



South Hampstead

High School

G D S T

11+ (Year 7) Sports Scholarship

Sports Scholarships may be awarded in Year 7. They are prestigious awards which provide talented young sportswomen with a broad range of opportunities to support and develop their progression in sport. Awards are made on the basis of current playing ability in a chosen sport(s) as well as potential and likely contribution to the sporting life of the school. There is no minimum requirement in order to apply for a Sports Scholarship, although it is suggested the applicant will be playing or training in the sport(s) outside of school in a club environment and be competing on a regular basis in their chosen sport(s) at club standard or above.

Sports Scholarships will be offered for those competing in our main sports of games (netball, football or cricket), aesthetics (gymnastics or dance) and athletics (track, field or cross-country). If your daughter competes in a variety of sports, she might apply for an all-round sports scholarship.

Our assessment day will involve:

- A series of fitness tests
- Skills, drills or choreography
- Full games or performance
- A short interview with the Sports Department

Sports Scholars can expect a rich programme designed to help them improve their knowledge and understanding of how to train in their chosen field and balance academic work and other commitments. As part of our Scholars Programme, Scholars will receive:

- Talks every half term from staff and/or external speakers on topics such as sports psychology, nutrition, good sleeping habits and more.
- A weekly strength and conditioning session with our coaches to support injury prevention and assist Scholars with their training programme.

- The option of using curriculum PE time for their training where necessary and available.
- A Sixth Form mentor in their chosen area.
- A Sports Department mentor who will meet the Scholar every half term.
- Attendance at the 'Girls Go Gold' conference.

Sports Scholars are expected to participate fully in the sporting life of the school. They should be members of appropriate teams and be committed to fixtures and competitions in their chosen area. They should be willing to set a good example in punctuality, commitment and participation across the Sports Department.

In all cases, Sports Scholarships are made without any fee remission.

The Sports Scholarship Application Form should be submitted online by **Friday 12 November 2021**. Once you have made an 11+ application, the scholarship application form will appear on your online parent portal as an outstanding checklist item. The assessment day will take place on Wednesday 26th January 2022.