

Cowdrey Scholarship (Sport) Information
Year 12 Entry



TONBRIDGE
SCHOOL

FROM APPLICATION TO AWARD



COWDREY SCHOLARSHIPS FOR 2027

Our Sixth Form Scholarship Programme celebrates exceptional talent within academic, music and sporting domains and has been designed to attract, nurture and support new Sixth Form students in their areas of strength.

Sixth Form Scholars are encouraged to participate actively in all aspects of School life, embodying the values and spirit of our School community.

All Sixth Form Scholarships can be held in conjunction with means-tested financial support.

Introducing the Cowdrey Scholarship

Colin Cowdrey (Lord Cowdrey of Tonbridge), 1932-2000, was one of the great sportsmen of the 20th century. In memory of this distinguished Tonbridgian, and to promote and recognise the qualities that he embodied, we have established the Cowdrey Scholarship.

A limited number of Cowdrey Scholarships are available for entry to the School at Sixth Form, to students of character and integrity who display both sporting excellence and sportsmanship. To access our Sixth Form Cowdrey Scholarship students should already be part of a national, county or elite club programme.

Cowdrey Scholarships are determined by both recommendation and assessment. Candidates must be recommended by a representative of a professional club, county or national scheme. The letter of recommendation must be uploaded as part of the candidate's Cowdrey Scholarship application.

The Cowdrey Scholars' Programme

The Cowdrey Scholars' Programme has been designed to provide exceptional young sporting talent with a level of support, guidance and personal development that is rarely found within school sport. Through a tailored programme

of athletic development, performance support, leadership training and mentoring, scholars are equipped to thrive both on and off the field. This comprises:

- An individualised athletic development programme delivered by our Head of Athletic Development.
- Personal oversight from a member of our Sports Department to provide advice, encouragement and practical support as students learn to manage their studies, training programmes, competition schedules and wider school responsibilities.
- Weekly one-to-one strength and conditioning sessions, ensuring that every student follows a carefully planned pathway aligned to their age, stage of development and sporting ambitions.
- Termly performance reviews with the Director of Sport and Head of Athletic Development allowing scholars to analyse their physical development using objective performance data. These meetings focus not only on athletic progress, but also on the key performance habits that underpin long-term success, including resilience, pressure management, recovery, sleep, rest and rehabilitation.
- Regular injury screening and access to in-house physiotherapy advice, helping each student to remain healthy, active and available for training and competition throughout the year.
- Termly meetings with our Lead Nutritionist who specialises in youth athletic development and wellbeing, receiving personalised guidance on fuelling performance, recovery and long-term health.
- Invitation to a series of exclusive seminars and workshops by leading practitioners, elite athletes and industry professionals. Topics include sports psychology, performance mindset, nutrition, mental resilience, leadership, careers in sport and athlete wellbeing.



The Programme also provides bespoke guidance for students aspiring to progress within academy, county, regional and national performance pathways. Individual support is available for those exploring university sport opportunities in the UK, the United States and internationally, ensuring scholars are well placed to make informed decisions about their sporting future.

Age limit

Candidates for Cowdrey Awards must be under 17.0 on 1 September 2027.

Multiple awards

A Cowdrey Scholarship may be held in conjunction with any other scholarship awards and/or means-tested bursary.

Dates for 2027 entry

- **1 October 2026:** deadline for Sixth Form applications (and indication of intention to apply for a Scholarship)
- **31 October:** entrance examination at Tonbridge School
- **November:** entrance interview and Cowdrey Scholar Assessment Day at Tonbridge School
- **1 December:** entrance examination and Scholarship outcomes communicated

Further information

Please contact Chris Morgan, Director of Sport, for further information or advice via

Scholarships@tonbridge-school.org.



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ONLY CONNECT**

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Tonbridge School is a registered charity No. 1097977
The information is accurate at the time of going to press