

ST TERESA'S EFFINGHAM

SPORTS SCHOLARS

INCLUDING EQUESTRIAN AND TENNIS

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INFORMATION PACK



WELCOME



We are very proud of our Sports Scholars' Programme which is designed to closely support and nurture talented young athletes in their sporting journeys, in order for them to excel both on and off the field. Through personalised coaching, workshops, and guidance from experienced mentors, we aim to help you achieve your sporting dreams, however, we also recognise the importance of maintaining a balanced life.

Alongside your athletic pursuits, we are committed to supporting your academic progress, emotional well-being, and personal growth. We are thrilled to welcome you to our programme, where high performance sport meets a holistic approach to growth and development. At our school, we believe that true success goes beyond physical prowess. It is about nurturing the whole athlete: mentally, emotionally, and academically. Please see below the key aspects of the programme that are on offer:-

- We provide the Sports Scholars with three available specialised Strength & Conditioning sessions per week. The coaches work closely with the PE department to track attendance, progress and the students' pastoral care.
- An in-depth mentoring programme where each individual Sports Scholar is supported closely by an experienced and specialised member of the PE department. This includes half-termly meetings with a tracking booklet that involves key areas such as goal setting, schedule balancing, close pastoral care, and in-depth discussions regarding important areas of their sporting environments (e.g., their menstrual cycle, nutrition, academic workload etc.).
- Half-termly workshops which aim to provide the pupils with the knowledge and understanding required to succeed at the highest level in their designated discipline. These include talks by nutritionists, top-level athletes, coaches and other experts in their sporting fields regarding key and relatable topics.

As a sports scholar, you will become part of a community that values hard work and teamship. We're here to empower you to perform at your best, while also helping you grow into a well-rounded individual ready to take on any challenge that comes your way.

We look forward to being part of your exciting journey, and we're committed to guiding you every step of the way in your sporting life and beyond!



TYPES OF SCHOLARSHIPS

At St Teresa's, we are proud to offer a comprehensive Sports Scholarship Programme designed to support talented athletes in their sporting journey.

Sports Scholarships

Our General & Specific Sports Scholarships are available to pupils who demonstrate exceptional ability and potential across multiple sports, or one specific sport, providing them with access to expert coaching, strength and conditioning training, and a range of competitive opportunities.

Specialist Sports Scholarships

In addition to our Sports Scholarships, we also offer specialist scholarships in Equestrian and Tennis, which are run through dedicated training centres:

Equestrian Scholarships

Our Equestrian Scholarships are offered through the Equestrian Centre, where riders receive expert coaching, access to specialist facilities, and the opportunity to compete at a high level. Scholars benefit from structured training programmes that develop their riding skills, horse management knowledge, and competition experience.



Tennis Scholarships

Our Tennis Scholarships are provided through the Tennis Academy, an elite training programme that supports talented tennis players in refining their technical, tactical, and physical performance. Scholars receive professional coaching, tailored fitness programmes, and the opportunity to represent St Teresa's in competitive matches and tournaments.



OPPORTUNITIES



- **Mentor Meetings** – Goal setting and term schedules with the PE department (including Tennis Scholars).
- **Strength & Conditioning in the St Teresa’s Performance Gym** – Opportunity to attend at least one session per week (three sessions offered).
- **Holistic Personalised Plan** – Covering mentorship, academics, and pastoral support.
- **Sports Residential Trips** – Age group-specific opportunities.
- **Half-Termly Workshops/Events** – Covering various aspects of sports development.
- **Sports Awards Evenings** – Celebrating major team successes (hockey, netball, swimming).
- **Sports Scholars’ Dinner** – Featuring a guest speaker (current or ex-professional athlete) and including Equestrian & Tennis Scholars.
- **Informal Drop-In Mentoring** – Available throughout the summer term.
- **Sports-Specific Opportunities** – I-I Hockey sessions, swimming clinics, tennis/equestrian opportunities during the school day.
- **National Competitions** – Representation at events such as NESAs competitions, LTA, Play Your Way to Wimbledon etc.

