



George Heriot's School

Founded 1628

SENIOR SCHOOL EXTRA-CURRICULAR & GAMES ACTIVITIES

Full Colours

- Full Colours, in the form of an embroidered blazer pocket, can be awarded to pupils for excellence in a given field
- A realistic commitment to the activity within school is also expected
- Full Colours can be awarded to pupils in S5 and S6
- Full Colours cannot be re-awarded

Criteria for the Award of Full Colours

Pupils must fulfil the general criteria listed below **in addition** to the specific requirements for the particular activity

GENERAL CRITERIA:

- 1) REPRESENT THE SCHOOL IN THE ACTIVITY**
- 2) MAINTAIN AN EXCELLENT ATTENDANCE RECORD OVER A PERIOD OF AT LEAST TWO CONSECUTIVE YEARS, INCLUDING THE YEAR IN WHICH COLOURS ARE BEING AWARDED (THUS, PUPILS WHO RECEIVE AWARDS DURING THE FIRST TWO TERMS OF S5 MUST HAVE JOINED THE ACTIVITY BEFORE OR DURING S4)**
- 3) EXHIBIT A POSITIVE ATTITUDE**
- 4) SET A GOOD EXAMPLE TO YOUNGER PUPILS**
- 5) MODEL HELPFUL BEHAVIOURS**

Application and Presentation

Applications for a Full Colours Award can be made in writing or e-mailed, to the appropriate activity leader, as soon as a pupil has fulfilled the appropriate criteria. The application must include the pupil's name and class and must clearly specify which criteria have been met. Staff in charge of activities should inform pupils of their awards and provide the chairman of the colours committee with a list of names and classes. Full Colours Awards will be presented **throughout terms 1, 2 and 3** at morning assemblies.

Notes

- Specific criteria which involve periods of time to pass before Full Colours can be awarded may be varied or waived in respect of any new pupil who cannot fulfil such criteria
- Serious misconduct in other areas of the school may compromise an award

SPECIFIC CRITERIA:

(Cumulative criteria or special considerations in parenthesis)

ATHLETICS (1 and 2)

1. Achieve 1st, 2nd or 3rd place at a Scottish Schools Championship
2. Compete for the school in all home and away fixtures and all District / National Championships

BADMINTON (1 and 2)

1. A high standard of competition
2. Representation in Edinburgh team or above

BASKETBALL (1 and 2)

1. Consistently strong performances in the first team squad in Scottish Schools Cup competitive fixtures and non-cup fixtures against other schools
2. Representation at regional or national level

CHESS (1, 2, 3 and 4)

1. Regular membership of the School's four player chess A-team
2. Considerable success (measured according to the standard of opposition) in A-team matches
3. Membership of Chess Scotland
4. Play at least four competitive Chess Scotland matches and maintain an average grade of at least 1000 during the relevant session

COMBINED CADET FORCE (1, 2, 3, and 4)

1. Advanced APC – (Army/RAF Gold Star - Arms Drill or Radio Procedure)
2. Has completed CCF Annual Camp
3. At least 12 months of CCF time as a full Corporal Rank
4. At least three years' service in the CCF; with an exemplary attendance and disciplinary record

CRICKET (1 and 2)

1. Two full seasons in the first X1
2. Playing to a standard to be eligible for District and /or National selection during the season

CROSS COUNTRY RUNNING (1 and any two others from 2, 3 and 4)

1. Queen's Park lap in under 19m 0s (Boys) or under 20m 30s (Girls)
2. Sevenoaks top 100 placing - Boys (or equivalent - Girls)
3. Scottish Schools' Championships top 40% in either Group B or Group A
4. Eastern District League or equivalent Scottish Athletics Open Race top 50% placing

CURLING (1, 2 and 3)

1. Regular member of first rink
2. To be of a level that would put them in the top 10 school curlers in Scotland (playing to a standard deemed high enough by the coach)
3. Achievement by the rink in the various tournaments open to them. An excellent performance in the league (generally reaching the final) and qualifying for the Scottish Schools Championship is essential. However, one excellent player in an otherwise average team may be awarded colours at the coach's discretion

DEBATING (1 or 2)

1. Selection for Scotland
2. A win in one of the big four Debating competitions or in a British one-day competition

DRAMA (1, 2, 3 and 4)

1. Outstanding in performance
2. Participation in at least six productions including Drama Festival and/or House Drama and associated activities including the current production. Plus selection for special events (e.g. SSF & NT)
3. Participation should show ongoing commitment to the furtherance of Drama in the school
4. Helping in a non performing capacity on at least one production (though to production nights)

DRUMMING (1 or 2)

1. Technical/musical excellence
 - a) Level 4 certificate from the Piping & Drumming Qualifications Board or equivalent standard.
 - b) Instruct a beginner in the playing of all basic rudiments on the practice pad.
 - c) Demonstrate ability to closely follow pipe tunes of all common time signatures and provide an excellent accompaniment to the pipes
2. Represent the School in a March, Strathspey and Reel competition at a National level e.g. The Scottish Schools CCF Senior Drumming Competition (first award only)

