



Bexhill 6th Form College

# SPORTS ACADEMIES



**ACHIEVING MORE THROUGH  
SPORTING EXCELLENCE**

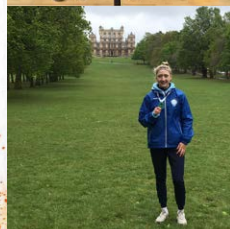


# SPORTS ACADEMIES

ACHIEVING MORE THROUGH SPORTING EXCELLENCE

**BEXHILL 6TH FORM COLLEGE IS COMMITTED TO DEVELOPING THE TALENTS OF ALL OUR YOUNG PEOPLE.**

In Sport, we achieve this through our Academies Programme. Our Academies Programme was set up in 2007, with the aim of providing opportunities to further the sporting talent of the young people who study with us. The College is a centre of sporting excellence that offers unrivalled opportunities for young people in Hastings, Eastbourne, Rother and the surrounding areas. Since they began, the Academies have gone from strength to strength, with students supported to reach their full potential, and many competing at the highest levels in their chosen sport.



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## DEVELOPING TALENTS

The Bexhill College Sports Academy enables students to develop their sporting skills whilst attending College and gaining academic qualifications. Students in the Academies have the opportunity to represent the College in regional and national events through Association of Colleges (AoC) Sport, as well as other local and national leagues and cups. The programme is delivered by our team of successful and renowned coaching staff. Depending on your sport, timetabled sessions include:

- Specialised coaching from experienced coaches
- Video analysis
- Strength and conditioning including regular fitness testing
- Individual skill development
- Sports nutrition
- Regular one-to-one discussions with your coach where we will focus on your progress and development
- Sports psychology
- Team preparation for regular weekly fixtures
- Guest speakers who have achieved excellence in their sport

Home fixtures are played in and around the Bexhill area, however away fixtures can be at venues throughout the South East and further afield, depending on progress in regional and national competitions.

Membership of a Sports Academy is for one year and to extend this, you will need to perform at a high level throughout the year. Your previous commitment to attendance, punctuality and performance standards will be taken into account.

We recognise that our Sports Academy programme attracts applicants from a wide area and we can assist finding a local host family or providing College accommodation arrangements if required. Host family/College accommodation fees are the responsibility of applicants. We are happy to offer further advice at any time.

## SPORTS ACADEMIES

### THE PROGRAMME AIMS:

- Be the first choice College for young people with high aspirations in sport, providing unrivalled opportunities in Hastings, Eastbourne, Rother and the surrounding areas.
- Deliver outstanding sporting provision for all students.
- Prepare students for further and higher education and employment.
- Attract and retain the most talented and committed staff.





## APPLYING TO THE ACADEMY PROGRAMME

As a first step, you should apply to study at Bexhill 6th Form College. As a student of the College, you will be able to apply to one or more of our Sports Academies on our website ([bexhillcollege.ac.uk/sportsacademies](http://bexhillcollege.ac.uk/sportsacademies)). After your application is received by the College, you will be sent a trial date and time. Trials are normally held in March, with final selection confirmed by the end of April.

Many of our Academy students do study on one of our Sport-related courses, but applications are welcome from students on any course in the College. In our Prospectus you will find details of:

### A Level

- Physical Education A Level

### Level 3

- Personal Training/Fitness Instructing
- Sport Extended Certificate
- Sport Extended Diploma
- Sport (Outdoor Adventure) Extended Diploma
- Sports Coaching and Development Extended Diploma

### Level 2

- Sport Extended Certificate
- Sport (Outdoor Adventurous Activities) First Diploma

### Level 1

- Sport and Uniformed Services

Sports qualifications are among the most popular and successful at Bexhill College. Our talented, experienced and committed staff use the latest teaching methods and technology to inspire students to successfully complete their qualification of choice. However, the flexibility of our timetabling means you can study any programme at the College and still be in an Academy.

## SPORTING HIGHLIGHTS & AWARDS

### OUTSTANDING TEAM SUCCESSES

Once again, 2019/2020 saw Bexhill College consolidate their position at local, regional and national levels, with our squads competing at the highest level for college sport in the country. Teams have performed at the highest level throughout the season and exceeded expectations on several occasions and many of our teams reached national finals, winning medals.

Each individual and team are encouraged to work hard and reach their full potential; These achievements, which continue year on year, are indicative of the focus, talent and dedication of the Sports Academy students and the commitment of the coaches.

2019/2020's performances meant that it was a successful season for the Academy, which is something all Academy members should take with them to the next stage of their sporting development.



## ATHLETICS

In 2019, the Athletics team competed in Nationals for Cross Country and won a medal. Student, Harmony Cooper, won the Gold medal at Nationals for the AoC Women's Cross Country in Nottingham, helping us to win Gold overall in the South East team.

