

Chatsworth Road
Eccles
Manchester
M30 9FJ



ECCLES COLLEGE

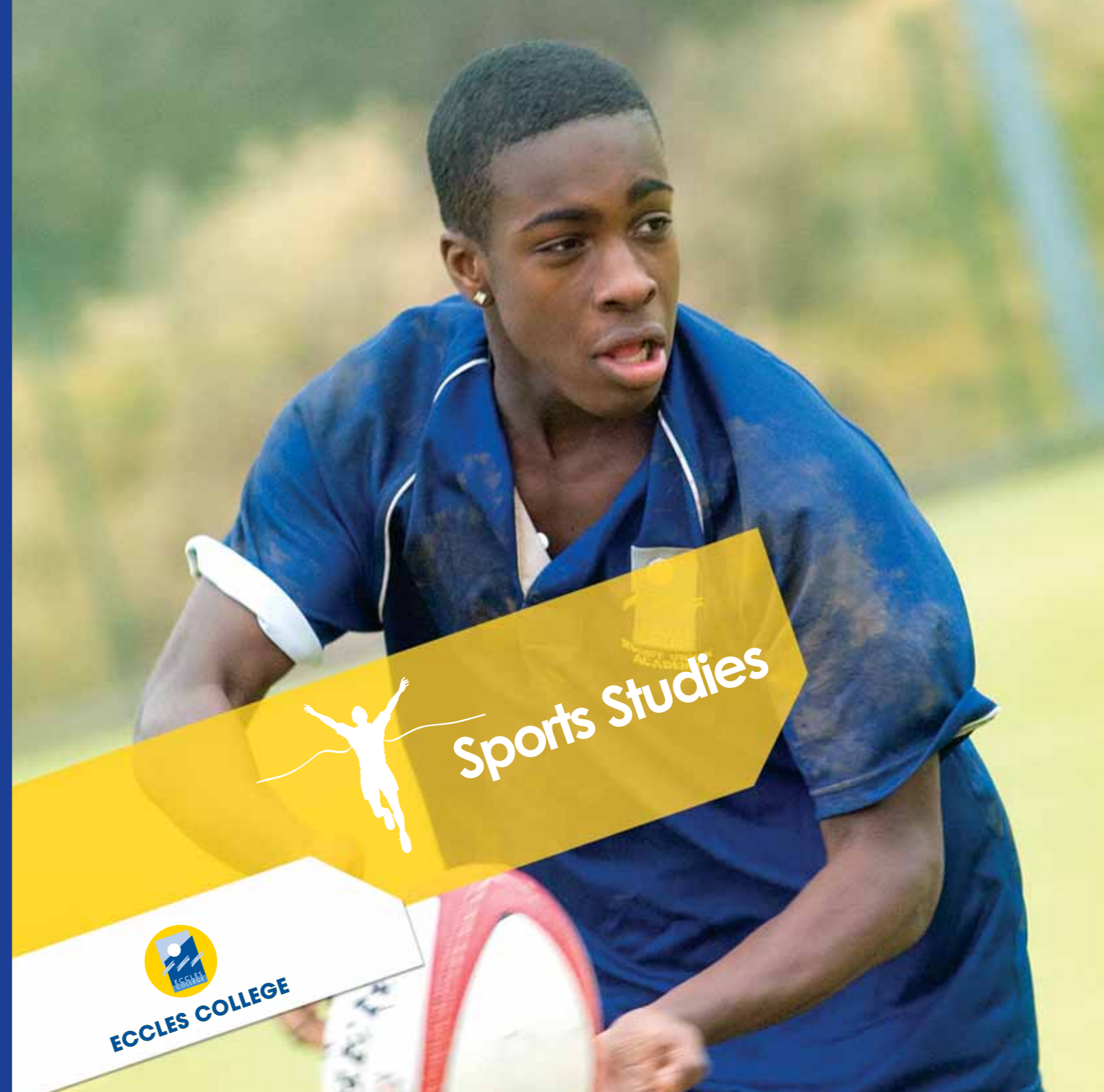
Tel: 0161 278 3325

Email: admin@ecclescollege.ac.uk

Web: www.ecclescollege.ac.uk

PART OF
SALFORD CITY COLLEGE

LSIS BEACON




ECCLES COLLEGE

Welcome to Eccles College

Eccles College is a great place to study. We offer a **fantastic range** of courses within a friendly and supportive environment.

During your time with us, you will:

- **Sail** through your course
- **Compete** with other students
- **Score** great results
- **Dive** into our enrichment programme



Sail

All of our **staff are committed** and dedicated to helping you through your course. All of our teaching has been graded as **"Very Good"** or **"Outstanding"** by Ofsted inspectors.

We have a variety of backgrounds and specialisms within our department such as **sports psychology, fitness training, gymnastics and rugby**. This means that we can streamline our courses to suit the requirements and aspirations of individual students.

We offer two types of courses within the Sports Department: the **A-Level** in Physical Education and the **vocational BTEC** in Sports Studies at advanced and intermediate level. Both types of courses cover a variety of sporting issues such as sports psychology, nutrition, leading/coaching and technical skills.

