgeable Common Room staff and/or an external coach. The School's climbing walls cater for all abilities, offering a huge variety of options, from 7.5m-high climbs requiring the use of safety ropes and harnesses, to low-level bouldering climbs above foam crash mats.

There are fixtures against other schools during the year, the highpoint being the Independent Schools' Climbing Championships, in which Westminster has had great success, both individually and as a team. The School was crowned overall Team Winners for six years from 2009 to 2014 and in 2017 we won Best Senior Climber and Best Senior Boulderer. There is also a House climbing competition, which usually takes place in the Lent Term, and the opportunity to go on climbing expeditions in the UK and overseas.





Rounders

When

Election Term; Tuesday

Who

Sixth Form and Remove;
boys and girls

Rounders Station takes place on the grass at Vincent Square for up to 25 pupils. The Station is run and supervised by enthusiastic Common Room staff and is currently played just for fun, as a non-competitive sport with no fixtures against other schools. Up until 2016, the Station was for girls only but, by popular demand, Upper School boys now also participate.

Shooting

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Upper Shell, Sixth Form and Remove

Shooting Station takes place in one of the School's great onsite sporting facilities, the Shooting Range at the top of College. The Station comprises about 24 pupils and is a sport where boys and girls compete on an equal footing. It is run by enthusiastic Common Room members but expert tuition and instruction is provided by an external coach. The rifle range (25 yards) houses an armoury of .22 long rifles with pupils shooting in the prone position at a variety of target cards.

Station afternoons are normally split into three to four sessions and no prior experience is necessary. Pupils generally start from novice level (rifle resting on training block) and progress to competition standard (with shooting jacket and sling) – indeed some find that they improve very quickly and can achieve high scores within just a few sessions. There are some fixtures during the Play and Lent terms, including postal league competitions. In addition, there is a Lower School Expedition to Bisley and it is planned to take more trips to shoot at Bisley in the future. The House competition takes place in the Lent Term.



Squash

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Squash Station takes place at the Dolphin Fitness Centre, approximately a mile's walk from the School, for about 30 pupils on any one afternoon. Two one-hour sessions are run by external coaches and supervised by enthusiastic Common Room staff. The squash team also plays fixtures throughout the Play and Lent Terms, including the National Public Schools' League and Cup competitions.



Swimming

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

Swimming Station takes place at the Queen Mother Sports Centre, which is just under a mile's walk from the School, with about ten to 15 pupils involved altogether on any one afternoon. Pupils improve their fitness, develop their technique in all four strokes and learn strategies for effective and varied solo training in the future. The instruction is delivered by an external coach although the Master-in-Charge, a member of the Common Room, is a talented swimmer in her own right.

There are opportunities to compete in the Lent Term, when the School has enjoyed considerable success in recent years at the Westminster Borough championships, with several pupils going on to be selected to swim at the London Youth Games. In addition, Westminster competes at the prestigious Otter Bath Cup – the Public Schools' Championships – and there is a hotly contested House competition. Occasionally, swimming Station collaborates with other Stations to form teams for multi-disciplinary race events, such as triathlon, where we have also competed at a high level.

Table Tennis

When

**Play, Lent and Election Terms;
Tuesday and Thursday**

Who

**Lower Shell, Upper Shell, Sixth
Form and Remove; boys and girls**

Table tennis Station is held in a dedicated area housing four tables overlooking the main hall in the Sports Centre. About 30 pupils participate on any one afternoon. Afternoons are split into two sessions, with instruction delivered by an expert external coach, one of the country's top-ranked coaches, assisted by enthusiastic Common Room staff.

Pupils also benefit from being able to train with the use of a 'table tennis robot' and from the opportunity to take table tennis as an LSA.



Tennis

When

**Tennis – Election Term; Tuesday and Thursday; Saturday matches
Winter Tennis – Play and Lent Terms; Tuesday and Thursday**

Who

**Tennis – Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove;
boys and girls**

**Winter Tennis – Lower Shell, Upper Shell, Sixth Form and Remove;
boys and girls**

Tennis is a major Station in the Westminster sporting programme. Training sessions and matches are held on the courts at Vincent Square and on hired courts in Battersea Park for the first half of the Election Term. During the summer, there are over 80 boys and girls involved, across all year groups. Trials are held at the beginning of the term and those selected receive coaching from the School's external tennis professional, as well as from a number of talented and enthusiastic members of the Common Room.

There are six to eight fixtures squeezed into the Election Term, either side of exams, against schools such as Eton, Winchester and Mill Hill, as well as against the Old Westminsters and the Common Room. In addition, the School has competed in the Youll (U18) and Thomas Bowl (U15) Cups at the Independent Schools' Championships with great success. In 2015, Westminster won the Thomas Bowl Cup for the first time in its history; they were runners-up in the Youll Cup in 2006 and semi-finalists in 2005. Our players have been selected to play for the representative ISTA side in their annual fixture against the All England Club, held at Wimbledon. In the Election Term, popular House Competitions are held for the Girls, Junior Boys and Senior Boys and tennis is offered as an LSA after school.

