

@ The Cedars



THE CEDARS
SCHOOL



THURSDAY 2ND JULY 2020

DEAR PARENTS

You may have noticed our display of sports trophies in the atrium; just above is the maxim *Better People Make Better Players*. This neatly encapsulates our approach to sport at The Cedars. Sport is an important part of school life but it is not an end in itself. The real value of sport to a rounded education is that it provides plenty of opportunities to learn important life lessons and to grow in virtue. There are plenty of other benefits, of course: most boys enjoy playing sport and they all benefit from the exercise. But we would not want to lose sight of the power that sport has to mould character, provided that it is taught with that aim in mind.

As Mr Ashton, our Director of Sport, often points out, we punch well above our weight. We are extremely proud of the sporting successes that our boys have achieved so far, as we are of successes in other areas of school life. Our record in rugby 7s competitions in particular is remarkable given that we are a new and relatively small school on the circuit, and we are delighted at the record our boys have of being selected for representative teams including Harlequins and even the Chilean national team in one case! A number of our pupils play in football academy teams and

several play county cricket at youth level. Much as we celebrate such success, we realise that there is also much to be learnt from defeat!

While on the subject of sport, I would like to mention our Saturday mornings at The Cedars. Most of our fixtures are played on Saturdays and you are warmly invited to come along and support your son. It's a great opportunity to meet other parents and your son will really appreciate it. And we'll even provide you with a pre-match breakfast!

With all good wishes, and I hope to see you on the touchline in September!

Robert Teague,
Headmaster

Virtual Cricket Masterclasses

Sessions with **Mr Ashton** and **previous Director of Sport and ex-professional cricketer Johan Thisanayagam**.

Week 1 focuses on Batting. The first video looks at the **batting stance** as well as understanding the wicket and pitch set-up. The second one looks at some key terminology in regards to helping pupils understand **bowling line and length** which they will need to understand before watching the final video on the **straight/drive shot**.

Within these sessions we hope to educate and simplify these skills.

Week 2 focuses on 'The Pull and Cut Shot' and also looks at 'The Bowling Action.'

The Pull and Cut Shot – Batting against Short Deliveries
<https://www.youtube.com/watch?v=Ug3DRIKK5sc>

The Bowling Action
<https://www.youtube.com/watch?v=0Yw-l8jLWb8>



Week 3 focuses on 'Spin Bowling' and also looks at 'Fielding Techniques' Within these sessions we hope to educate and simplify these skills which can sometimes be unnecessarily overcomplicated.

Batting Stance

<https://www.youtube.com/watch?v=ijyL6vj47u4>

Bowling Line and Length

<https://www.youtube.com/watch?v=HfU0TjrGU9I>

The Straight/ Drive Shot

<https://www.youtube.com/watch?v=5t4dslsDMuc>

Spin Bowling

<https://www.youtube.com/watch?v=p5H7ZlpNb4I>

Fielding

<https://www.youtube.com/watch?v=yIvzvoFdoYk>