



# ST BENEDICT'S SCHOOL

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## ST BENEDICT'S SCHOOL 11+ SPORTS SCHOLARSHIP

### Benefits and Conditions of Award

#### 1. Advantages, benefits, and support offered to Sports Scholar:

- I. St Benedict's Sports Scholars will receive an individualised approach to their management as a recognised student-athlete.
- II. The School's Heads of Sport, Head of Athletic Development, and wider sports team support students and their parents in managing their schedules. This guidance is especially valuable for balancing National Governing Body (NGB) or academy training and fixtures alongside academic and other co-curricular commitments.
- III. Sports Scholars aged 16+ receive tailored career-pathway support in partnership with our award-winning, nationally recognised Futures department.
- IV. There is a High-Performance Programme (HPP) that every Sports Scholar will be expected to engage with. As part of the HPP, all 11+ and 16+ award holders can expect to have a once-half-termly seminar/event which will cover a range of topics related to realising their potential and progressing further on their relevant elite pathway.
- V. Award holders will undergo strength and conditioning performance profiling and participate in dedicated sessions designed to address weaknesses and enhance areas of strength.
- VI. The Head of Athletic Development will regularly liaise with all relevant NGB and elite pathways with the view to ensuring that all our award holders receive the necessary support they need to progress in their chosen sports.
- VII. Sports Scholars have access to 24/7 rehabilitation support, including regular (twice-weekly) sessions with qualified physiotherapists and strength and conditioning coaches during periods of injury.
- VIII. 11+ award holders are peer-supported by 16+ award holders. 11+ award holders benefit from the experience, knowledge and wisdom of the 16+ athletes. 16+ award holders benefit from the mentoring experience through guiding younger students.
- IX. Positional and individual skills clinics are tailored to the specific needs of each Sports Scholar. These sessions are typically offered to older students once they have developed a solid foundation in their chosen sport.
- X. All Sports Scholars will participate in our sports programmes, where each sport has a technical and tactical curriculum designed to improve skill levels and decision-making.



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- XI. There is regular liaison and communication with NGB and elite pathway coaches. On occasion, the pathway coaches visit the School to either deliver sessions to the athlete on site or to meet with the head of the relevant sport to identify developments, discuss issues and plan future opportunities.
- XII. Sports Scholars' performance is closely monitored, assessed, and reported across sporting, pastoral, and academic areas. Individualised development plans are then created and implemented to support their growth.

## 2. Obligations of the 11+ Scholar:

- a. A student who is the subject of a Sports Scholarship at 11+ will be considered a *'Sporting All Rounder'* and will be required to contribute fully to the sporting co-curricular life of the school by being a fully committed and active member of St Benedict's representative sport, in all three academic terms.
  - i. Scholars will remain available for selection throughout periods of study leave or exams.
  - ii. Scholars will commit to one of the school's *'Main Sports'* in each term, being outstanding in two of the three sports played third (*Boys 11+ Main Sports: Rugby, Football, Fencing, Athletics and Cricket / Girls 11+ Main Sports: Hockey, Netball, Fencing, Athletics and Cricket*).
  - iii. Scholars must represent A teams two of the three terms and no less than B in the third.
  - iv. Scholars will remain engaged in St Benedict's Sport, prioritising this over external sporting commitments.
- b. Maintain high standards of attendance and conduct in training, competitions and general school life (*includes behaviour in and out of the classroom and ensuring consistently good academic effort*).
- c. Lead by example, acting as a role model for peers and an ambassador for the school.
- d. Scholars must fully engage with and participate in the High-Performance Programme, with regular and additional sessions in the Performance Centre and athletics track (*Trinity term*) taken by the Head of Athletic Development.
- e. Meet the expectations of the school and team training programmes.
- f. Remain available to represent the school where appropriate, except where the Director of Sport has approved absence in order to compete at representative levels.



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- g. Scholars will understand and meet any other reasonable requests made by the Director of Sport.

### 3. Obligations of the Parent/s:

- a. Parents are expected to support and encourage the Scholar to achieve their Obligations and to uphold the aims and the good name of the school.
- b. Parents are expected to facilitate and help the school maintain positive/strong relationships with the relevant NGB or Professional Academy Elite Pathway coordinators/coaches. The intention is to ensure that the best academic, pastoral, physical and sporting developmental interests of the child are met.

### 4. Withdrawal of the Scholarship:

- a. The annual continuation of the Scholarship is subject to sporting, academic and behavioural performance and is at the discretion of the headmaster.
- b. If a Scholar is patently failing to meet his or her obligations, the School reserves the right to withdraw the Scholarship with a full half term's notice.
- c. A Scholar who wishes to withdraw himself or herself from the Scholarship programme must provide the headmaster with a full half term's notice, in writing. Parental consent is also required in this instance.
- d. All 11+ sports scholar award holders will be required to reapply at 16+, where students will be able to apply for a sports-specific award. *Please note: 11+ sports scholarships do not automatically carry through to 16+.*