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“ MY CRICKETING EXPERIENCE AT CRANLEIGH WAS NOTHING SHORT OF EXCEPTIONAL, AND ENABLED ME TO TAKE MY CRICKET TO A PROFESSIONAL LEVEL ”  
*Seren Waters, Surrey and Kenya*

“ CRANLEIGH HAVE REALLY SUPPORTED ME ON MY HOCKEY JOURNEY AND I AM NOW LOOKING FORWARD TO THE JUNIOR WORLD CUP ”  
*Charlotte Calnan, GB Hockey*

“ CRANLEIGH RUGBY PROVIDED ME WITH EVERYTHING AND MORE TO HELP ME MAKE THE TRANSITION INTO THE PROFESSIONAL GAME ”  
*Sam Arnold (Munster and Ireland U20)*

“ OUR AIM AT CRANLEIGH IS TO CREATE AN ETHOS WHERE ALL PUPILS AND STAFF HAVE A DESIRE TO SUCCEED BUT ARE HUMBLE IN VICTORY AND GRACIOUS IN DEFEAT ”  
*Charlie Boddington, Assistant Head (Co-Curricular)*

## WELCOME

Cranleigh has an outstanding reputation for excellence across a wide range of sports and remains one of the UK's foremost sporting schools.

Our ethos is one of full participation, with every pupil joining a team and gaining the most enjoyment out of the time they spend on the pitch. When pupils are happy and enjoying sports they are most likely to achieve their potential both in the classroom and on the pitch.

Sport for Life is a key underlying philosophy, fostering the love of the game and a healthy life-long approach to sports. Old Cranleighans, many of whom regularly return to the school or their Thames Ditton club for fixtures, are testament to its success. Many former and current pupils have also played at the highest levels, representing club, county and country.

Supported by this underlying philosophy, our Elite Sports Programme is designed to ensure that those pupils who are talented athletes are equipped with every opportunity to achieve their highest goals.

The aim of our programme is to develop a pathway that enables elite sportspeople to fulfil their sporting potential within a professional, supportive framework. Membership is by invitation through our Directors of Sport. We welcome the opportunity to meet new pupils who may benefit from all that the programme has to offer.

# THE CRANLEIGH ENVIRONMENT



Visitors to Cranleigh are always struck by the warmth and friendliness of our community. A distinct family atmosphere prevails across the boarding houses, teaching rooms and shared spaces, a sense of togetherness that continues onto the sports fields.

Cranleighans thrive on the breadth of their sporting diet here and even our top athletes continue to play for the school, and in a range of sports – an approach increasingly at odds with a trend towards early overspecialisation. We have proven that it's a strategy which helps avoid burn-out and reduce injury but it also reflects perhaps the most significant success of the Cranleigh sports programme: at whatever level they play, sport helps our pupils remain totally engaged in school life, and when students are enthusiastic, positive and enjoying themselves there is no limit on what they can achieve.

The spirit that is reflected in our approach to sports is an attitude that spills over into other areas of school life-work habits, leadership, teamwork and determination. It is the product of a school environment where everyone thrives on getting stuck in, a benefit that transcends sporting success and builds lifelong positive habits.

Our beautiful 280-acre campus is exceptionally well equipped, with outstanding sports facilities, including competition standard grass and all-weather pitches, tennis and squash courts, equestrian centre, indoor sports centre and gym, 9-hole, 3-par golf course, outdoor education centre with climbing wall, and swimming pool.



# 7-18 SPORTS



There are strong links between the School and nearby Cranleigh Preparatory School and pupils also join from a wide variety of other prep schools across London and the Home Counties, creating a lively, House-based community of young people who are drawn together by their inherent love of life and getting involved in everything Cranleigh has to offer.

Cranleigh's top-tier sports coaches run training sessions at the Prep School in the major sports, giving pupils an excellent grounding in their chosen field and a strong continuity of coaching should they choose to continue their education at Cranleigh.

The sporting elite from the upper years at the Prep School regularly train with pupils at the senior school, benefitting from the extended facilities and advanced coaching. Mixed age group training also enhances development of technical and positional skills, whilst fostering an excellent team atmosphere.

In addition, Cranleigh's first teamers help with daily training sessions at the Prep School, acting as good role models and aspirational figures for the youngsters, as well as giving the seniors valuable coaching experience, an important facet of later careers.

Professional players, including Old Cranleighans, run elite workshops and give talks to pupils of all ages.

# ELITE COACHING



Pupils are supported by an experienced and talented team of coaches that includes former and present Olympic gold medallists (hockey) and several ex-International players (rugby, netball and cricket). Specialist external coaches also regularly support the programme with additional sessions.

Younger athletes benefit from a 'buddy' system that pairs them with an older elite sports athlete who acts as a mentor. Regular talks and forums are held to enable them to discuss important issues such as lifestyle management, focus, target setting, nutrition and rehabilitation.

Our fully equipped campus, with indoor courts, pitches and a cricket bubble, means that training in all sports can take place regardless of season.

