



Woodbridge School

SPORTS AWARDS 2012-2013 entry

Sports Awards are available to both boys and girls for entry at 11+, 13+ and 16+. In making these Awards, the School is ideally looking for candidates who excel in two or more team sports played at the School, although excellence in individual sports may be considered. The successful candidates will have regional and/or international potential at senior school level.

At 11+ Sports Awards are worth up to 10% of the tuition fee, and up to 25% at 13+ and 16+. **Internal candidates and current Award Holders are automatically reassessed at 11+, 13+ and 16+. There is no need for a separate application at 13+ and 16+.**

The School's major competitive sports include hockey, rugby, netball, cricket, athletics, tennis, golf and horse-riding. Sports Award holders will be expected to represent the School as requested in all three terms with careful consideration given where necessary to national events and training. All Sports Award holders will, in addition, have to satisfy the general entrance requirements of the School.

All candidates will have access to the Woodbridge School Sports Development Programme, whether or not they are successful in receiving an Award.

Candidates will be invited to Woodbridge for a selection day on either Tuesday 31 January or Wednesday 1 February 2012 for both practical assessment and interview.

The selection day will include a practical assessment of their abilities to assess the candidates' game and skill aptitude.

At interview, each candidate will be expected to provide a written CV detailing:

- Teams represented and any recent results (with personal bests if applicable)
- Awards achieved
- Positions of responsibility

To strengthen and support the application, the CV may include:

- Any relevant media evidence (newspaper reports, photos etc)
- An external coach's report

HOW TO APPLY

If you would like your child to be considered for a Sports Award please complete the application form and return it to the Admissions Office, Woodbridge School, **as soon as possible**, latest by **Friday 13 January 2012** and if available, together with a fixture list of any possible events in both the Michaelmas and Lent terms.

SPORTS DEVELOPMENT PROGRAMME

The standard of sport amongst the girls and boys at Woodbridge School has continued to improve. The Sports Development Programme was the first in the region and is fully integrated into PE and games curriculums. Its aims are:

- to support those pupils playing at or near national level
- to encourage others to aspire to play and enjoy sport at a higher level
- to develop a knowledge of training and skills in all sportsmen/women

The programme as a whole should enhance the sporting experience of all those in the School, raise fitness, tactical awareness, confidence and participation.

What is the Sports Development Programme?

The Sports Development Programme consists of a Start level (Years 7-8); Development level; Performance level (both Years 9-13).

In each level there will be a focus on:

- Skills and performance (including strategy)
- Personal fitness, and personal fitness testing
- Diet and nutrition advice
- Sports psychology (learning how to win and how to lose, motivational techniques), and physiology
- Sports injury and massage (including access to professionals)

However, those pupils who have been selected by their regional and national bodies need something extra. These are defined as at the Performance Level. The support needed may not be in sport at all, but in achieving a balance in their lives.

For instance, a pupil at this level will typically be required to train or compete for both days of the weekend, plus some evenings. Mr Thorley (one of the Heads of Sports), in liaison with a pupil's tutor, will provide a bridge of understanding between coaches, teachers, parents and pupils to assist with the pressures caused by academic and sporting workloads.



Woodbridge School

SPORTS AWARD ASSESSMENT APPLICATION FORM 2012– 2013 ENTRY

PLEASE COMPLETE BOTH SECTIONS BEFORE RETURNING TOGETHER WITH
COMPLETED REFERENCE

(BLOCK LETTERS PLEASE)

NAME _____

DATE OF BIRTH _____

ADDRESS _____

POSTCODE _____ DAY TIME TEL NO _____

YEAR GROUP ON ENTRY *(please circle)* 7 8 9 10 12

PARENT SIGNATURE _____ PARENT EMAIL _____

SPORT	LENGTH OF TIME PLAYED	NAME OF TEAMS/CLUBS	REPRESENTATIVE HONOURS AND/OR OUTSTANDING ACHIEVEMENTS

DETAILS OF ANY OTHER SPORTING EXPERIENCE

REFERENCE

Sport's Coach/Teacher's recommendation

This application has my encouragement and support. I will supply a separate confidential reference if requested, and I am happy to be contacted by telephone.

Signed	
Name (Mr/Mrs/Other)	
Position	Daytime tel number

- All applicants must be registered to sit the Woodbridge School Entrance Examination or to enter the Sixth Form, as appropriate.
- Please return this form as soon as possible or latest by Friday 13 January 2012 to the Admissions Office, Woodbridge School, Woodbridge, Suffolk IP12 4JH.