



BLUNDELL'S

EXCELLENCE

SPORT



“Blundell’s greatest strength is its focus on the individual and its commitment to tailoring *dedicated programmes to help a pupil achieve their full potential.*”



WELCOME

AT BLUNDELL'S, WE OFFER EXCEPTIONAL, TAILORED PROGRAMMES DESIGNED TO MEET THE UNIQUE NEEDS OF EACH ATHLETE. THROUGH EXPERT COACHING, TARGETED MENTORING, AND COMPREHENSIVE SUPPORT, WE ENSURE THAT EVERY SCHOLAR NOT ONLY REALISES THEIR FULL POTENTIAL IN SPORT BUT IS ALSO EQUIPPED WITH THE RESILIENCE, CHARACTER, AND INSIGHT TO EXCEL ACROSS ALL ASPECTS OF SCHOOL LIFE AND BEYOND.

Under the management of our Head of Athletic Performance individualised coaching, bespoke strength and conditioning regimes, and thoughtful management of each scholar's sporting and academic commitments, we provide a meticulously planned pathway for development. This approach empowers scholars to explore and pursue future opportunities both within and beyond Blundell's. As a result, many of our athletes have gone on to achieve national and international success in their chosen sports, while others have embarked on fulfilling and exciting careers in various fields. The journey undertaken by each of our scholars is inherently complex. We recognise that every

athlete's trajectory is distinct, and personal challenges – such as injuries, fluctuations in confidence, or external pressures affecting emotional well-being – can emerge at any time. This awareness informs the design of our programme, which is intentionally adaptable to ensure that each scholar receives the bespoke support necessary to navigate these challenges effectively. Whether they require specialised rehabilitation, mental health resources, or modifications to their training regimen, we collaborate closely with them to address their individual needs and to ensure that their journey pursuing excellence in their field is as positive, successful and rewarding as possible.

ELITE

COACHING & FACILITIES

BLUNDELL'S IS DISTINGUISHED BY AN EXCEPTIONAL COACHING STAFF, MANY OF WHOM HAVE REACHED THE PINNACLE OF SUCCESS IN THEIR RESPECTIVE DISCIPLINES.

Among our faculty are former international athletes in hockey, cricket, and rugby, as well as individuals who have represented their country in rowing and triathlon. This wealth of elite-level experience is directly reflected in the bespoke programmes designed for our scholars. Our athletes benefit not only from expert training but also from the invaluable first-hand insights their coaches are uniquely positioned to provide, ensuring a level of mentorship that fosters both athletic excellence and personal growth.

FACILITIES

Blundell's is renowned for its forward-thinking and innovative approach to progress, continuously enhancing and expanding its facilities to provide the very best for its athletes. Set within 100 acres of picturesque Devonshire countryside, the school offers an ideal environment for the ongoing development of its sporting amenities. In addition to numerous rugby and cricket pitches, Blundell's boasts two all-weather floodlit astroturf pitches, tennis and netball courts, and a state-of-the-art Sports Hall equipped with a fitness suite. Further facilities include an outdoor swimming pool, squash courts, fives courts, and outdoor cricket nets, all of which contribute to a comprehensive and enriching athletic experience for our students.



“With expert coaching from former international athletes in rugby, hockey, cricket, and netball, pupils benefit from world-class mentorship and tailored development.”



OUR DIRECTORS OF SPORTS

OUR COACHES HAVE EXCELLENT LINKS TO A VARIETY OF PROFESSIONAL AND SEMI-PROFESSIONAL CLUBS AS WELL AS ELITE BUCS UNIVERSITIES.

Our scholars are supported not just in their journey through school, but beyond into the world of university and elite level sport. They benefit from tailored mentoring, specialist training programmes and guidance on balancing academic commitments with sporting excellence. This ensures that every pupil is equipped with the skills, resilience and opportunities needed to thrive in the next stage of their sporting and educational pathway.



