



STOVER
SCHOOL

SPORTS
SCHOLARSHIP
PROGRAMME



A young man with dark hair is shown in profile, looking down. He is in a grassy field with several trees in the background under a cloudy sky. The image is split vertically, with the left side showing the man and the right side being a solid light blue color where the text is located.

STOVER SCHOOL SPORT SCHOLARS PROGRAMME

Each year we award a number of Sports Scholarships to high performing athletes who are committed to upholding the values of the school and who demonstrate the ability to progress and achieve high levels of success within their chosen sport.

All Senior School pupils awarded a scholarship in sport are involved on our Sport Scholar Programme, which is designed to stretch and challenge.

The extensive programme covers both practical and theoretical aspects of sports development. The programme also includes a variety of workshops with guest speakers, nutritional advice, training programme development, skills master classes, trips to sports facilities and venues and a range of other exciting opportunities.



SPORT SCHOLARS

EARLY SPECIALISM

Our Sports Scholars Programme does not specifically focus on one sport as research suggests that early specialism can be associated with overuse injuries, burnout, social isolation and may be associated with quitting sports at a young age.

At Stover School, our Sports Scholars Programme exposes pupils to multiple sports resulting in transferable skills and reducing the chance of injuries resulting from overuse and overtraining. Avoiding early specialism is a widely used approach in the industry as research suggests that taking part in multiple sports is more beneficial in the early stages of a sporting career. Once a Scholar become older, the emphasis moves on to individual preparation which addresses each athlete's individual strengths and weaknesses.

According to one study of NCAA Division 1 athletes, 88% participated in an average of 2-3 sports as children, with 70% not specialising until after age 12. Approximately 70% of NFL players were multi-sport athletes as kids. (NCBI)

Many of the major sporting bodies in the United Kingdom also understand the importance of not specialising in a sport too early. According to the RFU, 'Participation in as many sports as possible is encouraged'.

England Hockey say, 'Participation in a variety of activities and sports helps to develop basic movement skills and endurance can be developed through playing fun games and activities. Young people are more suited to longer burst of low intensity activity at this stage of their development, rather than short bursts of high intensity activity'.

SPORT SCHOLARS PROGRAMME

PROGRAMME BENEFITS

Our Sport Scholars Programme award will contain exclusive benefits that focus on access to training sessions as well as performance workshops and individual support sessions. We have a wide range of talented pupils at Stover School, therefore the programme is designed to benefit those pupils competing at a high performance level for their age.

PROGRAMME BENEFITS

All Sports Scholars will be awarded financial support towards school fees

Professional Coaching - available in major school sports

Training- minimum of 2 per week

Sport Psychology support and training including specialist workshops covering performance, lifestyle and nutrition

Official Sport Scholars Dry robe

Pupil Booklet

Where possible Sports Scholars have the opportunity to discuss flexible study depending on their chosen course & sporting demands.



SPORT SCHOLARS PROGRAMME DETAILS

YEAR 7 AND 8 SCHOLARSHIP THEORY PROGRAMME

Each pupil in year 7 and 8 will have one interactive theory lesson per week in which they will cover a range of topic areas to enhance their understanding of the wider physical education curriculum. Please see the 2-year plan below

	Year 1	Year 2
Term 1	Fitness Testing Injury Prevention and Nutrition	Fitness Testing Tactical understanding (team and individual)
Term 2	Re-testing Anatomy Physiology and Training	Re-testing Business of Sport
Term 3	Healthy Active Lifestyles in Sport Fitness testing	Roles within Sport Fitness testing

YEAR 9 AND 10 SCHOLARSHIP THEORY PROGRAMME

Each pupil in year 9 and 10 will follow a slightly different programme which entails a more advanced understanding of some of the topics covered. Pupils will also look into careers and various options beyond their schooling.

	Year 1	Year 2
Term 1	Fitness Testing Physical training	Fitness Testing Sporting debates
Term 2	Re-testing Ethics within sport	Re-testing Types of Training
Term 3	Training programmes Fitness testing	Training programmes Fitness testing



YEAR 11 TO 13 SCHOLARSHIP PROGRAMME

We recognise the need at this point for pupils to prioritise their academic studies with the importance of exams approaching. We have therefore designed a lighter programme for pupils to follow including only 2 practical sessions, only one of which being compulsory during an activity slot.

PRACTICAL SESSIONS

Practical sessions will follow a functional training style approach allowing each pupil to benefit in their various sporting areas. Some sessions may be adapted to suit the busy fixture calendar that the pupils enjoy, these will include more rest and recovery, flexibility or evaluation-based sessions. Each pupil will benefit from two sessions per week.

Practical sessions

Year 7 and 8- Tuesday and Thursday morning
8.15am to 9am

Year 9 and 10- Monday and Friday morning
8.15am to 9am

Year 11 to 13- optional Wednesday morning
8.15am to 9am session and a compulsory
afternoon session to fit in activities.

TRIPS AND SPEAKERS

Over the two-year programme pupils will enjoy various trips and outside speakers from several professions helping to enrich and further their knowledge of the focus areas. Pupils will also enjoy the opportunity to watch at least one professional sports fixture with their peers each year.

