



Sport Scholarship 16+

Duration: 2 years

What are we looking for in a scholar?

A sport scholar has a genuine love of sport and a strong desire to pursue their individual sporting goals. This is demonstrated through high levels of commitment and a positive, proactive attitude towards physical education and sport. Sport scholars are encouraged to represent the sporting ethos of the School which considers sport as an inclusive activity whilst striving for achievement and excellence at the very highest levels of competition. We are very proud of the high standards required and achieved by Sports scholars. Awards are made on the basis of ability, potential and aptitude and therefore there are varying numbers of award holders each year.

Potential sport scholars will:

- High level of performance in one (or more) of St Helen and St Katharine's competitive / performance activities
- Genuine passion for sport
- Sporting potential in at least one of St Helen's main competitive sports or performance activities
- High levels of commitment and a positive, proactive attitude towards physical education and sport inside (and to a lesser extent outside) School
- The desire to pursue individual sporting performance and wider ambitions
- Commitment to represent the School in appropriate ways (eg teams, performances, open days)
- The demeanour to be a positive role model throughout the School and relish the opportunity to contribute to, and to take advantage of, the sporting life of the School

What does a scholar enjoy?

- Access to high level teaching and coaching in the major school sports
- Weekly monitoring of performance and wellbeing
- Half termly monitoring of strength and conditioning
- Mentoring by a member of the sports department to balance academic, sporting and other commitments.
- Access to an individualised strength and conditioning performance programme with the Head of Performance and Athletic Development in 1:1 settings or small groups
- Athlete education workshops annually on sports nutrition, psychology and goal setting relating directly to sports performance
- Communication and pathway support between stakeholders (eg return from injury, pathway feedback)
- A sports scholarship T shirt and water bottle
- Opportunities to develop leadership skills by running sessions for younger students and represent the School at whole School events (eg Open day)

Expectations of a scholar

- Be passionate in their advocacy of sport at St Helen's
- Play a leading role in sport and physical education activities
- Attend clubs and practices regularly and be prepared to support and take the lead in these
- Contribute to the profile of sport and physical education, for example, through writing articles for both School and external publications or speaking at the Sports awards evening
- Assisting the Physical Education Department on Open Day and other events

Selection and assessment procedure

All candidates are required to submit an application form by the date stated on the form. All applications must be accompanied by a letter from the applicant as well as a letter of recommendation from the candidate's Headteacher or sports coach. Application forms are available in the Scholarships section of the School website. Late applications and/or letters of recommendation cannot be accepted. Shortlisted candidates will be invited to attend an assessment and interview day with the Director of Sport and the Head of the Athletic Development and wellbeing.

Assessment Day

1. *Skills Assessment*

Activities designed to show off your physical and sporting skills include team building activities; assessment of your fundamental movement skills, speed and explosiveness and a novel invasion game.

2. *Interview*

Candidates should be prepared to:

- Discuss their sporting background and aspirations
- Demonstrate their understanding of the role of a St Helen's sport scholar
- Explain their understanding of the role that athletic development plays in their own progress
- Demonstrate a clear vision of their sporting ambition in the short, medium and long term.

Details of the Scholarship Programme together with schedules and application forms are available in the Scholarships section of the School website www.shsk.org.uk.