

BWS RUGBY AND NETBALL TOUR 2024

# DUBAI



**Earlcoate**





# The Tour

## ITINERARY.

### DAY ONE - DEPARTURE

**1530hrs:** Arrive at London Heathrow Airport

**1600hrs:** Check in at London Heathrow Airport Terminal 3 for departures for Emirates Flight EK32 to Dubai International Airport

### DAY TWO - ARRIVAL

**0550hrs:** Arrive at Dubai International Airport Terminal 3 and proceed to passport control

**0800hrs:** Arrive at the Doubletree by Hilton Hotel Al Barsha for your 5-night stay

**0915hrs:** Transfer to Dubai Sevens Stadium, Al Ain Road E66

**1000hrs:** Training Session - self-led - 1hr (rugby)

**1115hrs:** Free time in the pool

**1315hrs:** Training Session - self-led - 1hr (netball)

**1830hrs:** Dinner at Carluccio's + Fountains

### DAY THREE - MATCH DAY 1

**0900hrs:** Transfer to Dubai Sevens Stadium, Al Ain Road, E66

**1000hrs:** Match 1 NETBALL - Bishop Wordsworth's vs Hurricanes - weaker squad

**1145hrs:** Free time at hotel pool

**1830hrs:** Match 1 RUGBY - Bishop Wordsworth's vs Hurricanes - stronger squad

# The Tour

## ITINERARY.

### DAY FOUR- WATERPARK/DHOW CRUISE

**1000hrs:** Atlantis Waterpark

**1730hrs:** Dhow Cruise and Dinner

### DAY FIVE - MATCH DAY 2

**1030hrs:** Dubai Gold Souk

**1830hrs:** MATCH 2 RUGBY - Bishop Wordsworth's vs Hurricanes - weaker squad

**1830hrs:** MATCH 2 NETBALL - Bishop Wordsworth's vs Hurricanes - stronger squad

### DAY SIX - DESERT SAFARI

**1000hrs:** Free time at Kite Beach

**1500hrs:** Desert Safari + Dinner

### DAY SEVEN- RETURN

**0830hrs:** Transfer to Dubai International Airport Terminal 3

**1210hrs:** Flight EK31 departs Dubai International Airport

**1610hrs:** Flight EK31 arrives at London Heathrow Airport Terminal 3

## END OF TOUR



## A Note From **Dr Smallwood** HEADMASTER

Since the first young women joined our sixth form here at Bishop's they have really made a profound difference to the school. September 2023 saw the fourth and largest group yet of year 12 girls enter our school and like all of their predecessors they have got stuck in to Bishop's determined to make a difference in every way possible. This tour is therefore of great significance - our very first sports tour for our sixth form sportswomen and the opportunity for them to make history yet again, but this time in the Middle East.

I have watched our girls play both netball and rugby, and have been wowed by the girls athleticism, ball skills determination and sheer physical strength. I am absolutely delighted that they now have the chance to showcase their sport on another continent and also create memories that will last them a lifetime. I wish the whole tour party the best of luck and good fortune on the field of play - the whole school will be cheering you on! Have a marvellous tour!



RADNOR ARMS



## Meet the **STAFF.**



Name: **Mr Dainin Richard-Griffiths**  
Position: **Director of Sport**



Name: **Miss Henrietta Paxton**  
Position: **Assistant Coach**



Name: **Mr Marcus Hole**  
Position: **Head Netball Coach**



Name: **Miss Sophie Cowey**  
Position: **Assistant Coach**



# A Note From Mr Richard Demain-Griffiths

DIRECTOR OF SPORT

Nearly 20 years ago I began my girls rugby coaching journey whilst at university, setting up a team at my college, three years later we went to Salou Fest in Spain.

Many of those girls are still best of friends, recent Facebook check ins show them at Premiership Rugby matches together with their families, some are still playing, some are now Directors of Rugby at their local club. The power of any sport cannot be underestimated, but rugby in particular through its contact element brings team mates closer together, making bonds for life.

Four years ago when girls first joined the school we had seven girls players, Covid hit and sport was all but cancelled, the next year we had ten and made our Rosslyn Park debut.

Last year we had enough for two squads, winning West of England, beating Millfield for the first time along the way and making day two at Rosslyn Park having defeated Welsh giants Llandovery.



# A Note from Mr Richard Demain-Griffiths

DIRECTOR OF SPORT

This year with over 50 girls having played for the school we have enough for four 7s squads and look forward to another exciting season of opportunity and fun.

It brings great pleasure to be taking our BWS girls on this inaugural tour, combining our two leading girls sports of netball and rugby. Having toured the world with the boys over the last decade I have no doubt the girls will have the trip of a life time made all the better sharing it with their mates.

It is a fantastic itinerary made so by the hard work of the girls, family, friends and sponsors who have supported the trip - and so a special thank you from me, as without this support trips like this would not be possible.

Of course the trip is a sports tour, with some fixtures and whilst they will contribute to the seasons and years ahead, a tour is about so much more. The bonds formed and memories made will outlast any result - even now I reminisce with those girls from 20 years ago, no one knows the scores, but we all have our stories to tell.

