

# PANGBOURNE

— A community where you can flourish —

## YEAR 9 SPORT SCHOLARSHIP



Dear Reader,

Thank you for taking the time to learn more about our Sport Scholarships at Pangbourne College. Sport plays a central role in Pangbourne life and sport scholars are often some of the most committed to all of College life. Our Sports Performance Programme (SPP) is designed to support members through their sporting journey. As they move through the programme and their time at Pangbourne they are given more responsibility to lead their own development. Ultimately, we are intending for the young people to be able to manage their sport, academic, and social life effectively to ensure they bring balance and success in all aspects. The programme is designed to compliment the school day and their wider College commitments and pupils are expected to uphold their standards in all areas of College life.

I am very proud of our Sports Performance Programme and I hope you can see the huge support and opportunity this would give your child. I have designed it drawing on a range of aspects that underpin potential high performance, but I have drawn from the Long Term Athletic Development (LTAD) model and research. This research/model takes into account that young boys and girls will physically develop at different rates, so therefore they need to be supported appropriately.

If you have any questions that arise as you read through the booklet please do not hesitate to get in touch with me.

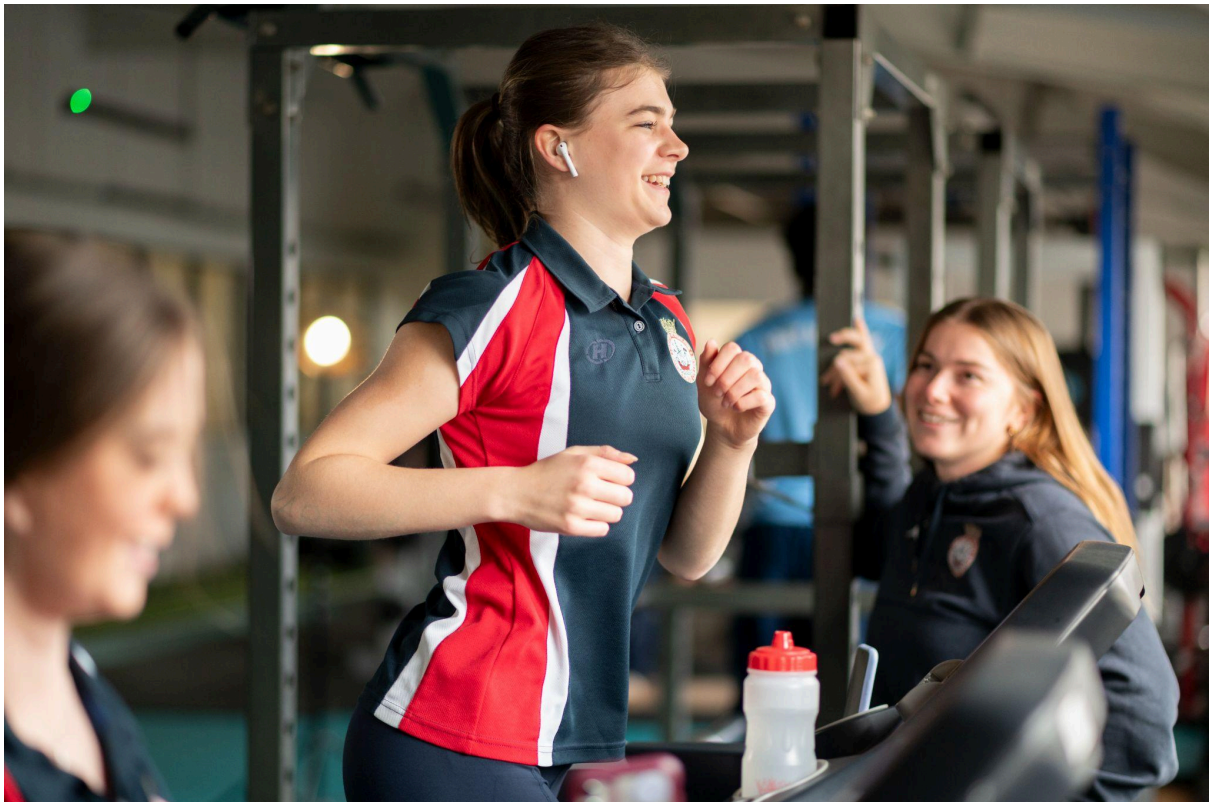
Best wishes

Sam Hewick

(Director of Sport & PE)

