Captains Training





MEET THE TEAM



JULIA SAUNDERS Student Opportunities Manager

WILL HARRINGTON Sports Club Coordinator





BUCS and LUSL

- What is BUCS?
- BUCS Play
- LUSL



Fixture Management

- BUCS
- LUSL
- One off/ Friendlies
- Rearrangements

| AIC | 09/10 | /2023 | | | | | | | | | | | |
|---|--|--|--|--|--|-------|--|--|--------------|--|--|---|---------------------------|
| MON | AY | | | | | | SATU | BDAY | | | | | |
| | Start Tim | Court | Club | Team | Opposition | Notes | | Start Time | Court | Club | Team | Opposition | Notes |
| | | | | | | | | 14:00:00 | | | | | |
| | 19:00:00 | nła | Netball | Royal Holloway Comp 1 | UCL RUMS Comp 1 | | Football 2 | 14:00:00 | | | | | |
| MYCourts | 19:00:00 | н | Netball | Royal Holloway Int 4 | Imperial Medics Int 3 | | | | | | | | |
| MILOURS | | | | ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | | | | | | | | | |
| | 20:30:00 | nła | Netball | Royal Holloway Comp 2 | St Georges Comp 3 | | Eastfield | 12:30:00 | | | | | |
| | 20:30:00 | nła | Netball | Royal Holloway Rec 1 | LSE Rec 1 | | | | | | | | |
| | 20:30:00 | lira | raecoali | Hogai Holloway Nec 1 | LOC HWO I | | | | | | | | |
| Kingswood | 18:00:00 | | | | | | 3G | 12:00:00 | N/A | Mens Football | Royal Holloway Mens Intermeidate 4 | UCL Mens 4 | 01 |
| | | nła | 1 | 1 | | | 30 | 14:00:00 | INPA | Iviens Football | Royal Holloway Mens Intermeldate 4 | OCC IVIENS 4 | Change request from 07/10 |
| WEDNE | | | | LS (Number of medics, U | | | | 16:00:00 | | | | | |
| Facility | Start Tim | Court | Club | Team | Opposition | Notes | Astro | 12:30:00 | | | | | |
| Football 1 | 14:00:00 | | | | | | | 12:00:00 | | | | | |
| Football 2 | | | | | | | MYCourts | | | | | | |
| - ootbuilt | 14:00:00 | | | | | | MICOURS | | | | | | |
| Eastfield | 13:00:00 | | | | | | | | | | | | |
| - | 13:00:00 | | | | | | | | | | | | |
| | 13:00:00 | NRA | Lacrosse | Royal Holloway Women's 1 | King's College Women's 2 | | | | | | | | |
| | | 1 | | | | | | | | | | | |
| | | | | | | | | | | | | | |
| 36 | 15:00:00 | NłA | Womens Footbal | Royal Holloway Women's 1 | King's College Women's 1(GKT) | | SUN | DAY | | | 15/10 | 12023 | |
| 3G | 15:00:00 | N/A | Womens Footba | l Royal Holloway Women's 1 | King's College Women's 1(GKT) | | SUN | DAY | | | 15/10 | /2023 | |
| 36 | 15:00:00 17:00:00 | N/A | Womens Footbal | Royal Holloway Women's 1 Royal Holloway Men's 1 | King's College Women's 1 (GKT) LSE Men's 2 | | | DAY Start Time | Court | Club | 15/10 Team | 12023 Opposition | Notes |
| 36 | | | | | | | Facility | Start Time | Court | Club | | | Notes |
| 36 | | | | | | | | Start Time | Court N/A | Club | | | Notes |
| 3G Astro | 17:00:00 13:00:00 | N/A N/A | Mens Football Hockey | Royal Holloway Men's 1 Royal Holloway Women's 1 | LSE Men's 2 Hertfordshire Women's 1 | | Facility | Start Time 15:00:00 | | | Team | Opposition | Notes |
| | 17:00:00 | NłA | Mens Football | Royal Holloway Men's 1 | LSE Men's 2 | | Facility | Start Time | | | | | Notes |
| | 17:00:00 13:00:00 15:00:00 | N/A N/A | Mens Football Hookey Hookey | Royal Holloway Men's 1 Royal Holloway Vomen's 1 Royal Holloway Men's 1 | LSE Men's 2 Hertfordshire Women's 1 Portsmouth Men's 1 | | Facility Football 2 | Start Time 15:00:00 | | | Team | Opposition | Notes |
| | 17:00:00 13:00:00 | N/A N/A | Mens Football Hockey | Royal Holloway Men's 1 Royal Holloway Vomen's 1 Royal Holloway Men's 1 | LSE Men's 2 Hertfordshire Women's 1 | | Facility Football 2 | Start Time 15:00:00 | | | Team | Opposition | Notes |
