



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 Sports Department during their time at South Hampstead. The minimum requirement that we would expect for an applicant is for them to be playing and training in their sport(s) outside of school in a club environment and be competing at county standard or above, if applicable.

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 range of these sports an all-round sports scholarship may be awarded.

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 to support their 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 who is the sports captain in their chosen area.
- A Sports Department mentor who will meet the Scholar every half term.
- Attendance at the GDST Sports Scholar conference.
- A Sports Scholar top, bag and training items.

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 the 11+ application deadline. Candidates who do well in the 11+ entrance test, such that they are invited for interview, and who are also invited to the Sports Scholarship assessment, would have both their interview and Sports Scholarship assessment on the interview day in January.