



"I HAD THE **BEST TIME** AT WORTHING....
SO MANY **PRECIOUS** MEMORIES"
IZZY MAYHEW, HARLEQUINS



"OUTSTANDING ATMOSPHERE"
EMILY HIRD, HARLEQUINS DEV



"WORTHING COLLEGE CHANGED MY
LIFE! **ITS AMAZING....**"
SOFIA ROLFI, ITALY



Harlequins



Worthing College
Academy of Sport

HARLEQUINS

WORTHING COLLEGE

RUGBY ACADEMY

**SCHOOL
SPORT**
TOP 100 SPORT SCHOOLS
WINNER
AT SPORT COLLEGE

CCG | Chichester
College
Group

Ofsted
Outstanding
Provider

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SUPPORTED BY
 
LOTTERY FUNDED





Harlequins



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Harlequins Womens Rugby Academy at Worthing College

"The joint rugby partnership with Harlequins Women is a fantastic opportunity for Worthing College."

"Harlequins have a long and illustrious history as a founding member of the RFU, so to partner with them in the delivering of this exciting Diploma in Sporting Excellence programme is truly something we are proud to a part of".

"Women's rugby is growing in profile, and across the Chichester College Group we are committed to offering our students the very best opportunities".

"This partnership shows we are doing just that, and we look forward to seeing our female rugby stars flourish - both on and off the pitch."

Andy Green

Chief Executive of the Chichester College Group (which includes Worthing College)

"We're absolutely delighted to be partnering with the Chichester College Group as we collaboratively look to grow our U18 pathway. Our Centre of Excellence programme is going from strength to strength and our new DISE partnership with Worthing College, led by Mark Rugman and his team, will be a great addition to this."

"The development of our Women's pathway is a major focus for us and it's great to see both Grace Clifford and Katie Shillaker, who are currently part of both the Centre of Excellence programme and Worthing College, joining the England U18 squad this year. We are looking forward to producing more national talent as we head towards the 2022/23 season and developing the next generation of Harlequins players".

Andy Rhys-Jones

Harlequins Women's Analyst and Operations Manager

CCG | Chichester
College
Group



How is the Programme Delivered?

The Harlequins Worthing College Rugby Academy will provide a unique playing and educational experience supporting students throughout their journey.

Expertise and personnel from Harlequins will benefit players at Worthing College in every aspect of their game. Throughout the programme, players will have access to expert coaching, S&C, nutrition, psychology, lifestyle and medical support.

Technical and Tactical

Throughout the week, players will have up to 12 hours of rugby specialising in both the 15s and 7s format.

Nutrition & Psychology

Players will access workshops from specialists in the game. Each workshop will play an important role in developing the individual performer.

Medical

Medical professionals will be present on match days, and run a regular clinic throughout the week, to ensure the welfare of the players.

