

Sport



Sports Scholars are role models in their approach to sport and physical activity. They show commitment to all aspects of sports at school, participating fully in co-curricular activities, teams and competitive fixtures and leading by example. As Sport Scholars progress through the school, they are also involved in coaching, leading and officiating our younger pupils.

Sports Scholars will benefit from:

- **Termly Seminars** covering topics such as Personal Development Plans, Diet and Nutrition, Leadership, Elite Sport and Sports Psychology. The seminars provide a valuable insight into all aspects of how to develop as an elite athlete.
- **Individual Performance Profiling** to identify pupils' strengths, as well as areas for development, as part of their tailored strength and conditioning programme.
- **High Performance Training Sessions** in our Courtyard Gym to develop their Functional Movements

Programme and Personal Development Plans, in line with the areas of development identified by their performance profiling.

- **Inspirational trips:**
 - o St George's Park to attend the Game Changer Performance Day
 - o GoPerform Functional Movement and Fitness / Rehabilitation Centre
 - o Surrey Sports Park (University of Surrey) for a Sports Science and Biomechanics day.
- **Sports Leadership Day** Externally-led training session focusing on

developing communication, organisation and leadership qualities across a range of sports.

- **Our exciting partnership links** with Surrey CCC, Dorking Wanderers FC and Saracens Rugby include specialist coaching days, aspirational 'Meet the Pro' events and match tickets.
- **Coaching Qualifications** Sports Scholars aged 16+ engage in coaching qualifications with the F.A., ECB, England RFU and many more in return for their involvement in our coaching programme at Dunottar.

Sports Scholarships are awarded to candidates who demonstrate excellent potential across our core sports at Dunottar - football, netball and cricket for girls; rugby, football and cricket for boys.



Max

"As a Sports Scholar I have been given opportunities to learn more about strength and conditioning, sports psychology, sports nutrition and other aspects of sport that make you a better performer, through our regular Sports Scholar seminars. These sessions have allowed me to gain greater understanding, which in turn has helped me improve my performance and maintain my place in the Surrey U18 Emerging Player Programme (EPP) squad."

As part of the school's continued support of my personal development as a cricketer, I have been given an extra slot within my timetable to practise my cricket. I have regular timetabled sessions in the school gym and access to a Level 3 personal trainer. As a senior Sports Scholar, I have regular one-to-one meetings with the Director of Sport to discuss my academic studies, my options for the future (university, cricket in Australia, future careers) and my cricket."



Lucy

"I joined Dunottar in Year 7 as a Sports Scholar. Having my own personalised fitness programme has allowed me to really focus and develop my speed, agility and strength, which in turn has improved my technical ability on the football pitch. In addition to playing for the Dunottar girls' football team, I also play on the boys' A team during the spring term, which gives me extra training and competitive play. The excellent coaching, additional training sessions and overall support I have received at Dunottar has helped me progress to the Chelsea Development Squad and more recently I have been selected to play for Surrey Girls FA U14."

