

# PANGBOURNE

— A community where you can flourish —

## YEAR 7 SPORTS 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 7 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 at least in one of our performance sports: Girls' Hockey, Boys' Rugby, Boys' and Girls' Rowing, and Equestrian. In year 7, we are looking largely at pupils who demonstrate high athletic potential, not purely skill based performance at this stage. Then we would prepare pupils for through high quality sports coaching and athletic development training to be ready for the year 9 sport scholarship assessments.



## 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.

The scholarship or exhibition award 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>	<b>Gold Level (Sixth Form)</b>
S&C session 1 x week	S&C session 1 x week	Up to 2 x S&C sessions per week in study periods (small group or one-to-one)
Skills sessions 1 x week in chosen sport	Bespoke S&C programme	1 x bespoke S&C programme
Nutrition workshop every Half Term	8 week mental skills training programme	1 x one-to-one skills sessions per week in either a study period or enrichment
Access to sports rehab expert once per week	One-to-one academic workload mentoring	8 week mental skills training programme
	Nutrition workshop every Half Term	One-to-one academic workload mentoring
	Access to sports rehab expert once per week	Nutrition workshop every Half 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?**

All selection for Year 7 Sports Scholarships takes place during the Year 7 Assessment Day; there is no need for an additional application.

The sports award for year 7 entry will assess a candidate's athletic potential in: strength, speed, power, and aerobic endurance. This will then gain them access to the Sports Performance Programme and prepare them across 18 months for a year 9 scholarship assessment.

We have a proven track record of supporting individuals through year 7 and 8 who go on to gaining sport scholarships in year 9. So much so that the majority of sport scholars at Pangbourne started in year 7. We are actively not assessing pupils' skills at this stage as there is an assumption that they will be playing sport already, but also recognise that they will have had a range of exposure at this point - we are essentially looking at raw athletic potential. We also consider our games coaching to be very strong and they should demonstrate high levels of progress in our sports throughout year 7 & 8.



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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](mailto:admissions@pangbourne.com)

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