

CHANGE



Stowe **SPORT**

MAKERS



Sport at Stowe

An aerial photograph of Stowe School's sports facilities, including a running track, a swimming pool, and a tennis court, set against a backdrop of lush green fields and trees. The school's distinctive tower is visible in the distance.

Introduction

Our aim at Stowe is to offer a sports programme that makes a substantial positive contribution to the all-round education of our pupils. We work alongside the academic programme with a structure that allows pupils to engage with sport at a participation or performance level. This is reflected in the School day; pupils have the opportunity to participate in sport every afternoon and not just during timetabled lessons. Throughout all sports our aim is to educate pupils, through enjoyable, progressive, stimulating experiences, in both competitive and collaborative settings, enabling individuals to develop their character by learning resilience, respect for others and the value of teamwork and discipline. We aim to instil knowledge and skills that enable Stoics to lead a healthy, active life beyond Stowe and also have the potential to achieve sporting success at an individual level.

Our unique campus is wonderfully set up to allow sportsmen and women to thrive in a beautiful and inspiring setting. Our outstanding facilities and expert coaches will help all Stoics to reach their personal goals relevant to their ambitions and aspirations in an extremely broad range of sports, giving everybody the opportunity to take part in an activity they enjoy. We encourage Stoics to take part in multiple sports, with late specialisation, which leads to the development of a broad range of transferable skills.

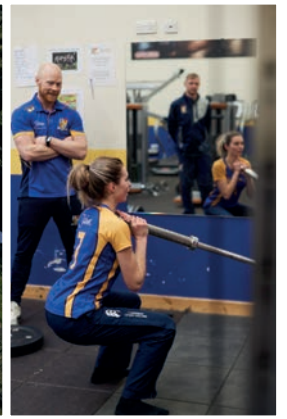
Significant investment has been made into our sports facilities in recent years, with further exciting new developments planned for the near future.

Our philosophy is that coaching is person-centred and values driven, with a focus on the process rather than just the outcome. Consistent high expectations from coaches, fostering high standards will develop good habits and successful experiences, and the example set by the Senior teams enables Junior Stoics to learn the values and behaviours through social development.

We are confident that Stowe can support our high performance athletes to reach their ambitions. We currently have double figures of sportsmen and women competing in their sport at a National level and many more involved with Academies or County teams. The Stowe 1st teams compete at the top level of National school sport and we enjoy regular fixtures each Saturday against schools in the very competitive Midlands League, this allows up to 35 teams across a range of sports to have competitive opportunities. Sporting success is measured not only in results, but also in participation and enjoyment.

At Stowe we aim for all Stoics to participate and enjoy sport, not only during their time at Stowe but for the rest of their lives.

