



Sports Performance Programmes



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The aim of the Sports Performance Development Programme is to provide the opportunity for students to receive professional coaching in their selected sport while studying at Varndean College.

Students will benefit from expert coaching, allowing them to develop their sporting performance, technical skills and tactical understanding. These programmes run in conjunction with local clubs providing an onward pathway for students to continue with the sport in the community and compete on a local, county and regional level. These courses run alongside a programme of A Levels or vocational qualifications including BTEC Sport and Fitness qualifications.

Entry Requirements

Students should have participated in the given sport before, either at school or at a club, and have a good understanding of the game. NB: Vardean also welcomes newcomers to the sports as part of our 'Active Life' programme where students are given introductory coaching and the opportunity to progress their performance for fun and competition.

Rugby Performance Development Performance

In partnership with Brighton Rugby Club

The Brighton Blues Rugby Programme provides opportunities for young enthusiastic players to continue their development through working with top level professional qualified coaches from BRFC. The rugby academy programme includes player development, tactical awareness, laws of the game, strength and conditioning, coaching & refereeing qualifications. Strong contact with Sussex RFU and Harlequins RFC.



- Full time Rugby education programme
- Excellent coaching programme and dedicated strength and conditioning
- RFU Level 1 coaching & refereeing qualifications included.
- Operation both at college and at the excellent rugby club facilities
- Academic and well being monitored
- Demanding high standards both on and off the pitch
- Limited places available, acceptance subject to assessment.

The Russell Martin Academy Football Performance Development Programme (Girls + Boys)



The football performance programme includes intensive training and competition at high performance level. The programme will be led by ex-professional players with assistant coaches. All hold UEFA B and A license qualifications. The RMA provides links with pro and semi pro clubs and wants to give our players the chance to test themselves with showcase games against professional teams.

- Full-time training programme on grass and 3G pitches
- Strength and conditioning programmes with good gym facilities
- Performance analysis sessions
- Study for FA Level 1 coaching certificate

Netball Performance Development Programme

Providing development sessions and competitive matches



Tennis Performance Development Programme

Held at Preston Lawn Tennis Club - an amazing community club with exclusive facilities including clay courts and flood lights allowing training and competition year round

