

# SPORTS SCHOLARSHIPS AND THE RGS WORCESTER ATHLETE DEVELOPMENT PROGRAMME

## **11+ and 13+ Sports Scholarships and 16+ Sports Scholarship**

### **Aims of Sports Scholarships:**

- To provide recognition, development and additional support for elite athletes at RGS Worcester
- To provide a framework for pupils to excel in sport as well as achieve a high level of academic success
- To promote positive attitudes towards teamwork, training ethos and fair play within sport and wider society
- To foster qualities of leadership such that individuals become role models, communicating their attitudes and skills to the whole school community
- To support and recognise pupils who excel in sporting activities outside of our major sports

### **Sports Scholarships are split into two categories:**

#### **1. RGSW 11+ and 13+ Focus Sport Scholarship and/or Place on the RGS Worcester Athlete Development Programme (ADP)**

For aspiring athletes who show outstanding potential and proven ability in two or more of the School's focus sports: Boys (Rugby, Football, Cricket) and Girls (Hockey, Netball, Cricket).

Applicants are assessed across a range of aptitudes as well as through their performance and ability in specific sports. In certain cases, exceptional talent in sports other than the School's focus sports may be considered on the understanding that award holders will be expected to show full commitment to the School's focus sports.

Successful candidates are likely to be playing or training at the following levels or higher in their chosen sport(s), although this is not a requirement or a guarantee for a Scholarship:

- 11+ : Ranked in the top 10% of peer group for athleticism and a strong A team or Club player
- 13+ : County, Regional or equivalent level

'Focus Sport' Scholars at 11+ and 13+ entry are expected to commit to the School's programme of regular sports fixtures in the focus sports. They will be monitored to ensure continued commitment to the School's Sports Programme, whilst working with County, Regional or National external bodies to support each pupil.

## **2. RGS Worcester 16+ Focus or Representative Sport Scholarship** (can be awarded in any single sport)

- For individuals who perform at a Regional or National level

The sport offered might be one of our Focus Sports or our Representative Sports (Athletics, Fencing, Rowing, Swimming or Tennis). However, we also welcome applications from pupils who excel in any other sports, since we want to recognise and support any pupil who is achieving at the highest level. As proof of this, some of our recent leavers have won international honours in Archery, Athletics, Judo, Women's Rugby and all benefited from our Elite Athletic Development Programme.

Pupils interested in a 16+ Scholarship should complete an application form, stating the standard at which they are currently performing and include appropriate supporting references from suitably qualified coaching staff. All successful applicants will then be invited to attend a separate interview and/or selection day.

### **The RGS Worcester Athlete Development Programme (ADP):**

This programme is aimed at providing a support structure for elite level athletes to achieve sporting success, while also gaining a high level of academic qualifications. There are 3 tiers within the ADP: Aspire, Performance and Elite. The benefits of the Programme include:

- Liaison between staff, parents, coaches and external bodies
- Movement screening
- Testing and body weight training programmes
- Workshops on leadership, team building, pastoral support, nutrition
- Elite Athlete visiting speakers
- Character profiling, base level testing, video analysis (Performance and Elite)
- Personalised strength and conditioning (Performance and Elite)
- Sports mentor programme including weekly mentoring sessions (Elite)
- National Sports Centre trips (Elite)

### **Sport Scholar and ADP Expectations:**

Athletes will be expected to:

- Show total commitment in their attitude to the School, its teams and the Athlete Development Programme.
- Embody the sporting ethos of the School to be: Resilient, Gracious, Selfless and Willing (RGSW).
- Demonstrate respect at all times and towards all people as an ambassador for the School and sport at RGS Worcester.

Progress will be reviewed by the Director of Sport, the Head of the Athlete Development Programme and the relevant Heads of Sport. Reviews will focus on the progress of each individual as well as their adherence to the Programme's expectations. If an individual fails to show the expected level of application, the School reserves the right to change an individual's ADP tier or even to withdraw their place on the programme altogether.

## How to Apply

Please complete a Scholarship Application Form, which is available on your Open Apply portal account or from the Registrar, Mrs Catherine Bates, by emailing [admissions@rgsw.org.uk](mailto:admissions@rgsw.org.uk). Shortlisted candidates for the 11+ and 13+ 'Focus Sport' Scholarships will be invited to attend a Sports Scholarships Assessment Day.

16+ applicants are encouraged to apply as soon as possible since they will be invited to attend an individual assessment.

Keith Fowles  
Director of Sport