Craig Sutton, Director of Sport

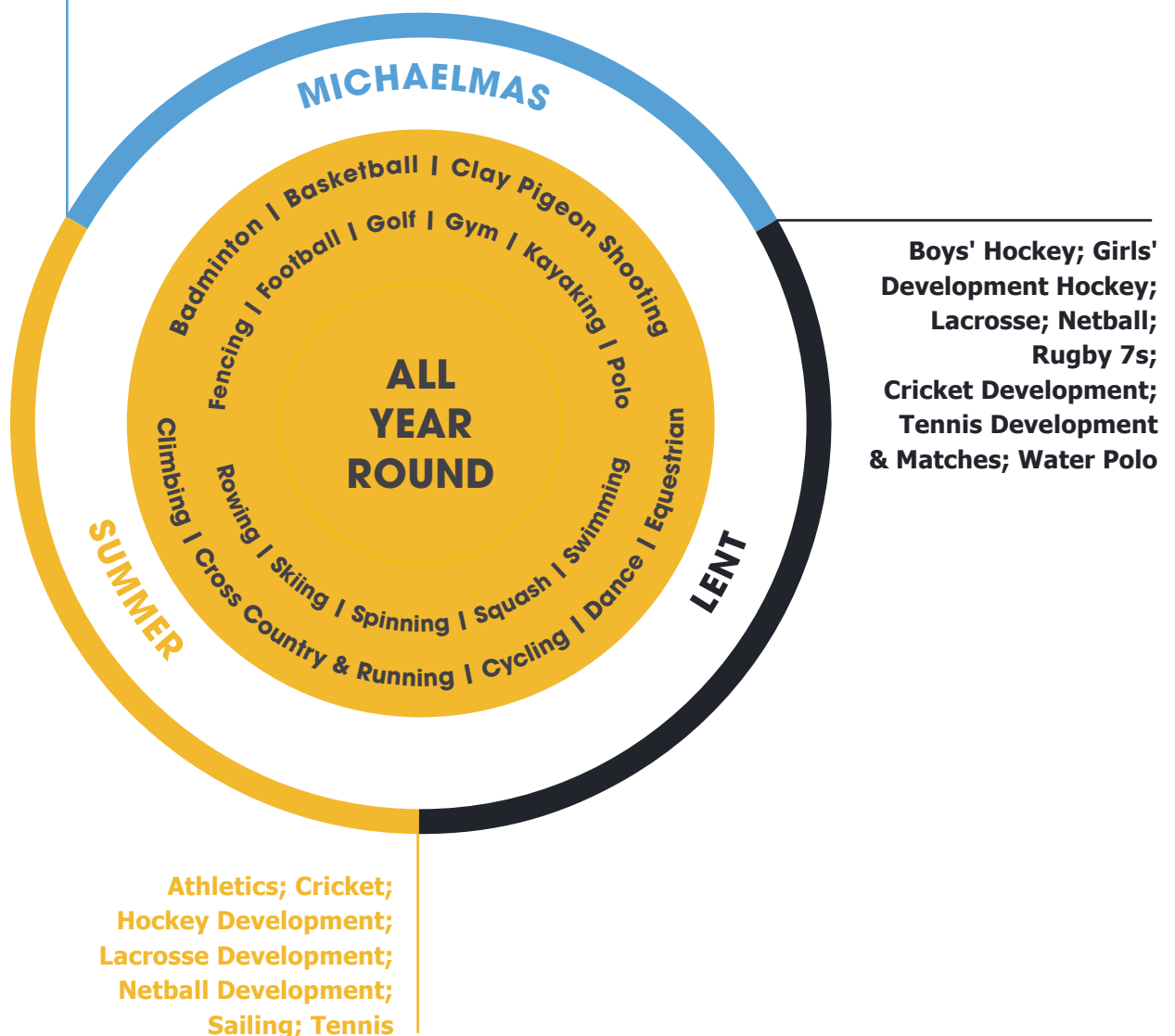


Sports Offering

Sport is offered after lessons every afternoon and is available to all pupils. With over 25 different sports on offer, it is possible for every pupil to find their niche.

Across all sports we play nearly 2,000 fixtures a year and run Inter-House competitions in each sport. The Sports Department comprises 20+ full time Heads of Sport and coaches, and external specialist coaches for different sports. These are supported by a further 60+ Staff from the academic body who coach and manage teams.

Rugby; Girls' Hockey; Boys' Development Hockey; Lacrosse; Netball Development; Cricket Development (including September fixtures for 1st XI); Tennis Development & Matches



Key Sports

Rugby

- Comprehensive on and off season training and a Strength and Conditioning programme facilitated by highly qualified and experienced coaching team.
- There are 15 teams: Four Senior teams, U16A-B, U15A-C and U14A-D. Over 250 boys play each Saturday and there are regular Inter-House matches.
- Three Stoics are currently playing at International Level, all securing professional club contracts.
- National Titles - Winners of Rosslyn Park (2022, 2023) and the National Plate (2022).
- Regular tours for Senior and Junior teams.



Netball

- Comprehensive two term Netball programme, led by a team of qualified & experienced coaches.
- Strong fixture list which includes Rugby, Oakham, Stamford, Uppingham and Oundle, amongst others.
- 16 teams each with their own coach, all of whom play in the Rugby Group Netball League.
- Over 110 matches across the Michaelmas and Lent Terms.
- National fixtures start in the Michaelmas Term, along with friendlies and County rounds of the National Schools Competition. League fixtures take place in the Lent Term, along with the National Schools Regional and Final rounds. Inter-House matches also take place in the Lent Term.
- A large number of girls play for clubs and franchises outside School. Three girls have International representation in the last two years.
- Regular tours for Senior and Junior teams.



Hockey

- High level coaching including four dedicated Hockey professionals and many academic Staff members holding EH/FIH qualifications.
- A strong fixture list with both girls and boys playing in the Midlands League and the girls' 1st XI playing in the Tier 1 Championship.
- 12 girls' and 12 boys' teams and 250+ fixtures across all teams plus Inter-House competitions.



- 'Two Term' Hockey available through partnership with National League side, Buckingham Hockey Club.
- Annual European pre-season tours.

Lacrosse



- Comprehensive year-round coaching from experienced international players & coaches.
- Full fixture list across Michaelmas and Lent Terms for Senior teams (Fifth Form and up) against strong schools such as Cheltenham Ladies' College, St Helen & St Katharine and Marlborough College. Junior season in the Lent Term (for Third and Fourth Form).
- Three Senior teams, five Junior teams, competing in over 50 fixtures per year, plus Inter-House competitions for girls and boys. County and National tournaments across all age groups.
- Year-round one-to-one or small group coaching for players wishing for extra coaching for all age groups.
- Three Lacrosse fields and one mini-field, all on Stowe's beautiful South Front.
- 15 International Lacrosse players since 2011, including Liv Thomas playing for England Senior Women, Zara Vickers for Wales, and Savannah King playing for Scotland U19 in 2022.