Tennis continues out of season in the shape of Winter Tennis at Vincent Square. A select group of ten to 18 pupils receive expert coaching from the tennis professional, which is geared towards strengthening the school team in the Election term.



Water

When

Play, Lent and Election Terms; Tuesday and Thursday; weekend regattas

Who

Fifth Form, Lower Shell, Upper Shell, Sixth Form and Remove; boys and girls

'Water' is Westminster-speak for rowing. It has a long and illustrious history at the School. The written records of Water begin in 1813, but there are various reports, dating back to the 1790s, of Westminsters disporting themselves on the river around Lambeth. The building of the Embankment in the 1870s killed off competitive rowing in Central London and with it, temporarily, the Station. However, in the first few years of the 20th century, Westminster returned to the river with a new boathouse in Putney and the rowing ledgers began once again. The School's Boathouse is situated on the Tideway at Putney.

Rowing at Westminster is an all-year-round pursuit on both Tuesday and Thursday afternoons – as well as numerous weekends for competitions and training. Small boat racing predominates in winter and bigger boat racing in summer. 90 to 100 boys and girls, from all year groups, travel by Thames River bus to the Boathouse at Putney for Water Station, where they receive some of the most expert coaching that you could hope for. Many of the

external coaches have international and/or Olympic experience, either as coaches or athletes, and the team is assisted by very able and enthusiastic Common Room staff, including the long-standing Master-in-Charge, who is a former national coach and Commonwealth Games competitor. Girls have the opportunity to learn to scull and row when they join the School and many have gone on to race or cox for Oxford or Cambridge in the Women's Boat Race. A few have made the National Team and won World Championships.

Westminster rows at many regattas throughout the year, both at home and overseas. The most significant are the Schools' Head in the Lent Term and the National Schools' and Henley Royal Regatta in the Election Term. In 2015 and 2016, the 1st VIII completed a fantastic 'Double Double' by winning both the Schools' Head and the National Schools' two years running. A further nine Gold medals were won at both events in those two years. In addition, the 1st VIII were runners-up in the Princess



Elizabeth Challenge Cup at Henley in 2015 and semi-finalists in 2016. Recent years have seen many other Westminster wins at a range of regattas, both at home and abroad, bringing with them international recognition. In 2018, there was a Westminster representative in the GB Junior Eight, who won Gold at the World Junior Rowing Championships. In 2016, six boys were selected to represent Great Britain at the World Junior Rowing Championships – two of whom were in the GB Coxless Four, who won Silver, and one pupil in the GB Eight, who won Bronze. Three Westminster boys were selected for the Great Britain team at the 2016 Coupe Jeunesse, two of them winning Gold and Silver in the GB Pair and the other pupil winning double Gold in the GB Coxless Four. In 2015, a Westminster boy was in the Gold medal-winning GB Quad at the World Junior Championships and in 2018, a Westminster pupil won a hat-trick of Gold medals as part of the GB squad at the Munich International Junior Regatta.

Yoga

When

Play, Lent and Election Terms; Tuesday and Thursday

Who

Sixth Form and Remove; girls

Yoga Station takes place in the Movement Studio on the second floor of the Sports Centre. About 12 girls participate in each session. The Station offers a relaxing break from fast-paced Westminster life. In a calm and nurturing space, girls explore Vinyasa Flow Yoga, with an expert external instructor, and are given advice on movements and sequences that can help with different areas of stress and relaxation. They build up physical strength and knowledge, which they can take with them to university and beyond.

In the future, a 'boys only' yoga Station may be offered, subject to demand.



When Stations Run

Station	Term(s) of Operation
Athletics	Election Term
Badminton	All terms
Basketball	Election Term (matches throughout year)
Cricket	Election Term (nets in Play and Lent)
Cross country	Play and Lent Terms
Cycling	All terms
DanceFit	All terms
Fencing	All terms
Fives	All terms
Football	Play and Lent Terms
Golf	Play and Lent Terms
Gym Fitness	All terms
Hockey	All terms
Hula-hooping	Election Term (Thursdays only)
Indoor football	All terms
Judo	All terms
Lawn Bowls	Election Term (Thursdays only)
Musical Theatre Dance	All terms (Tuesdays only)
Netball	Play and Lent Terms
Real tennis	All terms
Rock climbing	All terms
Rounders	Election Term (Tuesdays only)
Shooting	All terms
Squash	All terms
Swimming	All terms
Table tennis	All terms
Tennis	Election Term
Water	All terms
Winter tennis	Play and Lent Terms
Yoga	All terms






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