Extra individual skills sessions with Directors of Sport run throughout the entire year to develop technical skills. Our Directors also employ high-tech techniques such as weekly video analysis sessions and will work on players' mental as well as physical development to ensure they have the strength of attitude to withstand the highest levels of competition.

Alongside first-rate coaching, pupils also benefit from individually tailored strength and conditioning sessions, dietary advice and personalised performance programmes to juggle school, club and country commitments.

Overviews of individual sports found on the loose leaf sheets at the back of this booklet.





# ACHIEVING BALANCE

Cranleigh's individual athletes and school teams have enjoyed a high profile in all the key sports over recent years but a further proof that our programme works are the well rounded, happy and aspirational athletes who act as fine role models both on and off the pitch.

Cranleigh enjoys close working relationships with professional clubs and international sides and is able to support players who represent professional clubs whilst still at school. Weekly and annual programmes are drawn up for elite sports players, which enable them to attend club, regional or national training sessions during term time. Players are expected to prioritise School matches but some allowance is granted for top-level commitments.

Good communication between all parties and carefully managed personalised programmes are the key to success. Individual programmes are developed and managed by the Directors of Sport who, through regular meetings with Parents, Housemasters/Housemistresses and the Assistant Head (Co-curricular), are able to help elite sports pupils balance the competing demands on their time and so get the most enjoyment and fulfilment from their time at Cranleigh.

In this way, along with achieving their sporting goals, our elite athletes are also able to receive an outstanding academic education together with all the benefits of belonging to a friendly and supportive community that will prepare them well for life beyond school.

“ SUCCESS IS NOT THE KEY TO HAPPINESS. HAPPINESS IS THE KEY TO SUCCESS. IF YOU LOVE WHAT YOU ARE DOING, YOU WILL BE SUCCESSFUL ”  
*Albert Schweitzer*



# PHYSICAL WELLBEING

Cranleigh strongly believes that a wider participation across a breadth of sports is beneficial for long-term success and wellbeing and encourages elite athletes to participate in a broad range of other sports in addition to their chosen specialism. To further support wellbeing and prevent burnout among our top athletes we provide advice and individual programmes for strength and conditioning, nutrition and sports medicine.

## STRENGTH & CONDITIONING

Strength and Conditioning (S&C) helps to prepare athletes for performance and cope better with the stresses of their sport. Our vision is to help all of our athletes realise their physical potential by giving them a deep movement vocabulary from a young age. From the Prep School onwards they progress through our physical development curriculum and into more specialised training.

Our philosophy is athlete-centred, prioritising the specific needs of the individual before pursuing a sport specific impact with 'performance transfer' exercises. Our S&C programme aims to offset the rigours of a busy games schedule by giving pupils physical capacities that are not inherently developed by playing the sport itself, which is a very effective strategy to prevent the overuse injuries that are prevalent amongst young athletes.

## SPORTS MEDICINE & REHABILITATION

Our Sports Science and Medicine Team includes a highly experienced Sports Doctor and two physiotherapists, along with our two S&C coaches. Working as a multi-disciplinary team gives us an excellent understanding of adolescent sports injuries, how to best manage these conditions, and how to accelerate rates of rehabilitation. Young athletes at Cranleigh not only benefit from this integrated service after injury, but also attend weekly sessions where specific injury risk reduction strategies are implemented into general athletic development sessions.

## DIET & NUTRITION

Clear guidelines on diet and nutrition have been developed and all pupils are encouraged to follow these to improve their sporting performance. Guidance has also been developed for general pre and during match nutrition and hydration, and for post-match recovery. Individual programmes can be developed dependent on sporting requirements and schedules. If pupils are following recommended guidance there is no need for dietary supplementation.



# SCHOLARSHIPS AND BURSARIES



Cranleigh offers Eric Abbott Awards for Sporting Excellence. These will attract a fee remission and the number awarded in any year will depend on the strength of the field of candidates. These Awards may be supplemented by means-tested top-up bursaries, up to 100% where appropriate. Those requiring additional financial assistance should contact the Admissions team as early as possible. [admissions@cranleigh.org](mailto:admissions@cranleigh.org); 01483 276377

Candidates will be considered on a case-by-case basis but must demonstrate excellence in their chosen sport. The criteria upon which this will be judged in four key sports are set out below.

Candidates offering other sports, such as tennis, riding, athletics or swimming, will be considered provided relevant evidence of excellence can be similarly demonstrated.

**CRICKET:** Candidates should be at least of a County Age Group/EPP standard and able to demonstrate the skills of a cricketer who is towards the upper end of their county age group programme.

**HOCKEY:** Candidates will be playing at least at County Age Group team level.

**NETBALL:** Candidates should be members of an Elite Satellite Academy or of equivalent standard if they have not been nominated for this before the assessment.

**RUGBY:** Current representative honours are not essential but we would expect that candidates would show the potential to go on to gain selection for their county or region or national side. They might already be part of an elite academy but this is not essential.

Candidates in any sport should have good athleticism, a good work ethic and demonstrate a strong desire to listen and learn. All candidates for Eric Abbott Awards for Sporting Excellence will be required to attend an assessment. This will include a general assessment of a candidate's athleticism, as well as a session appropriate to their sporting strength.