Competition

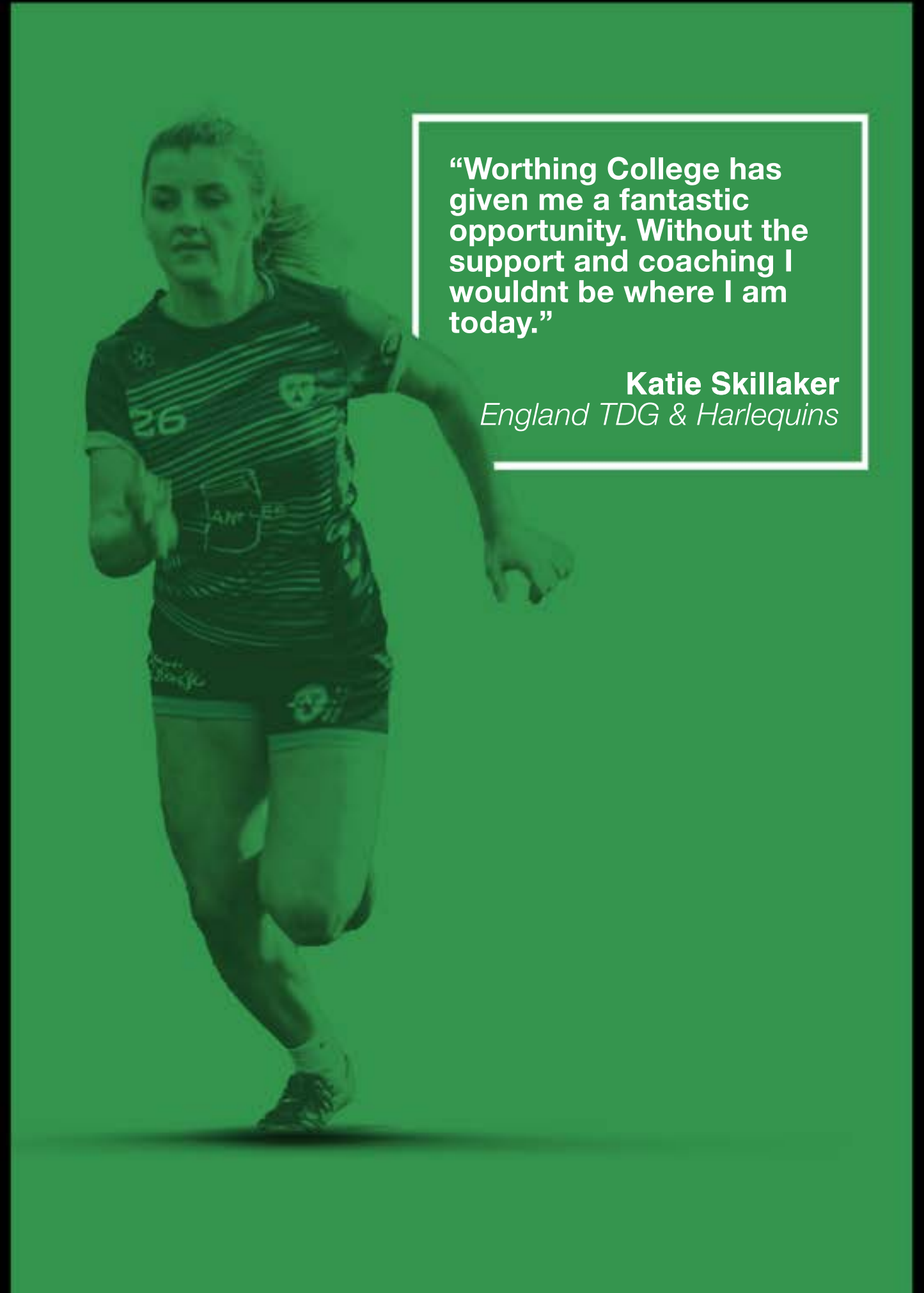
The 1st team (Blues) play in the highest league in the UK (AoC Tier 1), which is a 15 aside competition. From March onwards, we enter into a number of 7s tournaments including Rosslyn Park AASE competition, with only the top 5 teams in the Country, allowed to enter. Our development team (Greens) play in the AoC Progression League.

Strength & Conditioning

Harlequins S&C team along with the Sussex Performance Centre will tailor individual training programmes for every player. Both parties will support each individual by regular testing to develop benchmarks for positions and playing standards.

“Worthing College has given me a fantastic opportunity. Without the support and coaching I wouldn't be where I am today.”

Katie Skillaker
England TDG & Harlequins





“The Rugby Academy at Worthing College has given me so many skills both on and off the pitch.”

Jodi Loggenberg
Worthing College

The Diploma in Sporting Excellence is a recognised Level 3 qualification studied alongside your A Level and/or vocational qualifications, and Worthing’s nationally recognised rugby programme.

A selected number of players will study DiSE with the aim of supporting a players athletic development. If selected you will enhance your knowledge, skills and competencies, whilst preparing you to perform at the elite level, and/or gain employment.

Extra UCAS Points

You will also receive an additional 64 UCAS points whilst studying the DiSE programme.

What can DiSE lead to?

The DiSE programme is a prestigious accolade and is recognised nationally as the qualification only given to talented athletes in all types of sports. Universities see it as a good indicator for scholarships and support if players decide to choose that route.



Selected Alumni

Alphabetical Order

ENG U20S & HARLEQUINS
HARLEQUINS
ENG TDG & HARLEQUINS
ENG U20S & WORCESTER
HARLEQUINS
HARLEQUINS
NED & HARLEQUINS
ITA U18S & HARLEQUINS
HARLEQUINS
HARLEQUINS
ENG TDG & SARACENS
ENG TDG & HARLEQUINS
ENG TDG & HARLEQUINS COE
ENG TDG & HARLEQUINS COE
ENG TDG & HARLEQUINS COE
WASPS
SCO U18S & WORCESTER
ITA & WASPS
ITA & WASPS
ENG TDG & HARLEQUINS
ENG TDG & SARACENS
TEAM GB, ENG & WASPS

Teya Ashworth
 Megan Brown
 Grace Clifford
 Harriet Dunn
 Destiny Field
 Tatum Gabriel
 Linneke Gevers
 Martina Giampaglia
 Roberta Haywood
 Emily Hird
 Caroline Hodgson
 Isabel Mayhew
 Julie Nelsenat
 Jade Otene-Henworth
 Jasmine Otene-Henworth
 Beatrice Mora
 Katie Phillips
 Sofia Rolfi
 Sara Seye
 Katie Shillaker
 Jessie Spurrier
 Amy Wilson-Hardy