| | 17:00:00 13:00:00 15:00:00 17:00:00 | N/A N/A N/A | Mens Football Hockey Hockey Hockey | Royal Holloway Men's 1 Royal Holloway Vomen's 1 Royal Holloway Men's 1 Royal Holloway Vomen's 2 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) | | Facility Football 2 Eastfield | Start Time 15:00:00 12:30:00 | N/A | Womens Footba | Team Vomens Comp 1 | Opposition Kings Ekt Vomens Comp 1 | Notes |
| Astro | 17:00:00 13:00:00 15:00:00 | N/A N/A | Mens Football Hookey Hookey | Royal Holloway Men's 1 Royal Holloway Vomen's 1 Royal Holloway Men's 1 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) | | Facility Football 2 | Start Time 15:00:00 | N/A | Womens Footba | Team | Opposition | Notes |
| Astro | 17:00:00 13:00:00 15:00:00 17:00:00 | N/A N/A N/A | Mens Football Hockey Hockey Hockey | Royal Holloway Men's 1 Royal Holloway Vomen's 1 Royal Holloway Men's 1 Royal Holloway Vomen's 2 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medics) Brighton Vomen's 2 | | Facility Football 2 Eastfield | Start Time 15:00:00 12:30:00 | N/A | Womens Footba | Team Vomens Comp 1 | Opposition Kings Ekt Vomens Comp 1 | Notes |
| Astro | 17:00:00 13:00:00 15:00:00 17:00:00 13:00:00 | N/A N/A N/A | Mens Football Hockey Hockey Hockey Netball | Rogal Hollowag Men's 1 Rogal Hollowag Women's 1 Rogal Hollowag Men's 1 Rogal Hollowag Women's 2 Rogal Hollowag Women's 2 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) Brighton Vomen's 2 Brighton Vomen's 3 | | Facility Football 2 Eastfield | Start Time 15:00:00 12:30:00 | N/A | Womens Footba | Team Vomens Comp 1 Rogal Holloway Vomen's Recreational 3 | Opposition Kings Ekt Vomens Comp 1 Vest London Vomen's Intermediate 1 | Notes |
| Astro MYCourts Tennis can | 17:00:00 13:00:00 15:00:00 17:00:00 13:00:00 15:00:00 | N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball | Rogal Holloway Men's 1 Rogal Holloway Women's 1 Rogal Holloway Men's 1 Rogal Holloway Vomen's 2 Rogal Holloway Vomen's 1 Rogal Holloway Vomen's 1 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) Brighton Vomen's 2 Brighton Vomen's 3 | | Facility Football 2 Eastfield | Start Time 15:00:00 12:30:00 | N/A | Womens Footba | Team Vomens Comp 1 Rogal Holloway Vomen's Recreational 3 | Opposition Kings Ekt Vomens Comp 1 Vest London Vomen's Intermediate 1 | Notes |
| Astro MYCourts Tennis can | 17:00:00 13:00:00 15:00:00 17:00:00 15:00:00 15:00:00 | N/A N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball | Royal Holloway Men's 1 Royal Holloway Women's 1 Royal Holloway Women's 1 Royal Holloway Women's 2 Royal Holloway Women's 3 Royal Holloway Women's 3 | LSE Men's 2 Hettlordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medics) Brighton Vomen's 2 Brighton Vomen's 3 LSE Vomen's 2 | | Facility Football 2 Eastfield 3G | Start Time 15:00:00 12:30:00 14:00:00 | N/A | Vomens Footba Vomens Footba Lacrosse | Team | Opposition Kings Gkt Vomens Comp 1 Vest London Vomen's Intermediate 1 Imperial Mixed Competitive 1 | Notes |
| Astro MYCourts Tennis can | 17:00:00 13:00:00 15:00:00 17:00:00 13:00:00 15:00:00 | N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball | Rogal Holloway Men's 1 Rogal Holloway Women's 1 Rogal Holloway Men's 1 Rogal Holloway Vomen's 2 Rogal Holloway Vomen's 1 Rogal Holloway Vomen's 1 | LSE Men's 2 Hettlordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medics) Brighton Vomen's 2 Brighton Vomen's 3 LSE Vomen's 2 | | Facility Football 2 Eastfield | Start Time 15:00:00 12:30:00 | N/A | Womens Footba | Team Vomens Comp 1 Rogal Holloway Vomen's Recreational 3 | Opposition Kings Ekt Vomens Comp 1 Vest London Vomen's Intermediate 1 | Notes |