EXPECTATIONS

- Represent and show commitment to the school in their chosen sport(s) - attend all fixtures and training sessions
- Attend 1x Strength & Conditioning session per week
- Attend all pre-season training and additional clubs
- Lead by example - encourage their peers to join clubs
- Progress within their chosen sport(s) and maintain high motivation to excel
- Mentor younger students when required
- High communication with the PE department, ESTA and STE
- Attend all workshops, mentoring sessions, sports dinners, awards and information evenings.



HOW TO APPLY SPORTS SCHOLARSHIPS



Application Form Deadline: 1st November 2026

Types of Scholarships:

- General Sports Scholarship – For candidates excelling in two or more sports, including at least one of hockey, netball, or swimming.
- Specific Sports Scholarship – For candidates at an exceptional level in one sport (Netball, Hockey, Swimming, Cricket, Athletics/Cross Country).
- For other sports, contact the Director of Sport on pe@st-teresas.com.

Note: Tennis & Equestrian Scholarships must be applied for separately through the Tennis Academy or Equestrian Centre.

Application Requirements:

1. Candidate's Letter (A4 page) covering:
 - Experience and participation level in sports.
 - Club, school, or county representation (times if applicable).
 - National competition participation (e.g. IAPS, Biathlon, In2Hockey).
 - Leadership roles (e.g. captain).
 - Other interests and greatest sporting achievements.
2. PE Teacher Reference Letter – Commitment, effort and coachability (not required for St Teresa's Prep candidates).
3. Club Coach Reference Letter (if applicable) – Strengths, weaknesses, and performance records.

Assessment Process (in mid November 2026):

- Evaluations in hockey, netball, swimming, and cricket, plus fitness testing with S&C specialists.
- Assessment includes movement skills, spatial awareness, decision-making, skill application under pressure, and physiological testing.
- Informal discussions with the Director of Sport and Heads of Sport.

Do not send certificates, trophies or photographs.

HOW TO APPLY

EQUESTRIAN SCHOLARSHIPS

St Teresa's offers Equestrian Scholarships to students who demonstrate enthusiasm for riding, caring for horses, and a strong willingness to learn. Scholarships are awarded to candidates who show talent, determination, and dedication in their chosen discipline.

Types of Scholarships:

- **NSEA Scholarship** – For riders with their own, shared, or loaned horse.
- **STE Scholarship** – For riders without access to a horse.

Application Form Deadline: 16th October 2026:

1. Complete the Application Form
2. Submit an Equestrian CV – Detailing riding history, future aspirations, and any relevant achievements (can include pictures or videos).
3. Provide a Reference – From a current or recent riding instructor.

Assessment Process (October Half-Term 2026):

- Assessment lesson at St Teresa's Equestrian Centre (1.5 hours).
- 30-minute ridden session on own horse (NSEA) or an STE horse (STE).
- Practical assessment – Includes grooming, tacking up, and un-tacking.
- Question & Answer session on equine care and riding knowledge.

For more information contact: equestrian@st-teresas.com.



HOW TO APPLY TENNIS SCHOLARSHIPS

Our Tennis Scholars' Programme is designed to support, encourage and help our promising players reach their full potential.

Enthusiasm
Sportsmanship
Teamwork
Athleticism

Tennis Scholars benefit from the following:

- tailored tennis coaching sessions throughout the week
- performance squad training
- advice on entering tournaments and organising tournament schedules
- exposure to competitive matches and LTA tournaments on site
- internal match play events including the Play Your Way To Wimbledon event during the summer term
- holiday performance camps

Expectations of a Tennis Scholar:

- to actively participate in tournaments and match play events outside of school hours
- to represent the school and ESTA in matches, events and fixtures
- to approach each session with a professional attitude and bring their correct kit and equipment

All tennis scholarship applicants should email esta@effinghamschools.org to arrange an on court assessment.



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