

# ISA Awards 2021 Case Study: Outstanding Sport (Small School)



INDEPENDENT  
SCHOOLS  
ASSOCIATION

## MYDDELTON COLLEGE

SEPTEMBER 2022

### BACKGROUND TO THE SCHOOL

Myddelton College, located on the outskirts of the historic town of Denbigh in North Wales, is a non-selective co-educational day and boarding school for pupils aged 4 to 18 years.

With a renowned historic background, the school sits within 37.5 acres and each pupil is encouraged to fully participate in a wide variety of sporting, cultural and leisure activities, making the most of opportunities outside the classroom. This is aligned with high academic expectations where technology and digital learning are fully integrated, adding to the diverse range of experiences available to each pupil.

Pupils are encouraged to fulfil their potential and their whole experience is embraced and nurtured through Myddelton's three pillars of scholarship, fellowship and resilience. Staff and pupils work closely together to support individual needs. Lateral tutor groups are in place so that pupils from higher years can provide guidance and mentoring for others within the group.

At the end of a busy school day all pupils have the opportunity to be fully engaged with a wide variety of extracurricular activities that further nurtures their passions and interests. As well as the wide range of sporting activities available during this time, pupils can also attend other interest groups that include mindfulness and gardening. The extensive weekend activity programme is available to boarders and non-boarders and is often led by the interests of the pupils themselves.



Headmaster: Andy Allman



The staff at Myddelton College have specialist knowledge, personal experience and creativity to ensure that all pupils benefit from the manifold advantages of regular participation in sport. From Year 3, all pupils participate in a broad range of sports at all levels, supporting their social, mental and physical development whilst embedding technical skills. Pupils from Year 9 upwards also engage in a full DofE programme.

[www.myddeltoncollege.com](http://www.myddeltoncollege.com)



## AIMS

- To ensure that the sports curriculum consists of a variety of activities such as Football, Rugby, Netball, Gymnastics, Basketball, Hockey, Fitness, Badminton, Tennis, Rounders and Athletics and that all pupils have the opportunity to represent the College in both friendly and competitive sporting fixtures.
- Nurture a culture of tennis throughout school, developing competition, practice and social activities.
- Develop an equestrian offer that provides expertise and opportunity.
- To give pupils a heightened football experience in a professional environment.
- Ensure pupils are not disadvantaged academically by their participation in sporting and outdoor activities at all levels. Have a system in place that supports them and aids catch-up as required.
- To develop a sporting Ambassadors Scheme for pupils.

## ACTIONS

- John Whitehall, an award-winning former professional tennis player, brought on board to lead Tennis at Myddelton College.
- Established Myddelton College as a Tennis Academy, and also now working in consultation with Tennis Wales. One of the few schools in the UK which offers a tennis education as part of the curriculum.
- Established an Equestrian facility which accommodates lessons and offers the option to stable onsite permanently or day stable.
- Opened up opportunities for pupils to be part of the school's equestrian team, enabling them to represent and participate in events.
- Provided specialist training and tuition for riding of all levels of abilities.
- Launched our "Pony Stars" programme in association with the British Horse Society.
- Offer a wide range of programmes in sports and outdoor learning to support students' academic learning and ensure that while they enjoy their time at the college, they are also physically fit.
- Supporting our young athletes to reach their full potential through our Student Development Centre. Providing the academic support they require if they need to miss part of the school day to participate in competition and use our Microsoft OneNote software to enable these pupils to easily catch up with any lessons they have missed.
- Partnered with Advanced Player Development (APD) to establish the Myddelton College Football Academy. Led by a UEFA A License Coach to help pupils experience a professional environment.
- Offer Cadets, as part of the Combined Cadet Force, giving a broad range of challenging, exciting, adventurous and educational activities.
- We set up the Sports Ambassadors scheme and now have four young sports ambassadors who have helped promote and run sporting events this year.



## OUTCOMES

- Myddelton College received a special mention from Tennis Wales for our work in reintroducing tennis through our top-class coaching programme.
- Pupils gain a sense of genuine pride, self-worth, happiness and achievement they carry on to university and beyond.
- Our students improve their physical AND mental health, with improved self-esteem and overall emotional wellbeing.
- Students who are physically active are happier, more resilient and more trusting of their peers.
- Cadets develops leaders and nurtures leadership skills, self-reliance, self-discipline, problem solving and responsibility.
- The pupils gain a diverse range of experiences that will benefit them physically, socially and develop the discipline and leadership skills needed to be successful in the future, be it in further education or employment.
- The college has many athletes that compete in national teams including triathlon, swimming, gymnastics, horse riding, sailing, climbing and ice skating among others.
- Some pupils have completed official LTA (Lawn Tennis Association) Coaching badges, which can demonstrate leadership, organisation and enhance their personal statement and UCAS application.
- Increased Tennis activity with boarders as part of their weekend activities.
- Encouraged and incentivised free play.
- Higher uptake with lunchtime clubs, which also increases standards ready for school team representations.
- Participation in Local and National competitions.
- Hugely positive feedback from parents or guardians who value their child learning about topics such as the countryside, farm animals, kindness, leadership, conservation and being green and a healthy mind.
- Through the development of our football offer, Nutrition and Fitness plans have also been developed, as well as coaching and opportunities to trial at professional clubs within England and Wales.
- Our pupils embrace sports and fitness.

## NEXT STEPS

- Myddelton College will be partnering with Advance Player Development (APD) to offer an opportunity for pupils to excel both in the classroom and on the pitch.
- To continue to develop the Sports Ambassadors programme.
- To expand the successful model of sporting achievement and development in Tennis and Football to other sports on the curriculum.

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