| Astro MYCourts Tennis can be from 11 Founders Tennis | 17:00:00 13:00:00 15:00:00 17:00:00 15:00:00 15:00:00 | N/A N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball | Royal Holloway Men's 1 Royal Holloway Women's 1 Royal Holloway Women's 1 Royal Holloway Women's 2 Royal Holloway Women's 3 Royal Holloway Women's 3 | LSE Men's 2 Hettlordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medics) Brighton Vomen's 2 Brighton Vomen's 3 LSE Vomen's 2 | | Facility Football 2 Eastfield 3G | Start Time 15:00:00 12:30:00 12:00:00 14:00:00 14:00:00 14:30:00 | N/A | Vomens Footba Vomens Footba Lacrosse | Team | Opposition Kings Gkt Vomens Comp 1 Vest London Vomen's Intermediate 1 Imperial Mixed Competitive 1 | Notes |
| Astro MYCourts Tennis can be from 11 Founders Tennis Courts | 17:00:00 13:00:00 15:00:00 17:00:00 13:00:00 17:00:00 13:00:00 13:00:00 | N/A N/A N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball Netball | Rogal Holloway Men's 1 Rogal Holloway Wen's 1 Rogal Holloway Women's 1 Rogal Holloway Women's 2 Rogal Holloway Women's 2 Rogal Holloway Women's 3 Rogal Holloway Women's 4 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) Brighton Vomen's 2 Drighton Vomen's 3 LSE Vomen's 2 City Vomen's 2 | | Facility Football 2 Eastfield 3G | Start Time 15:00:00 12:30:00 12:00:00 14:00:00 12:30:00 | N/A | Vomens Footba Vomens Footba Lacrosse | Team Vomens Comp 1 Rogal Holloway Vomen's Recreational 3 Rogal Holloway Mixed Competitive 2 Rogal Holloway Mixed Competitive 1 | Opposition Kings Gkt Vomens Comp 1 Vest London Vomen's Intermediate 1 Imperial Mixed Competitive 1 St Mary's Mixed Intermediate 1 | Notes |
| Astro MYCourts Tennis can be from 11 Founders Tennis | 17:00:00 13:00:00 15:00:00 17:00:00 13:00:00 17:00:00 17:00:00 | N/A N/A N/A N/A N/A N/A | Mens Football Hockey Hockey Netball Netball Netball | Rogal Holloway Men's 1 Rogal Holloway Wen's 1 Rogal Holloway Women's 1 Rogal Holloway Women's 2 Rogal Holloway Women's 2 Rogal Holloway Women's 3 Rogal Holloway Women's 4 | LSE Men's 2 Hertfordshire Vomen's 1 Portsmouth Men's 1 Imperial Vomen's 5 (Medios) Brighton Vomen's 2 Drighton Vomen's 3 LSE Vomen's 2 City Vomen's 2 | | Facility Football 2 Eastfield 3G Astro | Start Time 15:00:00 12:30:00 12:00:00 14:00:00 14:00:00 14:30:00 | N/A | Vomens Footba Vomens Footba Lacrosse | Team Vomens Comp 1 Rogal Holloway Vomen's Recreational 3 Rogal Holloway Mixed Competitive 2 Rogal Holloway Mixed Competitive 1 | Opposition Kings Gkt Vomens Comp 1 Vest London Vomen's Intermediate 1 Imperial Mixed Competitive 1 St Mary's Mixed Intermediate 1 | Notes |



Fixture Management

• Before a fixture – Officials, Confirmation



- On the day travel, what to take, team sheets
- After Results, issues



Good to know

- Cup Matches
- Fielding a team when you have multiple
- Wet weather



Playing Under Protest

- When before the start of play
- How form completed and signed by both Captains
- Why if you feel a particular rule has been broken, the rule must be cited
- Process these are submitted to the SU
- We can turn down before we send to BUCS

Facilities

- On Campus training, fixtures
- Off Campus
- Cancellations



Goaching

- •Contracts
- •Role
- •Boundaries
- Difficult conversations



First Aid

•You will have one per BUCS team

•Use

Restocking

•Reporting incidents •SU •ALS

•Training



Extra Information

- Code Of Conduct Reminder
- Fixtures Phone: 07902493014
- Captains Contacts
- BUCS Captain pack
- SU Captains Pack email
- Drop Ins Mondays 14:30 16:00, Thursdays 10:00 11:30 (PUP)



THANK YOU

Questions?

Please complete this form to give us your feedback on the session