The logo for bluefrontier, featuring the word "bluefrontier" in a bold, sans-serif font. The word "blue" is in blue and "frontier" is in white.



## A Note From Mr Hole

1STS AND 2NDS NETBALL COACH

I sit here wondering where to start and endless words keep coming into my head: loyalty, trust, respect, togetherness, fun, hard-working, complicated, frustrating, understanding and many more, but the netball at Bishop's has come a long way since we began four years ago. We started with a handful of girls coming into the school at difficult times (Covid). They were new, walking into the cauldron of Bishop's, 1000 boys to 40 girls, only 15 of whom were up for the challenge of playing competition netball. These were girls from many different schools, who faced a number of challenges including being the first cohort, learning a different style of play and creating a unique ethos that would grow and develop.

Since then, Bishop's netball has certainly grown. From one or two fixtures, we are now playing a full fixture list, taking on the likes of Team Bath Salisbury ADC, Marlborough and Dauntsey's. The 2023 squad currently commit to four training sessions per week and through this, have developed a style of play which is exciting, fast and a touch different.



## A Note From Mr Hole

1STS AND 2NDS NETBALL COACH

The ethos of netball at Bishop's really comes down to one thing - hard work! This is something that the girls have whole-heartedly embraced, showing that they have the mental capacity to take on new challenges with a fun and positive spirit. They are always open to new ideas, and to developing themselves as people as well as players.

These are exciting times as everything that has happened and is happening is taking netball in a great direction. It is developing rapidly and with every girl that plays for the school, an extra bit is added.

If one thing sums it up, it's that coaching the squad is the best part of my week. Walking into the sports hall for each session, seeing the girls all working together is just perfect. It really makes me smile to see the bond that is growing between them, and that will last a lifetime.





## A Note From Sophie Cowey

Assistant Coach

Since I first started playing rugby 5 years ago, I have experienced how quickly women's sport is growing. I have played rugby for Dorset and Wilts, in the Bristol Bears Academy, for Bath 7s and in the UR7s National Academy.

Throughout this time the presence of women's sport, specifically rugby, is continually increasing on an international scale. This is now being reflected within BWS, who are now taking their first girls sports team international. I remember being sat in the Aerobics Studio 3 years ago, there were 7 of us interested in playing rugby, just enough for one 7s squad with no subs. If you had told us that just 3 years later there was an inaugural girls sports tour with over 30 girls attending we would never of believed you.

Yet I can't say I'm surprised, it is clear that Bishop's is a community that will encourage female athletes to grow and reach their highest potential. Last year there were just 20 of us and I had the privilege of captaining the girls rugby team. We had a successful year winning West of England and becoming quarter finalists at Rosslyn Park. In just a short time BWS sport has achieved so much and I'm excited to continue to watch it grow.

The girls have shown commitment, passion and enjoyment, willingly dedicating numerous hours throughout the week to allow them to compete at such a high standard. I have loved every opportunity that rugby at BWS has given me and now on my gap year, while working as a Sports Assistant, I get to give back to the coaches and the sport that developed me so much not only as a player but as a person. This tour is the first of many and I am certain it will create friendship and memories to last a lifetime.

## A Note From Miss Paxton

Assistant Coach

Coming back to Salisbury and then finding myself working with these teams at Bishop's feels both strange and like it was always meant to be. Having left at 18 and pursued a sporting dream, travelled the world and experienced all the highs and lows of a professional athlete, I feel like I have arrived back here at such a pivotal moment in women's sport at this school I hope my passion and experience can inspire these girls over and above what they thought was possible.

Sport has been the driving force in my life since I was an 8 year old and provided me with the most incredible opportunities, whilst developing in me a tenacity and resilience I didn't know I had. As a young sports woman in Salisbury sometimes the inspiration and examples around me were lacking and the opportunity for a sports tour at my 6th form would have been incredible. I often had to rely solely on my own belief and motivation that I could make my mark in sport.

The energy and the buzz for the girls teams here not only lift the girls belief in themselves, developing strong and confident young women, but make them a role model and an inspiration to future generations. I feel privileged to be a part of it.



# Meet the PLAYERS.



Name: **Hattie Bacon**  
Sport: **Rugby/Netball**  
Preferred position: **C/WA**  
Sporting Idol: **Katie Boulter**



Name: **Aoibh Baird**  
Sport: **Rugby**  
Preferred position: **Fly-half**  
Sporting idol: **Emily Scarratt**



Name: **Ruby Bennett**  
Sport: **Netball**  
Preferred Position: **GD**  
Sporting Idol: **Shamera Sterling**

# Meet the PLAYERS.



Name: **Rosie Cowan**  
Sport: **Rugby**  
Preferred Position: **Full-back**  
Sporting Idol: **Beth Twedle**



Name: **Millie Cowey**  
Sport: **Rugby/Netball**  
Preferred Position: **GD**  
Sporting Idol: **Leah Williamson**