SPORT SCHOLARS

ASSESSMENT PROCEDURE

Stover School Sports Scholarships are awarded following a series of practical assessments and an interview and questionnaire which take place annually at the beginning of the Spring Term.

Although the School offers a wide variety of sports for both girls and boys, for Sports Scholarships we generally focus on our main team sports; cricket, football, netball and rugby. However, consideration will be given to applicants offering excellence in other areas. Candidates should be able to demonstrate skill and flair in performance and show a genuine enthusiasm for their chosen sports. It must be noted that whilst not unheard of, it is rather unusual for someone to be awarded a scholarship purely down to his/her efforts in one sport unless he/she is of county or national level for example.



CANDIDATES WILL BE ASSESSED IN THREE MAIN AREAS:

- A series of fitness tests, to ascertain their general level of fitness against national data.
- A set of isolated tests designed to look at generic skills that are common to both team and individual sports and their ability to transfer and link their dominant skills to other sports. Particular focus will be placed on the main team sports followed within the School curriculum.
- To perform alongside other candidates in small sided games designed to assess their cooperation within a team, their awareness of team mates, their tactical understanding and their leadership skills in changing environments.

The scholarship process will be overseen by the Head of Department (Mrs Teresa Craven) and the Head of Boys PE (Mr Mark Halse) who at the end of the process will then hold a brief 5/10 minute interview with each of the candidates. This interview is an opportunity for pupils to inform members of staff of any additional sporting achievements that may aid them in achieving a Sports Scholarship. Any pupils who play regular sport outside of school at club level or higher and are keen and enthusiastic are encouraged to try out for a Sports Scholarship.

Stover Sport Scholars are expected play a leading role in the sporting life of the School. They are expected to give a high level of commitment to School sports across all three terms throughout their whole school career. Their conduct in sport, in competition and around the school, must be of the highest order. They must lead by example being ambassadors for the school in all areas. They will be expected to represent the School on all appropriate occasions from fixtures to Open Days.



SPORT SCHOLARS

EXPECTATIONS

SPORTS SCHOLARS ARE EXPECTED TO:

1. Assist in promoting and organising the House programme in a variety of events such as, rugby, X-Country, netball, hockey, table-tennis and football raising the profile of PE and sport within school.
2. Assist the PE department with preparing for fixtures, helping prepare facilities, gather equipment, collect kit, check changing rooms, fill up drinks bottles to ensure they run smoothly.
3. Assist with the development of displays to promote students' sports achievements or advertise up and coming clubs or changes to help raise the profile of PE within the school.
4. Assist with creating and updating displays for events within the school; e.g. School Open Days, Enterprise events, FOS events, information evenings etc.
5. Be ambassadors for the school and PE department by attending school events such as Open Days, information evenings and feeder primary school events where available.
6. Be approachable, providing support and guidance to students at all levels in the school, thereby fostering a sense of community within the school.
7. Monitor student behaviour, both in school and on the way to and from school. The games captain should, where possible, speak to any student(s) engaging in inappropriate behaviour; bullying/misbehaving on the bus, in the town etc. and report the matter to the appropriate people at the first opportunity

ALL SPORTS SCHOLARS WILL ALSO BE EXPECTED TO:

- Have excellent attendance
- Have an excellent record of punctuality to school and lessons
- Demonstrate a responsible attitude to their studies
- Present themselves appropriately in and around school
- Demonstrate a mature attitude to other students and teachers within the school
- Show themselves to be reliable and trustworthy
- Show a positive attitude towards the life of the school

Sports scholars will have the opportunity to feedback ideas and thoughts on the way the curriculum is delivered within PE, voicing concerns or potential changes that could be made to help develop learning.

“...Excellent environment to learn and can obtain help when needed, particularly with university entrance”



SPORTS SCHOLARS PROGRAMME

FREQUENTLY ASKED QUESTIONS

Who can take part in the Sports Scholars Programme?

Stover Senior School offers the Sports Scholars Programme to all those who are awarded a Senior School Sports Scholarship.

At what age do examinations take place?

Scholarships are available on entry to the Senior School and Sixth Form.

How long do the awards last?

Scholarships awarded at entry into Year 7 to Year 11 continue until the end of Year 11 and are subject to an annual review.

Sixth Form Scholarships run for two years until the end of the A Level course (Year 13), subject to annual review.

What is the criteria for allocation?

We have a limited number of Scholarships to award in 2019-20 and therefore in addition to requiring you to meet the above criteria we will give priority to pupils who can demonstrate that they will make a significant contribution in their respective sport. Meeting the criteria does not equate to entitlement to a scholarship.

How is information communicated to parents?

The PE Department make recommendations based on the scholarship assessments but ultimately, the decision lies with the Headmaster. The school's decision is binding; no further correspondence will be entered into.

How do pupils apply?

All pupils wishing to sit a scholarship assessment must be registered with Stover School.

Assessments for scholarship awards for entry into Year 7- Year 10 will be sat in January.

Assessments for scholarship awards for entry into Year 12 will be sat in November.

Will external candidates need to provide further information?

Stover School will require a copy of a recent school report for all external pupils taking scholarship assessments and may contact the pupil's current school for a confidential report. Any other relevant information that may enhance a pupil's chance of a scholarship may be included with their application.





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