EQUESTRIAN

1. Champion or Reserve Champion at the Scottish Schools Dressage & Showing Jumping Championships
2. Placed in the top three individually or as part of a team at the Scottish Schools Dressage & Showing Jumping Championships
3. Qualify for the NSEA National Championships
4. Placed in the top three individually or as part of a team in the BSJA School's League

FOOTBALL (1 and 2)

1. A regular player in the first eleven, who consistently performs to a high standard
2. **Boys:** the player has been selected for the SISFA Scotland squad
Girls: the player has been selected for the South East of Scotland Regional Squad and/or the SISFA U18 Scotland squad

GOLF (1 and 2)

1. Reached or exceeded Edinburgh Schools' Standard. This involves boys playing off 5 or below and girls 12 or below
2. Participate in all school competitions and matches

HIGHLAND DANCING (1, 2, 3, 4 and 5)

1. A demonstration of excellence at extra-curricular club standard-at the discretion of the Dance Teacher
2. Attended GHS Highland Dancing Club for a minimum of 4 years in Senior School
3. Selected to represent the school at Holyrood Palace Beating of the Retreat or similar event
4. Competed in The Scottish Schools CCF Highland Dancing Competition, local or National competitions and achieved a 1st 2nd or 3rd place on 3 separate occasions
5. Achieved the following grades (taken through examination)
 - UKA Laurel Award Highland
 - UKA Gold Award National Lilt
 - UKA Gold Award National Flora MacDonalds Fancy
 - UKA Gold Award National Village Maid
 - UKA Gold Award National Blue Bonnets
 - UKA Gold Award National Earl of Errol
 - UKA Gold Award National Heilan' Laddie

HOCKEY (1 and 2)

1. Representative Honours – a player should have played at National U/16 or National/District U/18 level Outdoor
2. Consistently strong performances in the school 1st XI where players should be playing at a district standard

MUSIC (1, 2 and 3)

1. Technical/musical excellence
2. Associated Board or Trinity Guildhall Grade VII must have been passed on first instrument. Colours will also be awarded to pupils in S6 who have exceptional proven creative ability, either in composition or improvisation
3. A minimum of two years' regular attendance to at least two choirs/ensembles within Heriot's, served concurrently in the two years prior to the session in which the award is being made. Alternatively, pupils in S6 who have entered the school in S5, but who have exceptional musical ability and have participated fully in the life of the Department will also be eligible for Colours, provided points 1 & 2 have been met

PIPING (1 or 2)

1. Technical/musical excellence
 - Level 4 certificate from the Piping & Drumming Qualifications Board or equivalent standard
 - Instruct a beginner in the playing of all embellishments on the practice chanter
 - Play for the following Highland Dances:
 - a) The Highland Fling
 - b) Seann Truibhas
 - c) The Reel of Tulloch
 - d) The Single Sword Dance
2. Represent the School in a Piobaireachd competition at a National level e.g. The Scottish Schools CCF Piobaireachd Competition (first award only)

PUBLIC SPEAKING

1. A win in a National Public-Speaking competition

QUIZ TEAM (1, 2 and 3)

1. Member of the Senior Quiz Team
2. Scottish Champions
3. Scottish Champions, thus qualifying them for the North of Britain Challenge

ROWING (Any of 1 - 5)

The student must demonstrate commitment to Rowing at George Heriots' for at least two years and a performance in a competition with a credible field or be selected to represent their country. The following examples represent valid performances:

1. Selection for International representation or Scotland representative crew
2. Race in the A final at the National Schools Regatta
3. Qualify for Henley Royal Regatta
4. Semi Final at Women's Henley Regatta
5. Top three finish at the Schools Head of the River (London)

RUGBY (1 and 2 or 1 and 3)

1. Two playing season's in the school 1st XV
2. District or National representation
3. 1st XV Captain

SHOOTING (1, 2 and 3)

1. Above average ability: consistently high scoring maintained over a period of time
2. Organisational skills: prepare and run a competition in all aspects – setting up, scoring and organising teams
3. Ability to coach: the personality to be able to coach younger pupils and pass on enthusiasm. Attendance at courses of practical and theoretical skill

SKIING (1 - 3 and 4 & 5 if applicable)

1. Individual as part of the team to be placed in top 5 in Scottish Schools Championships (must have raced in Scottish champs)
2. Selected to represent Heriot's at the British Championships, and complete if team are attending
3. Top 15 Scottish Schools Individual
4. Be placed in the top 10 British Schools
5. Represent the National team/British Childrens' Team in skiing

SWIMMING (1 and 2)

1. Achieve 1st, 2nd or 3rd place at a Scottish Schools Championship
2. Compete for the school in all District / National Championships

TENNIS (1 and 2)

1. Representative Honours – a player should have represented or be part of a district squad
2. Consistently strong play in the school team for at least 2 seasons