

PANGBOURNE

— A community where you can flourish —

SIXTH FORM 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 Sixth Form 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 individualised 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. At the start of each year they have a 1-2-1 discussion with all 6th form sport scholars to assess their individual needs and perform some movement screening, this information serves to help create their programme alongside the fitness data. Furthermore, each 6th form sport scholar will also have a 1-2-1 with their skills coach to create an Individual Development Plan (IDP) for skill development.

Adding to this is the fact that all Sixth Form Scholars will take a leading role in Sport at the College. This leadership role also includes mentoring younger pupils in their Devitt and Moore Award, alongside leading Sport Scholar meetings. This builds up skills in empathy, kindness and communication, which are heavily valued in the world of work. They will regularly meet with the Senior Scholars and the Director of Sport, passing on the views of their peers to make a positive contribution to life at Pangbourne. Above all though, each Sixth Form Scholar sets a strong example to all other pupils at the College.

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.

Gold Level (Sixth Form)
Up to 2 x S&C sessions per week in study periods (small group or one-to-one)
1 x bespoke S&C programme
1 x one-to-one skills sessions per week in a study period
8 week mental skills training programme
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 scholarship will be assessed on an individual basis and will have a conversation with the Director of Sport and other relevant sport coaches. The process will involve the Director of Sport and colleagues observing candidates playing in matches at their current school, club, or county. If this is not possible then video footage of candidates performing their chosen sport(s) will be requested.

Where possible, candidates will take part in their chosen sport with other pupils at Pangbourne. Candidates should submit a short sport CV of no more than two A4 sheets, in addition to a supporting paragraph from the school's Director of Sport and the Head. The sport CV should also include one small (passport size) headshot photograph of the candidate. Candidates will then be invited to attend a training session with the current 1st team, and take part in a number of baseline fitness tests.

The standard we are looking at for this level will be representation at county level, or above, in one of our performance sports. If this has not been possible, then a reference from a current sport teacher or coach, acknowledging their belief that the candidate would be comparable to county standard will suffice.



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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

0118 976 7415

Pangbourne College

Pangbourne

Reading

Berkshire

RG8 8LA