Recently, we have had students competing in the Sussex Schools Senior Boys Championship in various events. The team will also take part in a variety of track and field-based events at the S7 Olympics. Other successes have included the Hastings Half Marathon where the Bexhill College team have finished as the 2nd Non-Affiliated Team.

## BADMINTON

In 2016, the female doubles pair qualified for the Nationals in Bath where they won the Badminton Women's Doubles Silver. This success continued with our Academy squad reaching the last 16 of the National AoC Cup Competition and with the College mixed pair team finishing runners up in the South East Regional final.

In 2018, the Team made it to the AoC National Cup Quarter Finals and this success led them to compete in Truro in the lead up to Nationals for AoC Sport final. In 2019/20, the team also reached this fantastic level of success in 2019/20.

## EXCELLENT FACILITIES

Academy students also benefit from our excellent on-site facilities at Bexhill College, including:

- 3G sports pitch
- 3 tennis courts
- Large indoor sports hall
- Fully-equipped gym
- Dance studio
- Grass training area

In addition, there is a swimming pool directly next-door to our campus and we have football pitches nearby.





## BASKETBALL (MEN'S)

The Basketball Academy currently competes in the AoC South East Regional National Cup competition. In 2017, the men's team reached the semi-final of the South East Regional final tournament. They also competed in 2018, winning a Bronze medal at the regional champions followed by making the quarter finals of the regional championship in 2019/2020.

## BASKETBALL (WOMEN'S)

The Women's Basketball team competed well in the Regional Cup and reached the semi-finals in the Cup in 2019. In past competitions, they have finished 3rd respectively in regional championships in 2017 and reached the National Cup quarter finals in 2018 and 2019.

Also, the Basketball Academy students have completed the 'Basketball Activators Award' course, which will assist them with coaching in the future. A member of the Women's Basketball team at Bexhill College won an award at the Sussex Sports Awards.

## CRICKET

The Cricket Academy has now won the AoC Indoor 24 Cricket Regional Champions on three occasions (2014, 2015 and 2019), representing the AoC South East Region at the National Indoor 24 Championships at Edgbaston.

In 2016 and 2017, the Academy finished runners up; where the team were outstanding in the 'round robin' style competition defeating colleges from the South East region. Most recently in 2018, Cricket once again participated in the regional AoC National Cup.





# FOOTBALL ACADEMY

IN ASSOCIATION WITH & PARTNERED WITH



## FOUNDATION

### FOOTBALL (MEN'S)

The Football Academy Men's first team competed in 2017/18 in the Sussex Schools U19 League finishing 3rd place, reaching the final and narrowly losing in the final of the competition. The College continues to maintain its status as the highest finishing league position college in East Sussex, whilst also entering the English Schools National Cup and the AoC South East Regional final.

The Football Academy second team won the 2nd XI Sussex Schools U19s League East in 2017/18 and finished 2nd in 2019/20.

We have recently formed a partnership with Eastbourne Borough FC which will see our Men's first team play within the National Alliance league against other non-league teams and football foundations.

### FOOTBALL (WOMEN'S)

Our Women's Football Academy team achieved a fantastic semi-final place in the AoC South East Regional tournament and won a Sussex 6-a-side tournament in 2016. Also, in 2017/18 the squad competed in the Sussex Schools U19s league finishing 4th in the league, with three students representing Sussex Schools and also attending a trial with Chelsea FC.

