



SPORTS

SCHOLARSHIP

PROGRAMME



NORWICH SCHOOL



OUR

VISION

To provide a rich, broad, varied and holistic sporting environment within which pupils can thrive, in both the present and the future.

OUR

MISSION

To nurture and develop knowledgeable and reflective independent athletes who are equipped with the skills to thrive in sporting environments beyond Norwich School.



OUR

VALUES

The school's values of love, care and compassion are at the heart of day-to-day school life. Within the Sports Department, our programme is additionally underpinned by hard work, responsibility and honesty.

The Norwich School Sports Scholarship serves to provide talented athletes with a tailored age- and stage-specific programme of provision, to support and nurture their sporting ability in pursuit of their aspirations.

The Sports Scholarship is awarded in two tiers: Scholar and Exhibitioner. At the Scholar tier, a pupil will typically already fulfil the performance criteria; while at the Exhibitioner tier, a pupil will be deemed to have the potential to fulfil the performance criteria.

Our programme provides support in the following areas:

- Athletic Development (*Weekly*)
- Sports Psychology (*Termly*)
- Sports Nutrition (*Termly*)
- Mentor Sessions (*Termly*)
- Equipment/Discount Vouchers (*Annually*)
- Trips, Visits and Webinars (*Annually*)



SPORTS SCHOLARSHIP

PROGRAMME LEAD

Assistant Director of Sport (Performance) – **Mr A Daalhuizen**

Email: adaalhuizen@norwich-school.org.uk

SPORTS DEPARTMENT

KEY STAFF MEMBERS

NAME	EMAIL
Head of Athletics – Mr A Daalhuizen	adaalhuizen@norwich-school.org.uk
Head of Cricket – Mr C Taylor	ctaylor@norwich-school.org.uk
Head of Hockey – Mr R Sorrell	rsorrell@norwich-school.org.uk
Head of Netball – Mrs G Ashton	gashton@norwich-school.org.uk
Head of Rowing – Mr D Barrell	dbarrell@norwich-school.org.uk
Head of Rugby – Mr J Moran	jmoran@norwich-school.org.uk
Director of Sport – Mr T Grieves	tgrieves@norwich-school.org.uk



Within the Sports Department, our programme is additionally underpinned by hard work, responsibility and honesty.

A group of young men in blue and maroon sports uniforms are huddled together on a field at night, illuminated by stadium lights. The image is used as a background for the text overlay.

SPORTS SCHOLARSHIP ENTRY

SCHOLAR ENTRY AGE

SPORTS SCHOLAR PERFORMANCE CRITERIA

Lower 4 (Year 7)

Have the potential to play competitively and most likely at 'A' team level in at least two of Norwich School's main sports (Athletics, Cricket, Hockey, Netball and Rugby).

and/or

Be part of a recognised representative Pathway Programme as well as having the ability to contribute competitively to three of the main school sports.

Lower 5 (Year 9)

Have the potential to contribute at 'A' team level in one or more of the following main sports (Athletics, Cricket, Hockey, Netball, Rowing and Rugby).

and/or

Achieve County/Regional level representation in a recognised Norwich School main sport.

and/or

Be part of a recognised representative Pathway Programme at National level (or possess the potential to reach this level).


Lower 6 (Year 12)

Have the ability to play in the school 1st team in one or more of Norwich School's main sports and be performing at a County/Regional level.

and/or

Be part of a recognised representative Pathway Programme at National level (or possess the potential to reach this level).

All Scholarship Programme awards will be reviewed at the beginning of each entry point (13+ and 16+ entry).



...be a leading example to other pupils around them

SPORTS SCHOLARSHIP AGREEMENT

As a member of the Sports Scholarship Programme, pupils take responsibility to hold themselves accountable to the values of the programme set out by the school.

As part of the programme, it is expected that pupils will:

1. Be a leading example to other pupils around them, both within a sporting environment and within the wider Norwich School community.
2. Proactively demonstrate high levels of hard work, responsibility and honesty to their peers, staff and external parties to Norwich School.
3. Take a proactive approach to open communication and demonstrate strict timekeeping to all scholarship sessions, ensuring any problems are raised in advance of the session.
4. Demonstrate a desire and passion to grow as a person and athlete.

PUPIL MONITORING AND FEEDBACK

Pupils will receive regular feedback from all aspects of the programme on an ongoing basis, both within and outside of sessions. This may be in the form of verbal, written and/or video feedback.

