



SHERBORNE

SPORTS AWARDS

Assessment date: Monday 4 February 2019

Sherborne's sports facilities include 19 rugby/football pitches, 26 cricket nets and nine squares, two all-weather pitches and numerous tennis courts on three different surfaces. We have our own swimming pool and sports centre, including a fully equipped fitness suite. There are plentiful opportunities for boys to take personal fitness and their chosen sports seriously. The School has a team of talented and committed staff and professional coaches. We also have close links with Bath Rugby Club and Yeovil Football Club as well as benefitting from the support of leading Old Shirburnian sportsmen such as Jimmy Adams, Captain of Hampshire Cricket Club. Boys sail at Sutton Bingham reservoir, play golf at Sherborne Golf Club, shoot at Southern Counties ranges and benefit from a wide variety of similar opportunities across a range of sports. Talented boys are encouraged to represent their sport at county and national levels and many current boys do so.

A number of sports awards are available on entry into the **Third Form** for boys demonstrating exceptional talent and potential in one or more activities. Candidates will be favoured who show particular strength in one of the main School sports of Rugby, Football, Hockey, Cricket and Tennis, although outstanding ability in any sport will be considered. Early applications are encouraged as these make it possible for us to observe candidates prior to the assessment day and the School will offer dates for taster sessions for candidates to attend.

Sports award holders benefit from additional sport-specific coaching; strength and conditioning training; and mentoring to help them fulfil their potential.

Candidates will be invited to attend a sports award assessment day to demonstrate their practical skills and to undertake an interview with the Director of Sport or one of the Heads of Sport.

The Assessment Day

Practical Assessment

Candidates will be required to present themselves for a practical assessment in their chosen sport(s).

1. Skill related exercises will show the capacity of the individual to perform at a consistently high level.

2. Agility – balance – coordination – flexibility – speed and strength will all be monitored. Fitness will not be directly tested, but will be monitored within the assessment.
3. Game related practices will show candidates ability to perform consistently with both economic and efficient movement. A skilled performer will also be expected to make appropriate decisions within a game ie. the ability to use good techniques at the right moment.

The Interview

Candidates will be required to discuss their chosen sport(s) with the Director of Sport or Master i/c. They should be able to provide evidence of their achievements in sport. These may be provided by a member of staff from school and/or the candidate's club coach. The Headmaster may also interview potential award holders.

Candidates should bring kit relevant to their sport(s).