CENTRE OF EXCELLENCE

Pip Balcombe, Imogen Brash, Grace Clavering, Lucy Heryet, Poppy James, Ellie Mae-Phillips, Aurora Nation, Lily Robinson, Lucy Senneck, Sophie Stafford, Phoebe Wheadon, Kayra Wilson, Izzy Young



#1
FE SPORT
COLLEGE
IN THE UK
(SCHOOL SPORT 2021)

ONE OF THE
COUNTRIES
TOP 5
RUGBY ACADEMIES
(According to the RFU 2021)



86%
ACHIEVED
THE HIGHEST
ACADEMIC GRADE




20
INTERNATIONALS


Ofsted
Outstanding
Provider

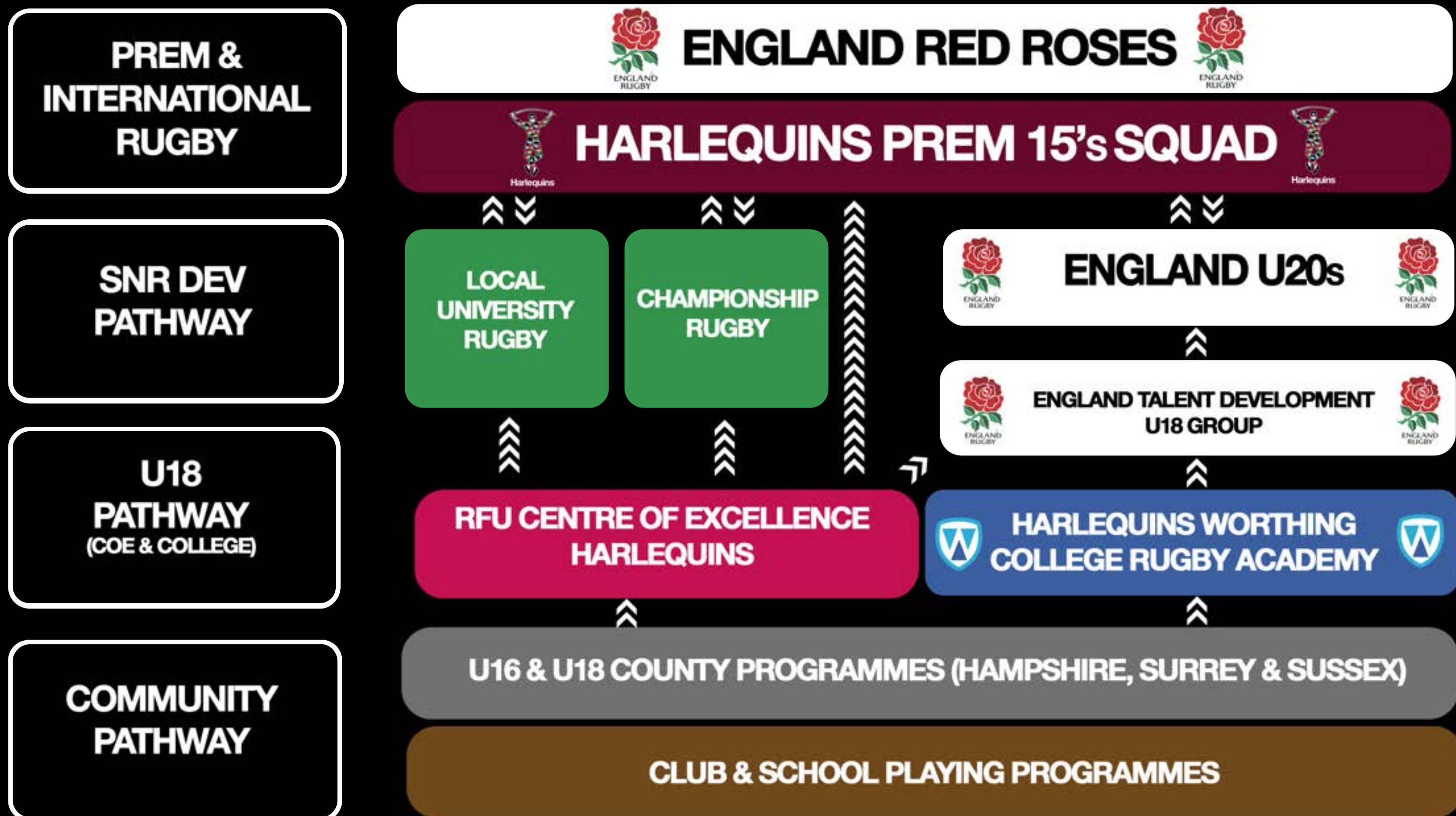

3 NATIONAL
TITLES
(The most in AoC History)

61%
PLAYED
CENTRE OF EXCELLENCE
OR REGIONAL



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SUPPORTED BY   SPORT ENGLAND
LOTTERY FUNDED

Harlequins Playing Pathway



Support and Accommodation

DiSE Scholarship

Those athletes selected for the DiSE qualification will be able to access the DiSE scholarship which includes a number of their Academy fees paid for.

