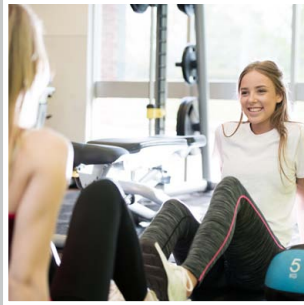




WORCESTER SIXTH FORM COLLEGE



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2 Fit academic study with sporting ambitions

Opportunities for students to study, practise and compete in sport have grown considerably in recent years, but there has been a missing component. Although there are now many courses in PE and Sports Science and opportunities to play in school and club teams, it has not been possible to combine study for qualifications with high quality day-time coaching fully integrated into a student's programme of study. Sports Academies now provide this. They:

- combine full-time academic study with sporting development
- provide regular high quality day-time coaching for individuals and teams
- bring together like-minded, motivated and talented young sports men and women
- integrate sporting development with fitness, dietary, health and technical guidance
- provide all-year support in a coherent programme
- enable participation in regular challenging fixtures and regional and national competitions
- provide use of specialist sports facilities and equipment

Flexible course choices

Because subject and course choices at Worcester Sixth Form College are so broad and flexible, it has been possible to create a Sports Academy coaching programme in one of the timetable option blocks. This enables you to choose A Level or Vocational courses in the other blocks, each containing many other subject choices. You can, therefore, follow a full programme including your sport. In the time set aside for the Academy, you will meet with other students several times a week and, in addition, have Wednesday afternoons or non-College time to train, practise and compete in fixtures. The coaching programme is provided by Club, District or Regional coaches of national bodies and also by College staff and, where helpful, there is a close connection with a local sports club committed to youth development. Sponsorship for the Academies is sought, where possible, and you will incur no direct costs.

What do you need to do next?

- Tick the appropriate box on your online College application form
- Following discussion at interview, you will complete a Player Profile, which will be passed to the PE department
- You will receive an invitation to Academy trials and training in June. Please see our website for information
- Watch out for news about the development of the Academies as negotiations are continuing with clubs, regional and national sports bodies and with sponsors

What is the Athletics Academy?

The Athletics Academy, with the support of a Level 3 qualified coach, provides both talented athletes, and those with potential, with the opportunity to develop their skills in a superbly equipped environment. It is also popular with athletes from other sports who wish to develop their fitness and undertake conditioning training.

What training is involved?

Training sessions focus on technical skills in a variety of events, physical conditioning (in the form of circuit training, weights, plyometrics and running sessions), and a theoretical programme which includes nutrition, mental preparation for competitions and lifestyle management.

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study.

How will this help develop my particular specialism?

The Academy will not only enable you to enhance your athletic ability, but will also provide opportunities for you to compete in local, county and national competitions (in track and field and cross-country). Coaches and teachers work with students to help them achieve a balance between their commitment to sport and their academic study.

Competition

For the coming season students will have the opportunity to compete in County and Regional cross-country events and Athletics competitions.

Contact person: Carl Rusby
Tel: 01905 362600 ext 654



4 Basketball Academy

What is the Basketball Academy?

Coaching on the Basketball Academy is delivered by a Level 3 coach and former Worcester Wolves professional player.

What training is involved?

Each week sessions focus on practical skills (technical and tactical ability), physical conditioning, lifestyle management and all aspects of coaching.

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study. As a large sixth form college with several sets in most subjects, we have the advantage of being able to offer you not only a wide range of subjects, but also combinations unavailable elsewhere.

How will this help develop my basketball?

The Academy will enable you to enhance your technical ability.

Competition

The College Team competes in the West Midlands Championship, the West Midlands League and the National Association of Colleges (AoC) Cup.



Contact person: Carl Rusby
Tel: 01905 362600 ext 654

What is the Football Academy?

The Boys and Girls Football Academies, with the support of qualified English Football Association (UEFA B Licence coaches and links with the Worcestershire Football Association), provide players with the opportunity to experience quality coaching in a superbly equipped environment.

What training is involved?

Each week sessions focus on practical skills (technical and tactical ability), physical conditioning (SAQ, core stability and game-related fitness), lifestyle management and all aspects of coaching. All training is done within the normal College day (8.50am-4.10pm).

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study. As a large sixth form college with several sets in most subjects, we have the advantage of being able to offer you not only a wide range of subjects, but also combinations unavailable elsewhere.

How will this help develop my football?

The Academy will enable you to enhance your technical, tactical and physical ability and give you access to a high standard of weekly competition.

Competition

The team plays in the English Colleges Football Association West Midlands League.



Contact person: Wes Davis
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6 Hockey Academy

What is the Hockey Academy?

The Hockey Academy supports the growth and development of athletes from a variety of different abilities. With the support of a coach with over 10 years experience of National League hockey, players will benefit from quality coaching, encouraging creative hockey skills while at the same time developing life skills that will enrich all aspects of daily life.

What training is involved?

Each week sessions focus on practical skills (technical and tactical ability), physical conditioning, lifestyle management and all aspects of coaching.

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study. As a large sixth form college with several sets in most subjects, we have the advantage of being able to offer you not only a wide range of subjects, but also combinations unavailable elsewhere.

How will this help develop my hockey?

Several players have represented England or are currently in national training squads. In the last few years, the College has had 9 representatives in the British Colleges National Hockey Squad (Boys and Girls), and had players in the medal winning teams in the Association of Colleges (AoC) National Championships.

Competiton

The College has a boys, girls and mixed team that play in the AoC West Midlands competitions.



Contact person: Carl Rusby
Tel: 01905 362600 ext 654

What is the Netball Academy?

The Netball Academy, with the support of experienced coaches, provides players with the opportunity to develop their potential alongside other talented individuals (County and Talent Squad). It also enables the players to develop their knowledge and understanding of how to fulfil their potential.

What training is involved?

Each week sessions focus on fitness development including core stability, plyometrics, technical and tactical skills, and all aspects of coaching. All training is done within the normal College day (8.50am-4.10pm).

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study. As a large sixth form college with several sets in most subjects, we have the advantage of being able to offer you not only a wide range of subjects, but also combinations unavailable elsewhere.

Competiton

The College netball team play in the Association of Colleges (AoC) West Midlands League and Cups as well as the National Cup.



Contact person: Carl Rusby
Tel: 01905 362600 ext 654



8 Rugby Academy

What is the Rugby Academy?

The Rugby Academy provides players with the opportunity to experience quality coaching in a superbly equipped environment. Each week training sessions focus on practical skills (technical and tactical ability), physical conditioning, lifestyle management and all aspects of coaching.

How does this fit in with my academic programme?

Academy time will fit alongside your academic subjects to form your programme of study. As a large sixth form college with several sets in most subjects, we have the advantage of being able to offer you not only a wide range of subjects, but also combinations unavailable elsewhere.

How will this help develop my rugby?

The Academy will enable you to develop your technical ability and give you access to weekly West Midland Colleges League and National Cups.

Academy players participate in a number of national competitions and in the past several years have been selected for County, Regional and National teams.



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