



## Expectations

The honour of holding the title of Sports Scholar carries with it a level of expectation and commitment, to act as role models for other students and to behave with integrity and respect. In addition, we will be looking for:

- A positive and enthusiastic attitude towards all sports sessions and fixtures
- Correct kit at all times
- Leading by example and being a role model
- Being proactive – Emails!
- Demonstrate pride and commitment to school sport
- Contribute to a minimum of one major sport each term
- Compulsory attendance to sports scholar events
- Always striving to develop
- Academic engagement

For more information on all our scholarship programmes and details on how to apply, please visit [www.westbuckland.com/admissions/scholarships](http://www.westbuckland.com/admissions/scholarships) or call 01598 760178.



WEST BUCKLAND  
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# Sports Scholarships at West Buckland

[www.westbuckland.com](http://www.westbuckland.com)





West Buckland has a strong history of sport and this is nurtured through the provision of scholarships to students who demonstrate exceptional skills across several sports. In return for their dedication to school sport they have access to an enrichment programme, which is specifically tailored for different ages.

## Year 7-9:

**Strength and Conditioning sessions focussing on:**

- Back to fitness
- Linear Speed/Acceleration
- Explosive Power
- Multi Directional Speed/ Acceleration/Co ordination
- Olympic Lifting Technique

## Year 10-11:

**Students can attend a morning block of strength and conditioning sessions for two mornings a week, creating opportunities for:**

- Learning new exercises advancing from the younger years
- Progressing at your own rate
- Personal small group sessions tailored to your needs

## Year 12-13:

**Along with the opportunity to attend a morning S&C, you will now have the option to request personal programming and use of the gym in your free periods.**

**Your personal sessions could include, but not be limited to:**

- Strength/Power/Athletic training
- Mobility/flexibility training
- Conditioning training for your sport
- Injury prevention/rehabilitation training

## All Year groups

**Sports Scholars in all year groups will have access to:**

- Mandatory, termly, themed sports scholar events focussing on mindset, movement, nutrition and recovery
- Personal mentoring, helping you manage your time, injuries, sporting commitments and strength and conditioning
- Help and support when recovering from injury giving you the opportunity to carry out rehabilitation instead of being off games
- Specialist training opportunities: you may be granted supervised access – you must request this!