



AGSB SPORT TERM REVIEW



**ISSUE 13 Christmas Term
2025**

FOLLOW US: @AGSBsport (Twitter) @agsbsport (Instagram) SOCS

YEAR 9 RUGBY TOUR - HOLLAND

On 19 October, the Year 9 rugby team set off on a week-long tour of Holland, based in Noordwijk. Before departing, we took part in a short training session at the Grammar, which set the tone for the tour — combining slick handling skills with fun, engaging games that quickly brought the whole squad together. We travelled by coach on Sunday with our trusted driver, Mo, before boarding an overnight ferry from Hull. The ferry was enormous, giving us time to explore the games rooms before heading to our cabins for the overnight crossing.

During the tour, we played two matches against clubs the school has faced regularly for the past 15 years, and it was an honour to continue this long-standing tradition. Our first match was against Oisterwijk (the Oysters), a highly respected club in the Netherlands that has produced several international players — some of whom have previously played against AGSB. The visit from AGSB is considered one of the highlights of their season, and this year was no exception, with Oysters fielding two squads for the fixture. AGSB showed great determination throughout the match and, despite being exhausted by the final whistle, secured a well-deserved victory.

Our second and final match took place under the floodlights in Gouda. Drawing on their remaining energy after a demanding tour, AGSB produced an outstanding performance to claim another win and finish the tour unbeaten.

Both Dutch clubs were extremely welcoming, offering fantastic hospitality and opportunities to socialise with the opposition after the matches. Singing, dancing, and games made the evenings particularly memorable, and we exchanged ties as lasting mementos of the tour.

When we weren't playing rugby, we took part in a wide range of activities. Highlights included a fun-filled day at the Duinrell water park, visits to Scheveningen and Breda, go-karting, and beach training sessions that encouraged friendly competition off the pitch. The team bonded throughout the week — from sandcastle building and beach races to looking after the team mascot and braving some truly disgusting jelly beans! On the final afternoon, we enjoyed an awards meal where several players received special prizes, and everyone had the chance to celebrate what had been an unforgettable week.

Tour Awards:

- *Tackle of the Tour:* Jun Du
- *Player of the Tour:* Dan Goralski-Kelly
- *Clubman:* Henry Marsden
- *Try of the Tour:* Seyi Okunribido
- *T. Soulsby Award:* Henry Dean

We travelled home on Friday afternoon — tired, happy, and still buzzing from the experience. The tour was a brilliant mix of sport, friendship, and fun, bringing us closer together as a team and creating memories that will last a lifetime. Huge thanks go to Mr Rawson, Mr Meakin, and Mr Nero for organising the tour and taking such great care of us throughout the week.

Henry Dean



BADMINTON

The badminton programme at Altrincham Grammar School for Boys continues to go from strength to strength, with this season proving to be one of the most successful to date.

Our U14 team has enjoyed an outstanding run in the School Sports Magazine Competition, most recently recording an impressive victory over Newcastle-under-Lyme to secure their place in the North of England Final. This is a significant achievement for the group and a testament to their commitment at training. In the new year, they will face a strong Grammar School Leeds side, and we are greatly looking forward to what promises to be a high-quality final.

The success does not stop there. Our U16 team has also progressed to the North Final, where they will take on St Mary's College, Crosby. Reaching this stage in such a competitive pathway reflects the depth of talent and consistency that is now evident across our badminton squads.

A great deal of credit must go to Olivia Frankland, our in-house badminton coach, whose dedication and expertise have been instrumental in the programme's development.

Badminton at AGSB is now firmly established as a performance pathway that complements our wider sports provision, offering pupils the opportunity to compete at a high level while continuing to enjoy the game. We are extremely proud of the progress made so far this season and wish both teams the very best as they prepare for their respective North Finals in the new year.

These achievements highlight not only the talent of our pupils but also the value of high-quality coaching and sustained support, and we look forward to building on this success in the seasons ahead.



FOOTBALL

The AGSB football programme has enjoyed a very positive and encouraging period, with strong performances and progress across multiple age groups in the Greater Manchester competitions.

Our Year 7, Year 8, Year 10 and Year 11 teams have all reached the third round of the Greater Manchester Cup. This collective success highlights the depth of talent at the school and the commitment shown by pupils across the school. Each team has demonstrated excellent organisation, teamwork and competitive spirit in their fixtures so far.