The A-Level is suitable for students who prefer a more **theoretical approach** and want to study Sport alongside other subjects. The vocational BTEC courses are ideal for

those who would like to take a more **practical approach** to the subject, complete assignments rather than have exams and do not want to study any other subjects.

If you are unsure about which course type is **best for you**, come and see us at one of our open evenings or we can discuss your options with you at your college interview.

Facilities

We have excellent facilities at **Eccles College** for our sports students. These include:

- **Floodlit astroturf** for field sports such as football, hockey, lacrosse
- Sports hall for indoor/court sports such as basketball, volleyball, cricket, **trampolining, gymnastics**, indoor tennis, badminton – also includes changing rooms, showers and lockers

We also make use of a lot of local facilities such as:

- Eccles Rugby Club
- Eccles Fit City
- Salford Watersports Centre



Jordan Lovell

"Some people want it to happen, some wish it would happen, others make it happen."
Michael Jordan

Brendon Wu



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Rachael Fitton

"Winning is about heart, not just legs. It's got to be in the right place."
Lance Armstrong

Trips and Visits

Our sports students have the opportunity to go on a range of trips including:

- Week long **army residential** (for BTEC students)
- Ski trip to Les Deux Alps
- **Outdoor pursuits** at Rock and River

- University visits to Leeds, UCLAN, Manchester Metropolitan
- Manchester Aquatics Centre
- **Velodrome**

We also often have guest speakers come into college to give talks to students on topics such as exercise for specific groups, sports development and sport coaching.

Compete

Here is what some Eccles College students had to say about their time with us:

"It is good to meet new people. Everyone treats you with respect."

Brendon Wu

Previous school: Irlam and Cadishead
Studying: BTEC Sports Studies
Enrichment: College football team
Next step: University

"It's fun and there's lots of friendly people."

Jordan Lovell

Previous school: Wentworth
Studying: BTEC Sports Studies
Enrichment: College football team, army trip
Next step: Get job as a personal trainer at a gym

"Friendly and helpful staff."

Rachael Fitton

Previous school: St George's
Studying: A-Level Physical Education, Dance, Drama
Enrichment: Salsa classes, London trip
Next step: Gap year then university

Score

Our Sports Department and students achieve fantastic results. The **pass rate on all of our courses is 100%** and we have a very high percentage of high grades, well above national benchmarks.

A number of our students have **achieved fantastic results** in national and regional competitions. In 2008/2009:

- Boxing:** **Corey Barnes** won gold at the European championships in Sweden in the middleweight category.
- Lacrosse:** **Max Leonard**, **Rob Grubisic** and **Daniel Grime** represented England U19s in US.
- Gymnastics:** **Anton Hudson** came 3rd in the National Championships in the parallel bars.
- Rowing:** **Olivia Salt** is part of the national U19s elite rowing squad.
- Water polo:** **Polly Egan** and **Hannah Rudman** both represented England's water polo team at U18s level.
- Girls' Volleyball:** **Eccles College** reached the national finals and finish third overall.
- Swimming:** **Our boys' team** reached the English Schools' Swimming Finals, coming 5th overall.
- Swimming:** **Luke Wood** represented Great Britain in the European Swimming Championships. He is ranked 3rd in Europe in the 200m Medley.
- Rugby:** Ex-student **Alex Hurst** has been signed by Warrington Wolves RFC.

Dive

There are many benefits to taking part in physical activity: to **improve general health, relieve stress, spend time with friends**, promote self-worth and set new challenges.

The following **activities are available** to sports students, as well as all other students:

- | | | |
|---------------|---------------------------------|-----------------|
| Badminton | Football (girls and boys teams) | Swimming |
| Basketball | Gymnastics | Table Tennis |
| Boxing | Hockey | Tennis |
| Cheerleading | Lacrosse | Trampolining |
| Circus skills | Netball | Volleyball |
| Climbing | Rowing | Weight training |
| Cricket | Squash | |

"Champions aren't made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision."

Muhammad Ali



Rugby Union Academy

Eccles College Rugby Union Academy has accredited status, in recognition of our commitment to the development of rugby through local links and partnerships. To receive the award, we have met standards in a wide range of criteria, including **academic courses, volunteer opportunities, coaching, refereeing courses, community and club links**, entering competitions, and facilities for training, playing and medical care.

Students who gain a place at the Academy receive **specialist training sessions** and play a fixture once a week. We enter the British College's sports league and cup competitions. This allows players to compete at a high level and gain representative honours.

We have links with **Sale Sharks RUFC** and **Eccles RUFC**, giving you the opportunity to gain success at a more elite level. In addition to playing sport you will be able to get expert **advice on training and nutrition** and follow a structured training programme. All of our coaches have experience of playing rugby at a high level.

Being a good performer is not the only focus at the academy, we also aim to **develop your academic and coaching abilities**. You will complete Level 1 and Level 2 coaching qualifications as well as gaining the Community and Higher Sports Leaders Award.



"Sweat plus sacrifice equals success."
Charlie Finley



"Losers quit when they're tired. Winners quit when they've won."
Anon