



**WORCESTER**  
SIXTH FORM COLLEGE



## 2 Combine Sport & Study

### 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
- provide opportunities to take national governing body awards in the respective sport
- provide opportunities to take qualifications such as the NCFE Fitness Instructors Award



## 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 in June 2017. 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

## 4 Athletics Academy

### What is the Athletics Academy?

The 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.

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

### Selection of achievements to date

- 2013-14 British Colleges National Team Cross Country Silver Medallists
- 2013-14 Association of Colleges Sport Team Cross Country Boys Silver Medallists
- 2014-15 Association of Colleges Sport Team Cross Country Boys Silver Medallists



**Contact person: Carl Rusby**  
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## What is the Basketball Academy?

Coaching on the academy is delivered by Rick Solvason, 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 not only enable you to enhance your technical ability, but will also provide access to qualifications such as the NCFE Fitness Instructors Award and possibly the National Governing Body awards at Level one and Level two. These qualifications would be advantageous if you decide to apply for positions in the Leisure Industry or Sports Development.

The College Team competes in the West Midlands Championship, the West Midlands League and the National BCS Cup.

## Selection of achievements to date

2013-14 West Midlands Colleges Division 1  
League (3rd)

2015-16 West Midlands Colleges Division 1  
League (3rd)



**Contact person: Carl Rusby**  
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## 6 Football Academy

### What is the Football Academy?

The Boys and Girls Academy with the support of qualified English Football Association (UEFA B Licence coaches and links with the Worcestershire Football Association) provides 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 not only enable you to enhance your technical, tactical and physical ability but also provide access to qualifications such as the NCFE Fitness Instructors Award, and possibly the Level 1 and Level 2 FA Coaching Awards. These qualifications would be advantageous should you decide to apply for positions in the Leisure Industry, teaching, Sports Development or coaching.

### Selection of achievements to date

- Two England U18 Schools/Colleges representatives
- One England U19 Ladies' representative
- Two players selected to play for U19 Ladies' Football Midlands Colleges
- 2012 British Colleges Mens' Football National Team - 1 representative
- 2015 AOC WM Cat 2 League Winners

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## 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?

The Academy will not only enable you to develop your technical ability but will also provide access to qualifications such as the NCFE Fitness Instructors Award. These qualifications are advantageous should you decide to apply for positions in the Leisure Industry, teaching or Sports Development.

## Selection of achievements to date

- 2011-12 BCS National Championships (Girls) 4th
- 2012-13 BCS National Championships (Girls) 6th
- 2011-16 9 AOC National Team representatives
- 2014-15 Boys Midlands League Winners
- 2015-16 AOC National Championships Bronze

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).



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## 8 Netball Academy

### What is the Netball Academy?

The 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.

### How will this help develop my netball?

The Academy will not only enable you to develop your technical ability but will also provide access to qualifications such as the NCFE Fitness Instructors Award. These qualifications are advantageous for working in a Sport and Recreation environment, Leisure Development, teaching or Coaching positions.



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## What is the Rugby Academy?

The 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 not only enable you to develop your technical ability but will also provide access to qualifications such as the NCFE Fitness Instructors Award which are advantageous to university applicants and those pursuing a career in the Leisure Industry or Sports Development. Academy players participate in a number of national competitions and in the past several years have been selected for County, Regional and National teams. Several players have continued their development as contracted players at Worcester Warriors and three have been full-time professionals in the first team.

## AASE Programme

A RFU supported partnership of the College and Worcester Warriors (one of only twelve across the country) has been established to identify young players with the potential to make professional rugby a career, possibly at international level. At the same time these students will have the opportunity to become members of the College's Rugby Academy and study their preferred academic or vocational course.

## Selection of Achievements to date

- 2011-12 AASE Bowl Winners
- 2012-13 National 10's Bronze Medallists
- 2013-14 AASE Bowl runners-up. College second-team were National Plate runners-up
- 2014-15 West Midlands representatives in National 7's tournament
- 2015-16 AASE Division 2 Cup Winners

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### Achieving Academic and Sporting Excellence

#### What is an AASE?

The AASE is a nationally recognised and funded framework for 16-18 year olds who have realistic potential to achieve excellence in their sport and who are seeking to perform at their greatest potential.

AASE programmes provide young athletes with a two year training and development route to success via a specific RFU pathway. The programme combines player development with academic study.

The following characteristics of player development are incorporated into the programme:

- planning, development and application of technical skills
- planning, development and application of tactical skills
- planning and development of physical conditioning
- development of appropriate attitudes and mental skills
- lifestyle preparation
- career planning and management
- health and safety awareness



Matt Kvesic  
England U18 Rugby Captain and  
former Worcester Warriors Player,  
now at Gloucester

Academic achievement can be attained by the study of A Levels or Vocational courses.

The College's curriculum provides a range of vocational options and the county's largest choice of A Level subjects.

Building on its excellent reputation for sporting achievement, outstanding facilities and an established tradition of partnership with Worcester Warriors the College, now a chartered RFU-AASE centre, is ideally placed to deliver the AASE programme, and is one of only twelve in the country.

#### Benefits of the AASE Programme

Participation in an AASE programme provides the ideal opportunity for a young and talented sportsperson to realise their potential:

- each programme is delivered and assessed by professional coaches
- participants have access to specialist resources both at the College and at the club
- participants work and learn alongside other elite players
- progression routes are considered and planned (professional sport, higher education or employment)

## Endorsement

The Rt. Hon Richard Caborn MP, Minister for Sport (2001-2007)

“Being a professional sports person in the 21st century is about more than just athletic prowess and sporting skill. You also need to know how to manage your lifestyle and career off the sporting field. I am delighted that through the AASE framework there is now a structure in place to support the professional development of our most hopeful young sporting prospects”

## Rugby AASE

This two-year programme is run as a partnership between:

Worcester Warriors  
The Rugby Football Union  
Worcester Sixth Form College

The AASE programme provides every opportunity for aspiring elite young rugby players to reach their potential. In addition it rigorously promotes progression for academic study and/or career development. It is a means of meeting both sporting and academic aspirations.



## How is it organised?

The scheme is programmed around the weekly College timetable - with lessons during the day and training sessions before and after - a programme totalling between 12-15 hours per week.

It has three core elements:

- Development and performance
- Physical development
- Knowledge and understanding



**“Being a professional sports person in the 21st century  
is about more than just athletic prowess and sporting skill.”**

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