



SPORTS SCHOLARS

INFORMATION PACK
Including Tennis and Equestrian



WELCOME

Effingham Sixth Form's Sports Scholarship provision is an innovative and cutting-edge programme designed by Executive Director of Sport, Paul Hodgson. The scholar-centred approach enables the designated staff mentor to fully know and understand the athlete, whilst making sure all the sporting commitments fit well alongside academics and other lifestyle considerations. Mental health and wellbeing of the scholar is always prioritised before the commitments and demands of any sport. The mentors are passionate about maximising the athletes' potential and firmly believe that, with the expertise in the department and from associated coaches, Effingham Sixth Form has one of the most outstanding sports scholarship programmes that a young athlete can experience.

The programme helps scholars to prepare for their sporting progression onto universities. Students are supported with the application process, including exploring scholarship and bursary opportunities. Preparation and advice are given to allow the scholar to maximise pre-season trials that take place at universities. The vast network of both sports staff and support coaches allows every further type of education to be explored.



TYPES OF SCHOLARSHIPS

At Effingham Sixth Form, we are proud to offer a comprehensive Sports Scholarship Programme designed to support talented athletes in their sporting journey.

Sports Scholarships *(more information on pages 4-6)*

Our General & Specific Sports Scholarships are available to students who demonstrate exceptional ability and potential across multiple sports or, one specific sport, providing them with access to expert coaching, strength and conditioning training, and a range of competitive opportunities.

Specialist Sports Scholarships

In addition to our Sports Scholarships, we also offer specialist scholarships in Equestrian and Tennis, which are run through dedicated training centres:

Equestrian Scholarships *(more information on Page 7)*

Our Equestrian Scholarships are offered through the **Equestrian Centre**, where riders receive expert coaching, access to specialist facilities, and the opportunity to compete at a high level. Scholars benefit from structured training programmes that develop their riding skills, horse management knowledge, and competition experience.



Tennis Scholarships *(more information on Page 8)*

Our Tennis Scholarships are provided through the **Tennis Academy**, an elite training programme that supports talented tennis players in refining their technical, tactical, and physical performance. Scholars receive professional coaching, tailored fitness programmes, and the opportunity to represent the School in competitive matches and tournaments.



OPPORTUNITIES

- **Mentor Meetings** – Goal setting and term schedules with the PE department (including Tennis Scholars).
- **Strength & Conditioning with our specialist coaches at Locker 27 in the Fitness Suite** – Opportunity to attend at least one session per week (three sessions offered).
- **Holistic Personalised Plan** – Covering mentorship, academics, and pastoral support.
- **Sports Residential Trips** – Age group-specific opportunities.
- **Half-Termly Workshops/Events** – Covering various aspects of sports development.
- **Sports Awards Evenings** – Celebrating major team successes (hockey, rugby, netball, football and swimming).
- **Sports Scholars' Dinner** – Featuring a guest speaker (current or ex-professional athlete) and including Equestrian & Tennis Scholars.
- **Informal Drop-In Mentoring** – Available throughout the summer term.
- **Sport-Specific Opportunities** – I-I hockey sessions, swimming clinics, tennis/equestrian opportunities during the school day.
- **National Competitions** – Representation at events such as NESA competitions, LTA, Play Your Way to Wimbledon etc.

EXPECTATIONS

- Represent and show commitment to the school in their chosen sport(s) - attend all fixtures and training sessions
- Attend one Locker 27 session per week
- Attend all pre-season training and additional clubs
- Lead by example - encourage your peers
- Progress within your chosen sport(s) and maintain high motivation to excel
- Mentor younger students when required
- High communication with the PE department, ESTA and STE
- Attend all workshops, mentoring sessions, sports dinners, awards and information evenings.

HOW TO APPLY SPORTS SCHOLARSHIPS

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Types of Scholarships:

- General Sports Scholarship: Must be good at two or more sports, including at least one core sport (football, rugby, hockey, netball, cricket or swimming).
- Specific Sports Scholarship: For those with exceptional ability in one sport (can be any sport, e.g. golf, rowing, skiing – even if not a core sport).

Note: Tennis Scholarships must be applied for separately through the Tennis Academy.

All Candidates must submit by the deadline (Friday 26th September 2025)

A one-page letter written by the student, including:

- How long they've played their sport(s)
- Level of participation (school, club, county, etc.)
- Competitions entered (e.g., IAPS, Biathlon)
- Leadership roles (e.g., captain)
- Other interests
- Why they want to attend Effingham Sixth Form and their top sporting achievements
- Any other relevant information

Additional Documents:

- A reference from a club coach (if applicable – includes strengths, weaknesses, times)
- A reference from a PE teacher (includes commitment, effort, injuries, etc.) - **for external candidates only**

Please do not include videos, photos, trophies, or certificates.

All candidates (internal and external) will take part in a practical assessment and interview on Friday 10th October 2025. This includes:

- Sports skills, decision making, physical testing
- An interview

HOW TO APPLY EQUESTRIAN SCHOLARSHIPS

St Teresa's offers Equestrian Scholarships to students who demonstrate enthusiasm for riding, caring for horses, and a strong willingness to learn. Scholarships are awarded to candidates who show talent, determination, and dedication in their chosen discipline.

Types of Scholarships:

- **NSEA Scholarship** – For riders with their own, shared, or loaned horse.
- **STE Scholarship** – For riders without access to a horse.

Application Requirements (due Friday 26th September 2025):

1. Complete the Application Form
2. Submit an Equestrian CV – detailing riding history, future aspirations, and any relevant achievements (can include pictures or videos).
3. Provide a Reference – from a current or recent riding instructor.

Assessment Process (October Half-Term 2025):

- Assessment lesson at St Teresa's Equestrian Centre (1.5 hours).
- 30-minute ridden session on own horse (NSEA) or an STE horse (STE).
- Practical assessment – includes grooming, tacking up, and un-tacking.
- Question & Answer session on equine care and riding knowledge.

For more information please contact:

equestrian@st-teresas.com.



HOW TO APPLY TENNIS SCHOLARSHIPS

Our Tennis Scholars' programme is designed to support, encourage and help our promising players reach their full potential.

Enthusiasm
Sportsmanship
Teamwork
Athleticism

Tennis Scholars benefit from the following:

- tailored tennis coaching sessions throughout the week
- performance squad training
- advice on entering tournaments and organising tournament schedules
- exposure to competitive matches and LTA tournaments on site
- internal matchplay events including the Play Your Way To Wimbledon event during the summer term
- holiday performance camps

Expectations of an ESTA Scholar:

- to actively participate in tournaments and matchplay events outside of school hours
- to represent the school and ESTA in matches, events and fixtures
- to approach each session with a professional attitude and bring their correct kit and equipment

All tennis scholarship applicants should email esta@effinghamschools.org to arrange an on court assessment.





EFFINGHAM
SIXTH FORM