## WHAT DOES IT TAKE TO BE A SPORT SCHOLAR?

A Sport Scholar in Year 9 will need to show a high level of ability and potential across a range of sports. This will be across the major sports that we offer and each scholar will need to demonstrate high potential in one of our performance sports: Girls' Hockey, Boys' Rugby, Boys' and Girls' Rowing, and Equestrian. In the Sixth Form, we still consider applicants across a range of sports but particularly those who show exceptional ability and potential in one of our performance sports.



## WHAT ARE THE BENEFITS OF BEING A PANGBOURNE SCHOLAR?

A Sport Scholar can expect significant support whilst they are on their performance journey. All scholars will be a part of the Sports Performance Programme. This encompasses seven key areas of sporting performance; strength and conditioning, sport psychology, nutrition support, physiotherapy support, one-to-one skills, life management, and parental support.

Each sport scholar will receive an athletic development programme, where they will be fitness tested three times per year. This helps to monitor progress and provide motivation. Our athletic development programming is delivered by our partners Ascend Performance.



Like all Scholars, Sport Scholars will complete a Devitt and Moore Senior Award each year. This prestigious project involves selecting a novel topic and demonstrating understanding through a way of choice. For more information, please see our Devitt and Moore booklet.

The Scholarship does not carry automatic fee reduction. Where appropriate, scholarship award holders may benefit from fee remission in the form of a means-tested bursary. Applications for bursaries may be submitted alongside the scholarship application.

<b>Bronze Level (Year 9)</b>	<b>Silver Level (Year 10 and 11)</b>
S&C session 1 x week	S&C session 1 x week
Skills sessions 1 x week in chosen sport	Bespoke S&C programme
Nutrition workshop once a term	8 week mental skills training programme
Access to sports rehab expert once per week	One-to-one academic workload mentoring
	Nutrition workshop once a term
	Access to sports rehab expert once per week

Find full details of the Sports Performance Programme here. This is provided at bronze, silver and gold levels, dependent on age, or level of performance.

## **WHAT DO WE EXPECT OF A PANGBOURNE SCHOLAR?**

Pupils holding a Sport Scholarship or Exhibition are expected to participate fully in the sporting life of the College. They will play competitive team sport for all three terms of the year, and nearly all Sport Scholarship award holders will also represent a club, county, or region in their specialist sport. We also expect all Sport Scholars to uphold the values of the College, and will have a Sport Scholars code of conduct which they are expected to abide by.

## **WHAT IS THE SELECTION PROCESS?**

Those pupils applying for a Sports award will take part in sport based practical assessments during the day, as well as some cardiovascular, power, muscular strength, speed and muscular endurance fitness tests to ascertain their general level of fitness. Pupils will also be assessed on

their ability to perform alongside other candidates in small-sided games designed to assess their cooperation within a team, their coordination skills, and their awareness of team mates and leadership skills.

A week before the assessment, candidates should submit a short sport CV of no more than two A4 sheets, in addition to a supporting paragraph from the school's Head of Sport and/or external coaches. The sport CV should also include one small (passport size) headshot photograph of the candidate.

At the assessment, candidates will have a short, informal interview with the Director of Sport, where they will have the opportunity to discuss their sport CV. In the practical assessment, they will need to show competency at a variety of sports and be a valuable team player.



# PANGBOURNE

— A community where you can flourish —

To apply for a scholarship, please download our application form from our website and send this over to our admissions team or contact our admissions team for further details.

## Admissions Details

[admissions@pangbourne.com](mailto:admissions@pangbourne.com)

0118 976 7415

Pangbourne College

Pangbourne

Reading

Berkshire

RG8 8LA

