

Sporting Newsletter Summer 2025



The sporting newsletter is intended to give a termly snapshot of some of the projects and developments that are going on in Sport at the College.

General Updates

Specific Sports Bra fittings being confirmed with PEBE (a bespoke Sports Bra provider) for October 2025.

Staffing / Recruitment

Expansion of staffing to deliver Physical Fitness and Strength & Conditioning from Michaelmas 2025.

The new Head of Wellness and Physical Fitness has been meeting with pupils to better understand how Wellington can expand its access to physical training for all, alongside hosting diet and nutrition sessions, in particular looking at healthy snacking options, not to mention mapping out an on site 5k running route.

Facilities Updates

The 12 new Tennis and Netball courts on the Selassie site are set to be completed by the end of 2025. These new courts will meet Sport England standards, will include team shelters, and will be finished in colour coated macadam. They will be available for student use from the start of the Lent term.

The re-configuration of Derby Field to facilitate 7 grass pitches for Rugby and Football will be in place for Michaelmas 2025.

The 3rd astro, proposed on Bigside adjacent to the existing Bawden/Martin astro pitch, has faced some planning obstacles due to a number of statutory compliance factors, which are currently being worked through by the Works & Estates team, alongside local council and Sport England. These matters, whilst beyond our control, have been worked through and we are now awaiting feedback from the Council's officers on information submitted at the start of the summer. The good news is that the College's Estates team is already working on the information that will be required to discharge the pre-commencement planning conditions, so that they can expediate the implementation of the scheme as soon as planning permission is granted. Despite this delay, the Hockey programme has confirmed use of the Birch Hill astro for Michaelmas 2025.

Meeting the Sports Team – Head of Hockey Development – Rob Farrington

The following section will be used to introduce certain key members of the sporting team, with this newsletter introducing Rob, who joined Wellington College in 2020.

Tell us a little bit about your Coaching and Playing career away from College.

I've been playing hockey since 11 years of age and have always just loved playing the game. I have been fortunate to have some brilliant experiences playing through the England age groups from U16 through to 23, at Loughborough University and currently at Surbiton Hockey club having played for the Men's 1st XI for the past 9 years. My love for coaching developed back at University, I have been coaching for 10 years now in a variety of places including both junior talent pathways and adult National Leagues.



What do you think are the 3 most important skills for young players to develop in Hockey?

Developing the ability to explore and be curious, would be the first step. From there expand your technical toolkit by developing as many different carrying, passing, shooting and tackling techniques as possible. Lastly making sure you can become a symmetrical hockey player, everything you do on your forehand you can do on your backhand.

You have been at Wellington for several year, what have been the key changes you have implemented in Hockey in that time?

Implementing our Wellington Way. Every individual has a framework of key skills they need to develop for our game and that every team plays within the same framework. This consistency means moving through the years and teams at Wellington we can continue to build and build each year. Equally pleasing is the development of a hockey culture, particularly for the girls where it has become cool to come down to the pitch on any day of the week after school and from Year 9 through to Year 13 you have players working together to improve their skills and have fun at the same time.