Our Year 9 team is also performing well and is currently competing in the second round of the Greater Manchester Plate. The group has shown resilience and steady improvement through the season.

At senior level, the 1st XI has progressed to the quarterfinals of the Greater Manchester Cup and is now preparing for an exciting fixture against Cheadle Hulme High School. Reaching the latter stages of such a competitive tournament is a significant achievement.

These results are a credit to the players and staff involved, and to the strong culture that continues to grow within football at AGSB. The programme places a clear emphasis on development, teamwork and enjoyment, while also providing opportunities to compete at a high level.

We look forward to the next round of fixtures and wish all teams the very best as they continue their Greater Manchester Cup and Plate campaigns.



HOCKEY

The hockey season at AGSB is well underway, with all three age-group teams competing regularly and gaining valuable experience across Cheshire competitions.

Our U14 side has enjoyed a particularly strong start to the season and currently sits second in the Cheshire Cup league. The team has produced a number of impressive performances, most recently recording an emphatic 8–0 victory against Birkenhead. Their progress reflects growing confidence and a brilliant commitment to training, which bodes well for the remainder of the season.

The U16 team has also performed admirably, reaching the semi-finals of the Cheshire Cup. A standout result came in the form of a hard-fought draw against a very strong King's Chester side.

The U18s have faced a more challenging campaign so far and currently sit fourth in the Cheshire Cup league. While results have not quite matched expectations, the squad has continued to show commitment and professionalism, and the experience gained this term will be important as they look to finish the season strongly.

In indoor hockey, all three teams progressed well but were ultimately eliminated at the quarter-final stage. Despite this, the competition provided valuable exposure to a fast-paced format of the game and contributed positively to player development across all age groups.

Following Christmas, attention will turn to the National Knockout competitions, where we hope all teams can enjoy a positive cup run and build on the foundations laid during the first part of the season.

A special mention must go to our in-house hockey coach, Alex Lukin, whose hard work, dedication and enthusiasm continue to drive the programme forward. Her commitment has been central to the development of players and the overall growth of hockey at AGSB.

We look forward to the next phase of the season and wish all teams the very best in their upcoming fixtures.



RUGBY

The rugby programme at Altrincham Grammar School for Boys has enjoyed a solid period, with positive performances and results across several age groups, reflecting the continued commitment and depth of the sport within the school.

A particular highlight of the season has been the Year 9 squad's recent tour to Holland. The group enjoyed an outstanding and unbeaten tour, combining strong performances on the pitch with exemplary conduct off it. The tour provided a valuable opportunity for players to develop their game against different opposition, strengthen team cohesion and gain memorable experiences that will support their long-term development in rugby.

Elsewhere, our younger age groups have also shown impressive progress. The Year 7 team recently recorded a notable victory against St Edward's College, demonstrating excellent team cohesion, organisation and enthusiasm in a challenging fixture. The Year 8 squad has continued this positive momentum with a series of excellent wins against The Grange, Liverpool College and Stockport Grammar School. These performances highlighted the growing confidence, skill level and competitive mindset within the group.

At seniors the U16 team has also enjoyed a successful campaign, progressing to the county quarterfinals. Their journey included high-quality performances and well-earned victories against Wirral Grammar School and St Edward's College, underlining their ability to compete effectively against strong opposition.

We look forward to building on this success as the season progresses and are proud of the commitment and performances shown by our rugby players across all year groups.



HOUSE SPORT

House sport has once again played a central role in school life at AGSB this year, with excellent levels of participation, enthusiasm and competition across two major events: the Winter Sports Festival and the House Football competition. Both events were superbly supported by pupils across all year groups and showcased the strength of our house system and sporting culture.

The Winter Sports Festival provided pupils with the opportunity to compete across a wide range of activities, including Rugby, Hockey, Badminton and Table Tennis. The festival encouraged inclusivity and teamwork, with pupils representing their houses with great pride and commitment. The standard of competition was high throughout, and it was pleasing to see so many pupils involved across multiple sports.