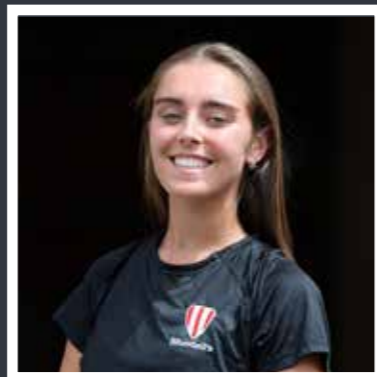
MRS ADELE WORSLEY

**BSc Hons Maths Bristol, PGCE Oxford
Deputy Head Co-Curricular**

With over 25 years in boarding education, Adèle is passionate about helping students unlock their potential through pursuits that inspire passion, skill, and growth.

Now at Blundell's, she is committed to building on the school's sporting excellence while strategically enhancing opportunities for scholars.

Her research-led, reflective approach ensures the continued, purposeful development of Blundell's athletic programmes.



MISS MEGAN CONANBEARE

Head of Netball

PLAYING CAREER: Captain Team Bath U21, Team Bath Super League squad, Severn Stars Super League squad, Exeter, National Premier League

COACHING: England Netball Level 2 Coach, Team Bath Netball Franchise, Athletic Development Centre Coach, Team Bath pathway selector

KEY FOCUS OF DEVELOPMENT

WITHIN THE SCHOOL: Continue to develop the specialist netball programme and to Facilitate players pursuing franchise pathways.



MR TONY YAPP

Director of Rugby

PLAYING CAREER: Bedford, Worcester, Exeter Chiefs, England A, England U21's, Barbarians

COACHING: RFU Level 3 Coach, Exeter University, Head Coach Taunton, Kicking Coach England Ladies U20's

KEY FOCUS OF DEVELOPMENT

WITHIN THE SCHOOL: To provide Unrivalled opportunities for every player – from lifelong memories on the pitch to elite coaching and dedicated pathways for both boys and girls.



MR DEAN HEADLEY

Director of Cricket

PLAYING CAREER: Kent, Middlesex, England

COACHING: ECB Level 4 Coach

KEY FOCUS OF DEVELOPMENT

WITHIN THE SCHOOL: Investing in outstanding cricket facilities and a fully inclusive programme for boys and girls, supported by expert mentoring and a seamless coaching pathway from school to elite level.



MR WILL ABELL

Director of Hockey

PLAYING CAREER: Wessex Leopards, Taunton Vale

COACHING: England Hockey Level 2 Coach, WA Coaching (Owner/Head Coach), ISCA

KEY FOCUS OF DEVELOPMENT

WITHIN THE SCHOOL: Build and create an environment for stretch and competition, and continue to recruit quality and highly qualified coaching staff to develop our athletes.



MR TOM BURGESS

CSCS, Head of Athletic Performance

COACHING: Head of Strength and Conditioning - Cardiff Blues Women, National U18 Women Strength and Conditioning Coach - Welsh Rugby Union, 1st Team Physical Performance Coach - Swansea City AFC, Strength and Conditioning Coach - Radley College, Head of Performance - Berkhamsted School, Consultant Strength and Conditioning Coach - ECB

KEY FOCUS OF DEVELOPMENT

WITHIN THE SCHOOL: To provide a unique individual centred environment to make our student athletes and beyond ready to perform in all environments and bring these skills into life at Blundell's.

THE SPORTS

SCHOLARS' PROGRAMME

WE BELIEVE THAT TRUE ATHLETIC DEVELOPMENT GOES BEYOND EARLY SPECIALISATION AND ON-PITCH PERFORMANCE. WHILE MANY YOUNG ATHLETES ARE ENCOURAGED TO FOCUS NARROWLY ON A SINGLE SPORT, RESEARCH AND EXPERIENCE SHOW THAT THIS OFTEN LEADS TO BURNOUT, INJURY, AND A LOSS OF MOTIVATION. OUR PHILOSOPHY CHAMPIONS A MORE BALANCED, HOLISTIC APPROACH: ONE THAT NURTURES NOT JUST THE ATHLETE, BUT THE PERSON.

We encourage multi-sport participation and diverse physical experiences during the formative years. This variety supports better motor development, reduces overuse injuries, and fosters transferable skills that enhance long-term performance. But more importantly, it cultivates resilience, adaptability, and a deeper love for sport.