We provide pupils with a Monitoring and Feedback document which will give a visual representation of their progress at the end of each term. The feedback will be focused on the following areas:

1. Attendance and attitude
2. Sporting and academic progression
3. Goal monitoring and progression
4. Physical and biological monitoring



Ensuring that our pupils have the best support network around them is the foundation and most integral aspect of our Sports Scholarship Programme.

THE PUPIL SUPPORT NETWORK

Ensuring that our pupils have the best support network around them is the foundation and most integral aspect of our Sports Scholarship Programme. At the beginning of each academic year, pupils will be asked to provide contact details for all of the sporting clubs/organisations they are involved in, along with coach contact details.

Many of our pupils will play across a number of teams and/or sports in various settings (school, club, Performance Pathways, etc.). To be able to best support them, open lines of communication are key between all stakeholders (pupil, parent and coaches/teachers) and we will therefore be in contact with them to ensure our goals and programme of support are aligned.

We encourage pupils to take responsibility for and ownership of their own programmes. Ensuring a proactive approach to communication with all stakeholders is vital in this approach and will ensure pupils can make the most of the support available to them.

REGIONAL, NATIONAL AND INTERNATIONAL PARTNERSHIPS

Norwich School has a rich tradition of working in partnership with the best sporting clubs and Performance Pathways in the region, and beyond. In recent years, many pupils have achieved County and Regional level representation across a variety of sports, as well as National and International representation in gymnastics, sailing, kayaking, rowing and rugby.

We are proud to work closely with a broad range of organisations with a rich history of sporting excellence, as listed below:

- **British Athletics**
- **British Gymnastics**
- **British Rowing**
- **British Sailing**
- **British Swimming**
- **England Hockey**
- **England Netball**
- **GB Kayaking**
- **Lawn Tennis Association**
- **Leicester Tigers**
- **Northampton County Cricket Club**
- **Northampton Saints**
- **Norwich City Football Club**
- **Saracens Mavericks Netball Club**
- **Sussex County Cricket Club**

FURTHER DETAILS OF OUR SPORTS SCHOLARSHIP PROGRAMME

Athletic Development

Our Athletic Development sessions are conducted weekly. Sessions are delivered in small groups with other pupils on the programme of their own age. Much like with music peripatetic lessons, our Athletic Development sessions are delivered during curriculum time. Each of the sessions are on a 4- to 6-week rotation for our Lower 4 to Upper 5 pupils, to minimise the disruption to any one specific academic subject. It is expected that a member of the Sports Scholarship Programme who also has peripatetic music lessons should arrange them, where possible, outside of curriculum time. Pupils in Sixth Form will have fixed weekly sessions during their non-teaching periods.

Our Athletic Development curriculum is specifically designed to be age and stage specific, in line with the latest research. Pupils will develop a broad range of skills and athletic attributes in our foundation curriculum in our Fourth Form programmes and gradually progress to individualised, sport-specific programming in our Senior age group.

Sports Psychology and Nutrition

The Psychology and Nutrition programmes are delivered on a termly basis in small group sessions face to face and/or online.

The Psychology part of the programme focuses on developing the mental skills of being a young athlete. Pupils will explore topics covering enjoyment in sport, coach-athlete-parent relationship, as well as resilience training, imagery and goal setting in the Senior years.

The Nutrition aspect of the programme focuses on developing good eating habits for Health and Wellbeing, with a food-first approach. We educate pupils on the type of food they should look to eat pre-, during and post-sport, as well as exploring the impact different food groups can have on performance. We take a practical approach to helping our students know what to look for when eating in the School Refectory, as well as what to look for when going shopping in supermarkets.



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GROWTH AND MATURATION MONITORING

Children's and adolescent bodies are a complex and ever-changing system. It is important to monitor the development of a child as they move into adolescence, paying particular attention to skeletal growth. Research has shown that periods of rapid growth (known as peak height velocity – which occurs during puberty) can have profound implications on the likelihood of injury, loss of limb control (proprioception – commonly known as adolescent awkwardness) and reduced flexibility. Following these periods of bone growth, there is also a natural increase in body mass.

By monitoring stature (height) and body mass (weight) on a regular basis, we are able to help pupils navigate their way through this challenging time. We help pupils, parents and teachers/coaches to be aware of these challenges, and we provide practical solutions and adaptations to the programme to minimise its impact on pupils' sporting endeavours. Measurements are completed on a termly basis and fed back to pupils and parents in the Monitoring and Feedback document.



NORWICH SCHOOL

71a The Close
Norwich, NR1 4DD

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