

Why are you applying for a Sport Scholarship?

- ✗** I am good at sport.
- ✓** I am REALLY good at sport.
- ✓** I play at A team standard and am one of the best in the team.
- ✓** I go to sports clubs outside of school.
- ✗** I am 'keen' on sport. I think?
- ✓** I eat, breathe, sleep my sport - I am passionate!
- I have been a Team Captain.
- ✗** I want a discount in fees. Parents wanted me to do it!
- ✓** My parents are supportive and help me with my sport.
- ✓** I am prepared to do extra and be a role model to others.

JENNY TOWER

I have been a Secondary School Director of Sport for the last 18 years.

I have a passion for people and guiding adults and students to be the best they can be.

My workshops are interactive, practical, informative and about action and solutions.

I also offer 1-2-1 coaching for students and adults.

I am a qualified NLP Practitioner, Golf Psychology Coach and a Personal Performance Coach

For more Information & No Obligation Chat

Email: info@towermindset.co.uk

Web: www.towermindset.co.uk

Mobile: 07779 209152

Address: 45 Morton Road, East Grinstead, West Sussex, RH19 4AF

“When you’ve got something to prove, there’s nothing greater than a challenge.”

– Terry Bradshaw



“The five S’s of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit.”

– Ken Doherty

PREPARING FOR YOUR SPORT SCHOLARSHIP DAY

“It’s not the will to win that matters—everyone has that. It’s the will to prepare to win that matters.”

– Paul “Bear” Bryant

PREPARING THE PORTFOLIO

Do a sporting CV—just like a job CV. List your major achievements

List your hopes for your sporting future.

What do you aspire to? How are you going to get there? “I want to go to the Olympics” is not enough.....List goals that are nearer.

Write a letter of application SPECIFIC to the school....why ‘X’ School? Make reference to the school’s sporting programme and its reputation.

Include photos .

Video evidence of practical skills is a MUST—it takes the pressure off if you think you might underperform in the practical (but we all know you won’t!!)

WHAT CAN A PARENT DO?

Collect the background information and deadlines for you.

Help with the Portfolio and CV—make it look professional but it needs to look like yours.

Do ‘practice’ interviews with you.

Help to make a video of your skills.

Encourage you to be positive and anticipate what will go well.

Support you after the event—whether you get it or not.

WHAT ARE YOU PREPARING FOR?

Each School you apply for will have different expectations. It is realistic to expect:

- * A portfolio or sporting CV
- * A fitness test
- * A practical assessment (generic skill tests and/or in particular sports)
- * An interview

Are you applying with a ‘specialism’ or as an all-rounder?

Do you have a specialism that is not part of the schools competitive programme?

DOING YOUR HOMEWORK

Know the deadlines—for application and submission of any paperwork.

Find out what you are preparing for.

Get your testimonials and references organised.

Do your video evidence

Find out the format of the practical so you know what sports to prepare for.

Do practice interviews—at home and with less familiar people.

Get fit.

Train hard at your sport.

THE PRACTICAL

Be organised—have all the equipment that you need.

Really focus on your skills.

Be positive at all moments of play.

Use your voice but do not be over-bearing.

Be helpful and kind to others.

Be helpful to staff “can I help with anything?”

Be fit—it is a busy day.

THE INTERVIEW

You will have practiced so you will be feeling CONFIDENT.

Be you. Be truthful. Be sincere. Be passionate about your sport.

Look UP. Make eye contact. Have a good handshake! SMILE!

Know what your achievements are. Know what your goals for the next year. Have some sporting role models....who do YOU admire.?

Know how you balance academic and sporting commitments.

Think of questions you might be asked.

Think of questions that YOU can ask.

Be chatty and conversational.

THE FITNESS TESTS

Cooper 12 minute run?
Multi-stage Fitness Test?

Find out!

You need to be fit enough to excel in the fitness test AND the Sport Practical—it is a ‘full-on’ day.

SO....Get fit in the month before.

REST the day before the scholarship.