



SPORTS SCHOLARSHIP

Kent College Pembury

LEARN WITHOUT LIMITS



FACILITIES

Full size Astro Pitch and Athletics Track

7 Tennis courts

9 Netball courts

Two modern sports halls with viewing galleries

Dedicated PE teaching classrooms

Indoor Swimming Pool

Fitness Suite with machines for cardio and strength training

Dance Studio

Cross country course

Outdoor adventure course

3 competition size trampolines

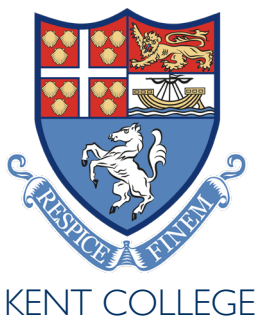
Top level gymnastics equipment

Indoor climbing wall

WHAT SUPPORT DO SPORTS SCHOLARS RECEIVE?

- Dedicated supervisor for every scholar, who meets with them weekly to discuss academic performance and their sporting schedule. During these meetings goals are set and extra study support is planned by creating a weekly timetable. Each supervisor acts as liaison with subject teachers and external coaches and parents.
- Extensive weekly scholarship programme that includes lectures with nutritionists, physiotherapists, elite athletes and a range of fitness sessions.
- Strength and conditioning coaching, both one to one and in group sessions.
- There is a dedicated Sports Scholars private study area, where teachers can take one to one sessions with girls who have missed lessons or where our athletes can spend lunch times catching up on any work missed.
- Pupils heading straight from school to their training sessions are provided with a healthy supper to take away.
- Sport specific individual sessions, which involve one on one time with Heads of Sport in preparation for competitions or tournaments.
- Performance analysis programmes.
- Visits to watch elite sport and talks by top level athletes, most recently Krista Cullen (GB Hockey Olympic Gold Medalist), Helen Glover (GB Rowing Olympic Gold Medalist) Frank Lampard (England and Chelsea Football), Karen Pickering (GB Swimming Olympic Gold Medalist) and Brinn Bevan (GB gymnast).





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SPECIALIST TEAM

The Physical Education (PE) department consists of teachers with knowledge and expertise in a variety of sports. The department is specifically timetabled to deliver lessons in their specialist sports, ensuring all pupils are taught top level PE.

The scholarship programme is led by Mrs Georgina Hughes, Director of Sport. She represented Sussex and the South of England in Hockey, played County and University 1st Team Netball, had a national ranking and played County Tennis and Cricket. She is passionate about sport and still plays competitive Netball and Hockey.

Miss Phil Webb, our Head of Netball, played County Netball, University 1st Team Netball and is currently playing Premier League Netball for Telstars Netball Club. She is the Head Coach for the Kent U14 County Netball Academy and Wealden Netball Club.

Mr Ben Allberry, our Head of Hockey, played England U16, has played National League Hockey, reached the Indoor National Finals at Wembley several years in a row for both Canterbury and East Grinstead and currently plays and coaches Tunbridge Wells 1st Team.

Mrs Jo Cox, our Head of Gymnastics, was in the Women's British National Gymnastics Squad and has coached Gymnastics since 1988. Since joining Kent College in 2009, every one of our teams has been in the top three in the country at least!

Mr Mal Cable is our Strength and Conditioning Coach and Personal Trainer, with qualifications across the personal training, fitness and nutrition spectrum. He has spent 20 years serving with elite teams and is a keen high altitude mountaineer and martial arts specialist.

RECENT SPORTING SUCCESSES

Becky O'Brien is the U17 Indoor South of England Pentathlon Champion and Kent High Jump Champion for the 4th year in a row. Becky jumped 1.65metres, her personal best is 1.70metres.

Emily Morris won her class at the National Schools Equestrian Association and was also crowned champion in the Junior Open Prelim and Junior Novice categories in Firle.

Jess Haynes represented London Pulse in the National Performance Netball League in both the U19 and U21 age groups.

Ella Fleet was selected for the London Pulse U17 Netball squad.

Kent Representatives: Netball - 3 girls, Hockey - 3 girls, Cricket - 3 girls.

Independent Association of Prep Schools Swimming Nationals, Jessica Gable qualified first in the U11 50metre backstroke.

U13 and U11 Gymnastics Team were placed first and second in the South at the English Schools Gymnastics competition.

For further information please contact: admissions@kentcollege.kent.sch.uk
www.kent-college.co.uk