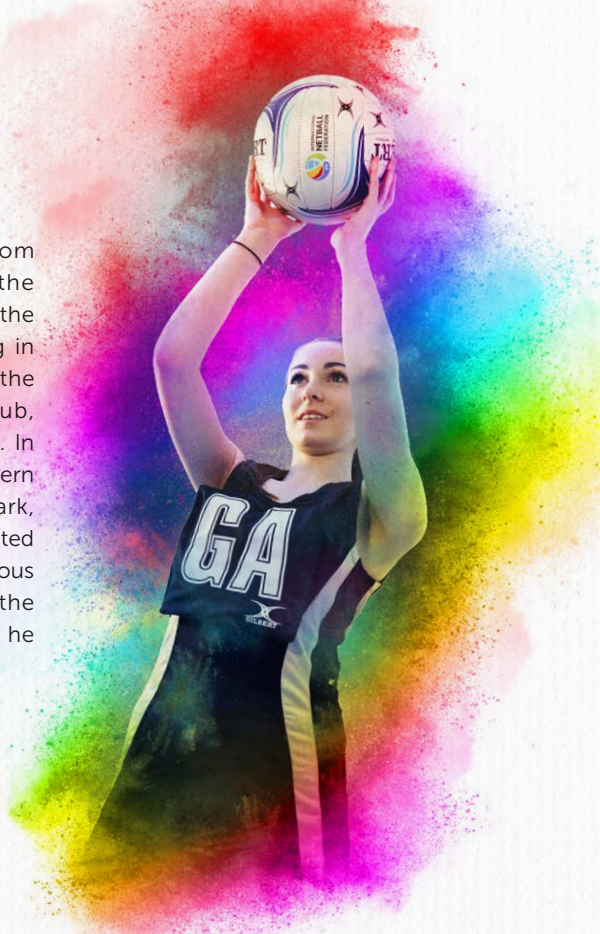




## GOLF

Students are linked with coaching from Highwoods Golf Club. Students in the Golf Academy have competed all over the country, which has included competing in the AoC Open Golf Championships at the world-renowned St Andrews Golf Club, with one student placing net 2nd overall. In 2015, the students also entered the Southern Open Golf competition at Magnolia Park, Buckinghamshire and successfully competed to their handicap levels. One of our previous Academy students even qualified for the National Championships in Bath where he finished 14th overall out of 21.

## SPORTS ACADEMIES



## NETBALL

The Academy competed against ten Sussex Sixth Form College teams throughout the season in 2015/16, having amazing success winning 9 and losing 1 game in their first season.

This success enabled the squad to compete in the elite Sussex U19s Schools league finishing mid-table, respectively in their last two seasons. The Academy also entered the AoC Sport South East Regional competition in Chichester where they finished 3rd in their group. In 2019, the Netball team excelled at the Kent Colleges Sport Association Annual Tournament and achieved second place, winning the silver medal.



## RUGBY (WOMEN'S)

The women's team participated in friendly small-sided games and the College entered the girls into the AoC South East Regional trials, where one student was selected in 2018 to represent and compete at the Nationals in Nottingham.

## RUGBY (MEN'S)

During the Men's Rugby Academy's 1st season the Bexhill College team won the Sussex Schools U19s C League and, also reached the semi-finals of the Sussex Schools U19s Cup. Currently, in the B league the Academy also competed in the Sussex Schools U18s, 7s and 10s competition and regional events.

## SWIMMING

In 2019, the women's and men's teams qualified for Nationals and placed well against schools from all over the country. In 2018, the men's swim team qualified for the National Finals at the Iconic London Aquatic Centre. In 2016 and 2017, the Academy entered the Sussex Schools Swimming U19s competition in Horsham; The senior boys' team achieved 1st place in the medley relay with their time, placing them in the top 24 squads in the England National Schools Swimming Championships.

Previous successes have included one of our Academy swimmers representing the South East in the 50m Freestyle and Back, achieving a Silver and Bronze in the National finals in Newcastle. In 2015, one of the Academy students won the 50m Freestyle Race and qualified for the National Championships in Bath, winning the Women's Team Swim Gold.







## TABLE TENNIS

In 2017, 2018 and 2019, the College won the AoC South East Regional Final and represented the area in the Nationals in Nottingham, where the South East region finished 1st overall in the National Championship. Our Table Tennis Academy has won many South East Regional Finals which have included female doubles, mixed doubles and men's singles, with the female doubles team winning the Gold in National Championships 2016 in Newcastle and in 2015, the Silver medal in Bath. Most recently in 2018, three students represented the South East Region and achieved a Silver medal at the Nationals.

## TENNIS

Annually, the Tennis Academy enters the LTA AEGON Men's and Mixed League. In 2016/17, the Tennis Academy mixed team won their area group and reached the last 16 nationally in the LTA AEGON Mixed Team Tennis Schools Senior Students Cup competition.

Previous years have seen successes in the men's team winning the AEGON Senior Students Team Tennis in Group 20, by qualifying through all three rounds of the group stages, coming out on top of their group to progress to the knockout stage, where they finished in the last 16 of the National Competition. Each year, the Tennis Academy students represent the College and compete at the AoC South East regional finals in singles, doubles and mixed tournaments.



## VOLLEYBALL (WOMEN'S)

In the Volleyball Academy's first season, the women's squad won the South East Regional Final and represented the South East at the National finals in Nottingham, where they achieved an outstanding fourth position nationally. The Women's team reached the semi-finals in 2019 in the regional cup and only just missed out at Nationals.

## VOLLEYBALL (MEN'S)

The Men's Volleyball reached the quarterfinals in the regional cup in competition to make it to Nationals.

There is also a mixed academy.

SPORTS  
ACADEMIES







Bexhill 6th Form College

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[www.bexhillcollege.ac.uk](http://www.bexhillcollege.ac.uk)

**SPORTS  
ACADEMIES**

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FORM COLLEGE**

For more information about the Sports Academies offered by Bexhill 6th Form College contact – Clare Cole, Sports and Academy Lead.

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