The overall winners of the Winter Sports Festival were:

- **Year 7** – Stamford
- **Year 8** – Tatton
- **Year 9** – Massey
- **Year 10** – Joint winners: Massey and Tatton

Alongside the festival, House Football proved to be another major highlight of the sporting calendar. Matches were played in a competitive but positive spirit, with strong support from players and spectators alike. The tournament once again demonstrated the importance of teamwork, resilience and house pride.

The House Football winners were:

- **Year 7** – Stamford
- **Year 8** – Bradbury
- **Year 9** – Tatton
- **Year 10** – Stamford
- **Year 11** – Stamford
- **Year 12** – Bradbury

Both competitions were a fantastic celebration of sport at AGSB, providing opportunities for pupils of all abilities to represent their house and contribute to the wider life of the school. I would like to thank all staff and pupils involved in organising, officiating and participating in these events, and to congratulate all houses on their efforts and achievements.

House sport remains a vital part of our sporting provision, and we look forward to building on this success in the years to come.



ROWING

Over the past few weeks, AGSB has been delighted to host a series of rowing talent identification and screening sessions, offering pupils an exciting opportunity to explore their potential in the sport.

The sessions were led by Clare Holman, a Performance Development Coach with British Rowing, whose expertise and insight brought real quality to the process. The screening focused on key physical indicators linked to rowing performance, with pupils completing a maximum power output test measured over seven strokes. In addition, height and arm span measurements were taken, helping to build a clear physical profile for each participant.

More than 20 pupils took part across the sessions, approaching each challenge with excellent effort, focus and enthusiasm. Alongside the testing, pupils gained a valuable understanding of what rowing talent identification involves and how athletes can progress through the sport at higher levels.

Clare was highly impressed by the commitment, behaviour and coachability shown by our pupils, and it was pleasing to see them supporting one another throughout the process. These qualities reflect the strong sporting culture we strive to develop at AGSB.

Following the Christmas break, several pupils will be invited to progress onto the next stage of testing, marking an exciting next step in their rowing journey. We look forward to supporting them as they continue their development.

I would like to thank Clare Holman and British Rowing for their time and expertise, and congratulate all pupils involved for representing the school so positively. Experiences like this are invaluable in helping young athletes identify future opportunities and reach their potential.



X-COUNTRY

The cross country programme at AGSB has enjoyed an excellent season, with outstanding performances from both our Junior and Intermediate teams.



Both teams were crowned Trafford Champions a fantastic achievement that reflects the depth of endurance talent within the school and the commitment shown by pupils throughout the season. Building on this success, the teams progressed through the Greater Manchester stages competing strongly against high-quality opposition to secure qualification for the North Finals.

The North Finals were hosted at Sedbergh school providing a challenging and competitive setting for this prestigious event.

Cross country continues to be an important part of our wider athletics and sporting provision, developing physical fitness, mental toughness and team spirit. The performances this season are a credit to the pupils involved, who represented the school with great pride.

Congratulations to all runners involved in this excellent cross country campaign. We look forward to building on this success in future seasons and continuing to develop endurance sport at AGSB.



TENNIS – LTA AWARDS

We are delighted to announce that Altrincham Grammar School for Boys has been awarded *Cheshire LTA School of the Year*, a fantastic recognition of the strength, inclusivity and success of our tennis programme.

Tennis continues to be one of the standout sports within AGSB's thriving co-curricular provision, with more than 80 pupils involved each year. In recent seasons, the programme has gone from strength to strength, with particularly successful Senior and U15 teams competing at regional and national levels and regularly reaching county, regional and national finals.

A key driver of this success has been the dedication and expertise of our in-house tennis coach, Mr Mark Furness of Hale Lawn Tennis Club. Mark delivers high-quality coaching sessions throughout the week that are consistently well attended and hugely popular. His commitment, alongside the excellent organisation and support provided by Mr Rawson, has helped to establish a sustainable and ambitious tennis pathway within the school.

AGSB offers two terms of structured coaching each year (April–July and September–November), each lasting ten weeks. Pupils can access up to six sessions per week, covering all year groups and abilities, with opportunities available at lunchtimes and after school from Monday to Thursday. While these coaching sessions are independently funded by pupils, the school also provides free taster sessions, team practices and inclusive events such as *Play Your Way to Wimbledon*, ensuring tennis remains accessible to all.

