



Mill Hill

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Mill Hill School

16+ Sport Scholarship information

Thank you for your interest in the 16+ Sports Scholarship programme. The following document provides more information on the application process, what the School requires of a Senior Sports Scholars and what successful applicants can expect.



The application process

Pupils interested in trialling for a Sports Award are asked to submit a Sports CV with references to Mr Liffchak, attend practical assessments and finally have an interview with senior members of the Games staff. We would request that external references are received in written format, whilst internal references (i.e. provided by a member of MHS staff) will be gathered verbally. Candidates must request permission from the relevant member of staff before adding him or her as a referee. The practical testing will be completed at Mill Hill School, details of which will be confirmed at a later date.

- A whole hearted commitment to the Mill Hill Sports Programme and the availability for selection for all sports at all levels.
- Has demonstrated an outstanding attitude, ambition and internal work ethic towards Sport throughout their time at Mill Hill School.
- Have high standards in regards to; on field conduct, fair play, kit, organisation and communication.
- The ability to display leadership qualities within the Sports environment.
- A history of prioritising Mill Hill Sport over other external sporting commitments (unless selected for the equivalent of regional level or above).
- Support the sporting life of the School by helping to organise and run events of a sporting nature, as directed by the Assistant/Director of Sport.

The Scholarship programme

The programme is one of the Sports Departments proudest developments in recent years. It is led by Assistant Director of Sport, Mr Liffchak, who co-ordinates our talented team of five Strength and Conditioning coaches throughout the academic year. Whilst the Scholarship programme for the Lower School is focused on breadth of experience, the senior programme is more focused on our scholars' key sports. At its core, are our Strength and Conditioning programmes. These programmes are written individually for our scholars who attend weekly S and C sessions with their own personal trainer. These sessions can occur before school, during lunchtimes, during free periods or after school and demonstrates the commitment, organisation and discipline that we require from our senior scholars. There will also be additional lectures, forums, socials and trips for our Senior Scholars to attend.



I would like to conclude by thanking you for your interest in the programme and hope that the above provides you with the information you need to plan your application. If you require any further assistance please contact Mr Liffchak in the first instance at aml@millhill.org.uk or on 02089066373.

Best wishes



Mr Vercoe

Assistant Head: Co-Curriculum and Sport