Our programme is built around the individual. We take the time to understand each athlete's life, passions, and goals, both on and off the field. From foundational movement to sport-specific training, we tailor their journey to suit their unique needs and aspirations. This personalised approach ensures that every athlete is supported in becoming not just a better player, but a more confident, well-rounded person and future leader.

Ultimately, success in sport should not come at the cost of balance, joy, or personal growth. Our aim is to guide young athletes through a journey that enriches their lives, strengthens their character, and prepares them for whatever path they choose, in sport and beyond.



PROGRAMME DESIGN

JUNIOR DEVELOPMENT | YEARS 7 & 8

- Parental talk during pre-season
- Termly physical testing battery
- Six talks over the year on a range of subjects
- Group mentorship

DEVELOPMENT | YEARS 9-11

- Termly testing with **VALD Performance**
- **Teambuildr app** for monitoring and athletic development
- Group mentorship
- Sport attribute clinics e.g. speed and change of direction
- Three talks per year group each year
- Year 9 - Introduction and prep for weights
- Year 10 - Introduction to weights and generic functional movement programmes
- Year 11 - Sport specific programming

PERFORMANCE | YEARS 12 & 13

- Termly testing with **VALD Performance**
- **Teambuildr app** for monitoring and athletic development
- Individual mentorship
- Advancement of sport attribute clinics e.g. speed and change of direction
- Year 12 - Three talks, all new students will be fast tracked through previous syllabus
- Year 13 - One talk, practical session in preparation for leaving school e.g. basics cookery class

HIGH PERFORMANCE | YEARS 9+

- Involvement at the discretion of Head of Athletic Performance
- Individuals managed by HoAP and supported by the most appropriate Director/Head of Sport
- Fully bespoke programme to enhance the pathway to professional sport.



TEAM SUCCESSES

BOYS' RUGBY

- 1st XV Semi-Finalists 2022 & 2023
- Brecon 7'S Runners Up - 2023
- U14 Devon 7'S Winners - 2024

GIRLS' RUGBY

- U18 Girls' Millfield 7's winners - 2024

GIRLS' HOCKEY

- 1ST XI National Cup Quarter- Finalists 2021
- U12 Girls' Devon Runners Up

BOYS' HOCKEY

- U13 ISHC National finals Runners-Up
- U13 National Cup Semi-Finalists - 2023

BOYS' CRICKET

- U15 National Cup Semi-Finalists -2022
- U15 County Cup Finalists - 2024
- U14 Devon County Cup Winners - 2024
- U13 County Cup Finalists - 2024
- U12 Devon County Cup Winners 2025

GIRLS' CRICKET

- U13 Rachel Heyhoe-Flint County Cup Winners And West Regional Qualifiers - 2024
- U13 Independent Cup Finalists
- U15 County Cup Finalists - 2024
- U13 County Cup Finalists -2024

NETBALL

- U14 & U19 National Schools Regional Qualifiers - 2025

EXCELLENCE IN ACTION

THE FUTURE STARTS HERE

EXCELLING WITH PURPOSE

A Blundell's scholar will be; dedicated to their craft and the school, self-motivated to push themselves and drive others around them by their own standards and be a character leader, not afraid to stand up and challenge, push boundaries.

Scholars are expected to represent the school as much as possible and take an active interest in the wider sporting community and the school as a whole. In return they will benefit from a comprehensive program looking at daily life as a sportsperson, tailored training, strength and conditioning, sport attribute clinics. For our top scholars within the high performance group I will then look to match them up to individuals and services within our network to best aid their progression.

Sport scholars are expected to work hard in their academic studies and be role models to younger pupils both on and off the sports field. Workloads regarding school commitments and external pathway sessions are managed appropriately to ensure that the pupil's mental and physical health are at the forefront of decision making. A sport scholar is expected to set the standard for their peers to meet, with regard to attitude, preparation and performance.

SUCCESSFUL CANDIDATES

Candidates should demonstrate exceptional ability and potential, a strong commitment to improving fitness and skills, and be capable of achieving representative honours at County, Regional or National level. They should also be able to contribute to other school sports beyond their specialist discipline.

