



## Sports Ambassador Programme

Students are given the opportunity to become Sports Ambassadors while they're at College. Sports Ambassadors are students who are passionate and enthusiastic about sport to the extent that they can motivate others to participate. They assist with the delivery of the College Activities Programme and work closely with staff to help ensure the College provides the best provision for its students.

Typically, a Sports Ambassador will help with the running of both internal and external sporting events; deliver sports sessions to their peers; have opportunities to coach in local primary, secondary schools and sports clubs; officiate competitions and deliver intra-college competitions.

Becoming a Sports Ambassador at the College will enhance university and/or job applications. Students gain invaluable leadership, communication and team work skills and have the opportunity to gain nationally recognised sports coaching qualifications.

The College is now a Sports Leadership Academy through AoC. Ambassadors can be part of programmes such as 'This Girl Can' and the ECFA (English College Football Association).



# Sport at Reigate College »



**reigate•college**

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Reigate College holds a strong belief that physical activity should be embedded in the culture of the College and students should be encouraged to participate at all levels.



## Sports facilities

The College's excellent sports facilities are a big draw to students considering studying Sport and those wanting to get involved in competitive or recreational sport. Facilities include:

- » A fully equipped Sports Hall (with all year cricket nets) used for playing 5-a-side Football, Badminton, Volleyball, Netball, Basketball and Cricket
- » A state-of-the-art gym
- » An Activities Room (for fitness classes and circuit training)
- » Six well-equipped classrooms
- » Extensive playing fields at Wallfield Sports Ground which are used for many team sports including Rugby and Football.
- » Tennis and Netball courts

## Competitive Teams

College teams compete in the **Surrey Sixth Form Colleges League** and in the **AoC National Cups** in the following sports:

- » Mens' Football (three teams), Women's Football (ESFA Football League)
- » Men's Rugby, Women's Rugby
- » Netball (two teams)
- » Mixed Basketball



Trials are held during enrolment week and fixtures run throughout the academic year. Most teams compete on Wednesday afternoons and students should bear this in mind when finalising their timetables.

## Individual Sports

Opportunities also exist to compete locally, regionally and nationally via **AoC Sport**, giving students the opportunity to represent both South East and British colleges in a variety of individual sports competitions. Individual sports offered via the AoC programme include:

Badminton, Cross-country, Squash, Athletics, Tennis, Table Tennis, Swimming, Trampolining, Golf and Equestrian

## Links to external clubs

The College has excellent links with external clubs that offer Karate and Self Defence.

## The College Activities Programme

The College's programme of extra-curricular activities includes a diverse variety of recreational sports which allow all students, whatever their ability or previous experience, to take part in Sport while they're a Reigate student. See more information at [www.reigate.ac.uk/the-college/extra-curricular-clubs-sports-and-activities](http://www.reigate.ac.uk/the-college/extra-curricular-clubs-sports-and-activities)

The gym is also available during lunchtimes and after College on most days for students to work on their fitness levels.