

# APPLICATION FOR A 16+ SPORTS SCHOLARSHIP

(Information for parents of candidates)

A practical assessment will take place for both internal and external applicants  
at Effingham Sixth Form on

**Friday 10<sup>th</sup> October 2025**

**from 10.00am to 12.00pm**

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 prioritised always 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.

Sports Scholarships may be awarded to 16+ candidates who have a proven high level of sporting ability and potential. Candidates may apply for a General Sports Scholarship if they demonstrate a high standard in two or more sports; **which must include one of our main core curriculum school sports of football, rugby, hockey, netball, cricket or swimming**. Specific Sports Scholarships may be applied for if the candidate has reached an exceptional standard in one sport specifically. Sports that are not part of our main core curriculum can also be considered i.e. skiing, golf, rowing. Tennis and Equestrian scholarships should be applied for separately to our Tennis Academy or Equestrian Centre.

**All external candidates** will be invited for an assessment in their preferred sport – the date and venue for this will be confirmed once the deadline date has passed and all applications have been received. This will take place before the week beginning Monday 6<sup>th</sup> October 2025.

**All internal and external candidates** will be practically assessed in the week beginning Monday 6<sup>th</sup> October 2025 with several aspects being taken into consideration; fundamental motor skills, spatial awareness, decision making, application of appropriate skills in challenging situations and, physiological testing. Candidates will also be interviewed throughout the morning.

If awarded a Sports Scholarship at Effingham Sixth Form, candidates are expected to:

- Progress in their chosen sport(s)
- Represent the School in competitions and lead by example
- Help to drive the high level of sport and standards at Effingham Sixth Form
- Attend Locker 27 strength and conditioning sessions
- Attend the Sports Scholarship workshops which are designed to inspire, educate, nurture and develop the scholars
- Attend their mentoring sessions on a half termly basis

Candidates will be eligible for scholarship examination/interview only if they are committed/firm candidates for the Sixth Form. Scholarships are subject to review and may be withdrawn if the scholar fails to meet the required standard or level of commitment. Please be advised that we are unable to give feedback on unsuccessful scholarship applications.

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Each candidate is required to submit the following pieces of information to Mrs Charles **by Friday 26<sup>th</sup> September 2025**.

**Internal and External Candidates**

1. A4 page letter of application from the candidate to include the following:

- a) How long the candidate has been participating in their chosen sport/sports
- b) School/Club/County/level of participation and individual times if applicable eg swimming
- c) Participation in National School Competitions eg IAPS, Biathlon, In2Hockey, English Schools
- d) Positions of responsibility held (e.g. captain)
- e) Other interests (sporting or otherwise)
- f) The candidate's reason for choosing Effingham Sixth Form and their greatest sporting achievements
- g) Any further relevant information to support the candidate's application

**External Candidates only (non-Cranmore/Manor House/St Teresa's candidates)**

2. A letter of reference from a PE teacher including information regarding their commitment, attendance, effort, adaptability, coach-ability and any injuries they have sustained.

3. A letter of reference from an external club coach, if appropriate, including information on their strengths and weaknesses as well as recent time records if applicable.

Please complete the application form informing us whether your daughter/son wishes to apply for a General Sports Scholarship or a Specific Sports Scholarship (please name the sport)

**PLEASE DO NOT SEND IN VISUAL CLIPS/CUPS/CERTIFICATES/PHOTOGRAPHS.**

**Parents should retain this form.**