PETER BLUNDELL FOUNDATION BURSARIES

We are fortunate to be able to offer means tested Foundation Bursaries to successful Scholarship applicants, whose parents need financial assistance to send their son or daughter to Blundell's. With these bursaries, the Governors wish to reflect the spirit of Peter Blundell's vision. These applications will require an online bursary application form to be submitted prior to the scholarship process, which will be made available on application.

SPORT SCHOLARSHIP REQUIREMENTS

Blundell's has an outstanding reputation for sport, with over 100 pupils competing at County level or above in the past five years, and teams regularly facing strong opposition such as Millfield, Clifton, Bryanston, and Sherborne, competing in national competitions and supported by high-level coaching across all sports; Sports Scholarships at 13+ and 16+ are awarded for excellence in any sport, with particular focus on rugby, cricket, hockey, netball, athletics and tennis, and candidates are selected based on their sporting CV, references, interview, and overall performance on an assessment day that includes fitness tests (speed, agility, endurance), sport-specific trials in their major sport(s), and small-sided ball games to assess technical skill, coachability and attitude, with external candidates also required to meet academic entry criteria—Common Entrance or Entry Test at 13+, and a minimum of 5 GCSEs at grade 6 or above at 16+.





OLD BLUNDELLIANS' SPORTING ACHIEVEMENTS

ALICE LAMB
4 A*s at A-Level and Sports Scholar; now playing hockey at Central Michigan University with a President's Scholarship.

MEG HAMILTON-STRONG
Full Athletics Scholarship to Alabama University; excelled in netball and athletics, including 4th at English Schools Combined Events.

SASKIA LAWRENCE
Hockey and netball Full Colours; now on a Full Hockey Scholarship at Wake Forest University and former England U16 & U18 player.

LUCY WALLIKER
South West high jump champion; now an All-American athlete and UK Indoor Champs finalist at Queens University, North Carolina.

MILLIE EATON-JONES
Youngest 1st XI player, England Hockey pathway and ISCA star; Hockey Scholarship to Queens University, USA Division II elite team.

BEN COEN
Former 1st XV Captain; now at Exeter University and England U20s, competing in National League Two.

NOAH FENTON
Blundell's record try scorer; National League One top try scorer with Taunton Titans and training with Exeter Chiefs.

DAN HAMILTON-STRONG
Exeter Chiefs Academy and now at Loughborough University; selected for Germany 7s national team.

YLVA VON BLANQUET
Sweden U21 hockey player and Head Girl; 4 A*s and now studying Medicine in Germany.

SAM MAUNDER
Exeter Chiefs scrum half; Rosslyn Park winner and Champions Cup finalist at school.

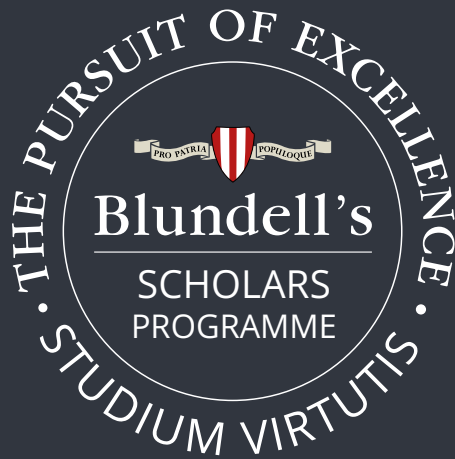
JACK MAUNDER
England international and European champion with Exeter Chiefs; now playing for Melbourne Rebels.

DOM BESS
Former Somerset and current Yorkshire cricketer; England Test debut in 2018.

SEB LINNITT
1st cricket, hockey, rugby. 2x A* and 1x A, cricket season in Australia and then off to study law

MILLIE ATTWELL
England U21 and GB Development Programme hockey player; also excelled in cricket and girls' rugby 7s; now playing in Australia.

ZOE DARE
3xA* PE, Geography and psychology. Professional contract with exeter chiefs 24/25, England students, gloucester-hartpury premiership cup squad 24/25, captained Cardiff University BUCS super rugby 23/24.



Blundell's

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