Competitive opportunities are a real strength of the programme. AGSB is unique in the number of teams it enters into school competitions, with 14 teams across the year participating in a wide range of county and national events, including the Glanville Cup, LTA Winter Leagues, LTA age-group competitions and School Sports Magazine tournaments. Many pupils have also gone on to represent Cheshire Tennis in inter-county competitions.

In addition, AGSB benefits from strong links with Hale LTC, who host four quadrangular school fixtures each year, guaranteeing meaningful match play for all participants. The school's tennis courts are also available for public hire, further strengthening links with the local community.

This award is a testament to the inclusive structure of our tennis programme, which provides opportunities not only for experienced club players but also for pupils new to the sport to represent their school and enjoy competitive tennis.

We are extremely proud to receive this recognition from the Cheshire LTA and would like to thank all staff, coaches and pupils who contribute to the continued success of tennis at AGSB.



SPORTS PSYCHOLOGY SESSIONS

Since October, AGSB has been running a series of sports psychology sessions that have had a highly positive impact on our rugby programme and wider sporting environment.

The sessions have been delivered by sports psychologist Alex Hogden, who has worked closely with several rugby squads across the school, including the 1st XV and the U13s. Alex has brought a professional, engaging and age-appropriate approach to his work, helping players better understand the mental side of performance alongside their physical preparation.

Across the programme, pupils have explored key themes such as confidence, focus, handling pressure, motivation and resilience. The sessions have been both practical and interactive, allowing players to apply strategies directly to training and match situations. As a result, pupils have reported finding the sessions extremely useful and have shown a growing awareness of how mindset can influence performance.

Encouragingly, these psychological skills have translated into improved performances on the pitch. Players have demonstrated greater composure under pressure, clearer decision-making and stronger communication, particularly in competitive fixtures. Coaches have also noted improved attitudes to challenge and a more consistent approach to preparation and reflection.

We are very grateful to Alex Hogden for the expertise and commitment he has shown since October. His work has added real value to our rugby provision and has helped reinforce the importance of developing the whole athlete at AGSB.

We look forward to continuing this work as the season progresses and to further embedding sports psychology into our sports programmes.



SCHOOL SPORT SHOP LAUNCH



We are pleased to announce the launch of a new AGSB School Sports Shop, developed to support our pupils involved in school sport by providing access to match day and midweek training kit.

The shop will be supplied by Hardgear who will be providing a range of high-quality sports clothing designed specifically for training and competitive fixtures. The intention of this shop is to offer a convenient, consistent option for pupils who represent the school in sport and would like appropriate kit for match days and training outside of curriculum lessons.

Importantly, all items available through the School Sports Shop are entirely optional. There is no requirement for pupils to purchase or wear this kit, and it is **not to be worn during PE lessons at any point**. Standard AGSB PE kit requirements remain unchanged.

The introduction of the shop is about providing choice and supporting pupils who are regularly involved in fixtures, training sessions and school sport commitments, particularly outside the normal school day. Hardgear have worked closely with the school to ensure the kit is practical, durable and appropriate for a wide range of sports.

We hope this initiative will be a useful addition for our sporting community and we look forward to seeing it support our teams throughout the year. Further details about the school shop and how to access it can be found in the link below.

<https://www.hardgear.co.uk/agsb/>

WHATS COMING UP!

As we draw the curtain on the first term of sport at AGSB, we're already looking ahead with great excitement to the remainder of the year.

In Hockey we have the National Knockout for the U14/U16 and U18 squads along with the later stages of the GM football cup. The Trafford cup for football will also begin. 7s season is not far away with all age groups being entered into at least 3 competitions.

On the cricket front, our U15 team (last year's U14s) has earned a well-deserved place in the National Knockout Competition, following their outstanding county cup success this season. The same strong side will also represent the school in the Barclays Knight-Stokes Cup, a competition for state schools across the UK.

Looking ahead, we have a fantastic calendar of tours lined up:

- Year 9 Football Tour to Barcelona – February 2026
- Year 8 Cricket Tour to Birmingham – June 2026
- And the hugely anticipated senior Rugby, Football and Hockey tour to Malaysia and Singapore in July 2027

I'd like to thank all pupils, staff, parents and supporters for their continued commitment and enthusiasm to AGSB sport.