Name: **Poppy Egerton**  
Sport: **Rugby/Netball**  
Preferred Position: **C/Fly and Scrum Half**  
Sporting Idol: **George Ford if he played like Finn Russel**



Name: **Jess Boardman**  
Sport: **Rugby**  
Preferred Position: **Hooker**  
Sporting Idol: **Jessica Ennis-Hill**



Name: **Libby Byam**  
Sport: **Rugby**  
Preferred Position: **Second Row**  
Sporting Idol: **Joe Marler**



Name: **Kirsty Clay**  
Sport: **Netball**  
Preferred Position: **WD**  
Sporting Idol: **Sha'Carri Richardson**



Name: **Millie Gurney**  
Sport: **Rugby/Netball**  
Preferred Position: **C/Wing**  
Sporting Idol: **Chris Evert**



Name: **Bethan Greenyer**  
Sport: **Rugby**  
Preferred Position: **Wing**  
Sporting Idol: **Jessica Ennis Hill**



Name: **Pearl Harrington**  
Sport: **Rugby/Netball**  
Preferred Position: **Prop**  
Sporting Idol: **Max Verstappen**



# Meet the PLAYERS.



Name: **Zoe Hansen**  
Sport: **Rugby**  
Preferred Position: **Inside Centre**  
Sporting Idol: **Talupe Faletau**



Name: **Anna Hayakawa**  
Sport: **Rugby**  
Preferred Position: **Scrum half**  
Sporting Idol: **Stifan Hassan**



Name: **Toma Howarth-Jones**  
Sport: **Rugby/Netball**  
Preferred Position: **GD/Wing**  
Sporting Idol: **Nimsdai Purja**

# Meet the PLAYERS.



Name: **Amy Lamb**  
Sport: **Rugby**  
Preferred Position: **Number 8**  
Sporting Idol: **Laura Collett**



Name: **Sophie Makin**  
Sport: **Rugby/Netball**  
Preferred Position: **GA**  
Sporting Idol: **Helen Housby**



Name: **Nyah Merryweather**  
Sport: **Netball**  
Preferred Position: **GS**  
Sporting Idol: **Laura Muir**



Name: **Matlida Jeffery**  
Sport: **Rugby**  
Preferred Position: **Prop**  
Sporting Idol: **Sky Brown**



Name: **Mali Jones**  
Sport: **Rugby/Netball**  
Preferred Position: **GS, Prop**  
Sporting Idol: **Nia Jones**



Name: **Izzy Kealey**  
Sport: **Rugby**  
Preferred Position: **Winger**  
Sporting Idol: **Fran Halsall**



Name: **Hannah Norton**  
Sport: **Rugby/Netball**  
Preferred Position: **WD**  
Sporting Idol: **Laura Muir**



Name: **Emma Packman**  
Sport: **Rugby**  
Preferred Position: **Winger**  
Sporting Idol: **Keely Hodgkinson**



Name: **Yashvi Patel**  
Sport: **Rugby/Netball**  
Preferred Position: **WA**  
Sporting Idol: **Dina Asher Smith**



# Meet the PLAYERS.



Name: **Soph Riding**  
Sport: **Rugby**  
Preferred position: **Wing**  
Sporting Idol: **Mo Farah**



Name: **Keara Redding**  
Sport: **Rugby**  
Preferred position: **Full-back**  
Sporting idol: **Lisa Carrington**



Name: **Sophie Sherry**  
Sport: **Netball**  
Preferred position: **GA**  
Sporting Idol: **Stephanie Wood**



Name: **Lara Woodhouse**  
Sport: **Rugby/Netball**  
Preferred Position: **Everywhere**  
Sporting Idol: **Geva Mentor**



Name: **Lucy Wyeth**  
Sport: **Rugby**  
Preferred Position: **Forward**  
Sporting Idol: **Bobbi Gibb**



Name: **Darcy Thrale**  
Sport: **Rugby/Netball**  
Preferred position: **GD/GK**  
Sporting idol: **Funmi Fadoju**



Name: **Megan Thomas**  
Sport: **Rugby/Netball**  
Preferred position: **C**  
Sporting Idol: **Jude Clarke**



Name: **Lucy Ventham**  
Sport: **Rugby**  
Preferred position: **Outside Centre**  
Sporting Idol: **Emma Raducanu**

# Meet the PLAYERS.

## The KIT. BY TSUNAMI





# The Team

## SHEET.

Aoibh Baird

Hattie Bacon

Ruby Bennett

Jess Boardman

Libby Byam

Kirsty Clay

Rosie Cowan

Millie Cowey

Poppy Egerton

Millie Gurney

Bethan Greenyer

Pearl Harrington

Zoe Hansen

Anna Hayakawa

Toma Howarth-Jones

Matilda Jeffery

Mali Jones

Izzy Kealey

Amy Lamb

Sophie Makin

Nyah Merryweather

Hannah Norton

Emma Packman

Yashvi Patel

Sophia Riding

Keara Redding

Sophie Sherry

Darcy Thrale

Megan Thomas

Lucy Ventham

Lara Woodhouse

Lucy Wyeth