

## Sports' Scholarship Programme



- Scholars will receive our Sports Scholars pin badge to proudly wear on the lapel of their school blazer.
- Each scholar will be assigned a member of the PE department as their mentor, with half-termly formal scheduled meetings.
- We aim to pair the younger scholars with older scholars so that they always have someone with whom they can share their experiences.
- Each scholar will receive initial information in September, which will include a diary for their training both in and outside of school. This will form part of the discussion with their mentor to ensure that our scholars are training smartly but above all looking after their physical and mental wellbeing.
- We are hoping to introduce some time dedicated to strength and conditioning as well as speed and agility training. Gradually, this will be personalised to every girl's specific training needs.
- There will also be half-termly lectures on subjects such as nutrition, psychology, training methods and sportswear manufacturers.
- End of term lunches and group visits to various high profile sporting events will also form part of the programme.

We continue to be excited by this scholarship scheme and we will strive to give our Sports Scholars the very high profile that they all deserve.

Libby Head  
Director of Sport