Boarding - Homestay

If students need accommodation throughout the week, the College provides Homestay, which means living in a house with a local host (a single person, couple or family).

Our accommodation team inspect all host premises each academic year and must carry out fire and gas safety checks, online safeguarding training and unlimited internet.

Financial Support

The College believes that financial constraints alone should never be enough to prevent a student from studying. Therefore the College will work with you to find out what support you may be entitled to and help you to access any funding available.

This grant can provide you with:

- Help with travel costs
- Help with equipment, books or resources costs
- Contribution towards childcare costs
- Help to pay UCAS admin fees
- Contribution towards enrichment activities linked to your course.



“The Sports Department and rugby programme is one of a kind! The staff’s specialist skills and experience really make learning and playing interesting.”

Lily Robinson
Harlequins COE



Frequently Asked Questions?

What standard does the College play at?

Worthing College is the only FE/Sixth form in the South East that plays at the highest standard in the UK for female rugby (AoC Tier 1), which is a 15 aside competition. From March onwards, the Academy enters into a number of 7s tournaments. The 1st team is entered into Rosslyn Park AASE competition, with only the top 6 teams in the Country allowed to enter.

Worthing College is also the most successful team in the AoC South East representing the region at the National Championships, and winning the most AoC Womens Cups (the most in the tournament history).

How is the Academic and Rugby timetable balanced?

Worthing College has a unique timetable which fully supports both academic and rugby activities. The rugby timetable is built into the college day, which means students have no academic demands during that time. On the rare occasion some Academic subjects do not fit within the rugby timetable, Worthing College work hard to find a solution.

How does the College work with local clubs and Centre of Excellence rugby programmes?

The Harlequins Worthing College Rugby Academy overall aim is to improve every players individual performance. The College tailors the season to support an individuals welfare, which plays an important role in a players development. Following the RFU Centre Calendar, we work with clubs and Harlequins to make sure players are not over played and are playing at the right level.

Do you have to study a Sport subject or Vocational subjects (Eg BTEC/Camtech's) to do the Rugby Academy?

No. The Academy is open to all students whatever their programme of study. Over the last 3 years we've had 30% study three A Levels or more, 40% a mixture of both A Level and Vocational and 30% solely Vocational subjects.

*To note the Women's Rugby Academy is not one of the 3 subjects a student takes, it's an enrichment activity which gets added to a students timetable.

"The College and Academy has given me the aspirations to study at University and pursue a career in rugby."

Grace Clavering
Harlequins CoE



How To Apply?

Your next steps:

- > Go to www.worthing.ac.uk to find out about our subject areas.
- > Visit one of our open days or rugby assessment days where you get to meet the tutors/coaches, tour the college and discuss your study options.
- > Apply at www.worthing.ac.uk
- > Once we receive your application form we will be in touch to invite you in for a course guidance meeting.

1. Apply

Apply online at [worthing.ac.uk](http://www.worthing.ac.uk). We'll let you know when we've received your application with a confirmation email. If you have additional learning support needs please also complete the additional support request form – there is a link to this within the application form.

2. Course Guidance Meeting

Before offering you a place at college we will meet with you - either in person or by telephone. We will send you a link to our booking page where you can then select a meeting time. Don't worry – the interview is there to give you guidance on your subject choices and the opportunity to ask any questions

3. Accepting a place

Offers will be sent to you via the email address you provide with your online application. The offer will be conditional based on predicted GCSE grades and will require you to accept the offer within 14 days to secure your place.

4. Confirm your results

On GCSE results day in August, you will need to obtain your results from your school and enter them onto our Fast-Track enrolment system so that we know your grades before you arrive at college.

5. Attend enrolment

Enrolment is where you officially sign up as a college student. You will have the opportunity to review your subject choices based on your results with our curriculum advisors.

6. Start college

You will receive your college timetable the week before the start of term, which will outline when you are required to attend classes.

If you need any help, talk to our admissions team on 01903 275755 or email info@worthing.ac.uk





Harlequins



**Worthing College
Academy of Sport**

CCG

**Chichester
College
Group**

**SCHOOL
SPORT**
TOP 100 SPORT SCHOOLS
WINNER
FE SPORT COLLEGE

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Outstanding
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