Cricket

- A comprehensive all year-round programme, delivered by a team of highly qualified and experienced coaches. Year-round one to one coaching programme for performance players.
- A strong fixture list including Eton, Malvern, Shrewsbury, St Edward's, Rugby, Uppingham and Oundle amongst others.
- 14 boys' and 3 girls' teams. Over 150 match fixtures in the Summer Term for all teams plus boys' and girls' Inter-House matches.
- Seven First Class cricketers in the past 15 years. Five Cup Competitions won in recent seasons including the Silk Trophy (2021), the David Capel Cup (2022 and 2023) and the National U17 Plate (2022).
- Regular UK and International tours for Senior and Junior teams.



Tennis

- A year-round pathway of group sessions and one-to-one coaching, including holiday camps and masterclasses.
- Pre-season training camp in readiness for Summer which includes LTA events, school fixtures and the Independent Schools' Championships at Eton College.
- A total of 27 girls' and boys' teams and Inter-House matches.



Specialist Centres

Equestrian

- A fantastic Equestrian Centre onsite, offering full livery facilities, cross-country course, outdoor floodlit arena and extensive hacking around the Stowe grounds.
- Over 20 individuals compete for the Stowe Equestrian Team.
- Participating in National School Equestrian Association (NSEA), School Equestrian Games (SEG) and local Challenge Series throughout the year across all disciplines.
- Stowe's Polo team provides opportunities for beginners to advanced level players.
- Scholarship opportunities are available.
- Stoics achieving Equestrian success include: Bubby Upton, Junior and Young rider European Eventing Champion; Leila Paske, double Silver at the 2019 Junior Eventing European Championships; Claire Gallimore, represented Team GB at five European Dressage Championships from ponies to U25 Grand Prix and won Team Bronze U25 Grand Prix 2018 European Championships.



Golf

- Superb new Golf course officially opened on 17 May 2020 and measuring over 6,400 yards (par 70) when played as an 18-hole course. Includes a short game practice facility and three outdoor practice nets.
- Year-round programme of coaching through the Stowe Golf Academy.
- A state-of-the-art indoor teaching studio featuring TrackMan Performance and GASP high speed cameras for detailed swing analysis.
- Very strong fixture list against schools comprising the likes of Eton, Harrow, Radley, Wellington, Charterhouse, Winchester, Bradfield and Uppingham. We also compete in the ISGA World Amateur Ranking Event, the ISGA National Championship, the ISGA HG Championship, the HMC National Strokeplay Championship, the HMC National Foursomes Championship and The Gerald Micklem Trophy (2023 winners).



Scholarships

Sport Scholarships are offered into Third Form (Year 9) and Sixth Form (Year 12). These are primarily in our major sports of Rugby, Hockey or Cricket (for boys) and Tennis, Hockey, Netball, Lacrosse or Cricket (for girls). Outstanding candidates in other sports will also be considered and there are specific Scholarships for Golf and Equestrian.

In total we have over 100 pupils holding Sports Awards and all our Sports Scholars receive regular mentoring from our coaches and are enrolled onto the Performance Programme or Student Athlete Programme.

International Honours



Performance Programme

The Performance Programme is for Third and Fourth Form Sports Award holders. It consists of a holistic approach to developing Stowe's young athletes including foundational movement skills as well as sports specific skills. It offers our Sports Award holders the opportunity to develop their understanding in a variety of training principles and to apply it to their own athletic development.

The Performance Programme consists of:

- Comprehensive introduction to all areas of athletic development.
- Weekly practical athletic development session.
- Sport specific mentoring with the athletic development team.
- Fitness and maturation profiling.
- Self-reflection and performance analysis.

The Student Athlete Programme is for Fifth and Sixth Form Sports Award holders. It consists of a far more individualised approach to training and performance, aiming to provide these elite athletes the opportunity to progress and excel in their chosen sport(s).

The Student Athlete Programme consists of:

- Highly structured approach to all areas of athletic development.
- Individualised strength and conditioning programming.
- Multiple weekly practical athletic development sessions both in the gym, developing strength and power, as well as pitch and track sessions focussing on speed, agility and skills acquisition.
- Sports specific mentoring with the athletic development team and the heads of their respective sports.
- Access to professional academies and talent pathways.
- Fitness and maturation profiling.
- Self-reflection and performance analysis.



We are Change Makers

Stowe School, Stowe, Buckingham MK18 5EH
admissions@stowe.co.uk +44 (0)1280 818000 www.stowe.co.uk