



ACS  
INTERNATIONAL  
SCHOOL  
COBHAM



# SPORTS AT ACS COBHAM

## ACS COBHAM SPORTS

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At ACS Cobham, our extensive sports programme combines the very best of international and independent school sport. Our ethos is participation, enjoyment and excellence.

With an expert team of more than 70 dedicated coaches and first-class facilities on our beautiful campus, we are able to deliver an exceptional student experience. We have something for everyone, with opportunities to play at after school clubs or represent the school at competition level.

We encourage the widest participation and highest possible standards from the 70+ teams we field each year under the banner of ACS Cobham Cougars.

We are delighted to say our approach works, with several ACS athletes going on to represent their country.

## TIER 2 SPORTS - UPPER AND HIGH SCHOOL

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There are four Tier 2 sports that are offered in Upper & High School for two seasons with fixtures and tournaments. These four sports are basketball, football, swimming and tennis. Each student receives specialist coaching, motivation, encouragement and development from our highly qualified and dedicated coaching teams.

Each of these sports has its own dedicated leader: a Head of Football, Head of Basketball, Head of Swimming and Head of Tennis.

### FOOTBALL

Football is played by both girls and boys with fixtures in the Fall and Winter Seasons. Our coaches work extremely hard to provide feedback on the technical, tactical and psychological aspects of the game.

Training and fixtures are offered for all year groups at the school and at A team and B team level. Our fixture list is varied and vast. We play friendly fixtures against local independent, state and international schools. The football teams at varying age ranges are entered into cup competitions such as the ISFA regional and national cups and ESFA cup. We also tour

overseas and play in International Tournaments (ISSC) or fixtures.

At ACS Cobham our floodlit 3G pitch and numerous well maintained grass pitches means we are able to train all year round, this enables us to deliver a top-performing programme with the aim to inspire passion and confidence into our footballers.

### BASKETBALL

Basketball is played in the Fall and Winter seasons by both girls and boys. The teams play fixtures against local independent, state and international schools.

The Basketball teams enter the Surrey leagues, National Cups and are a member of LSSA group. We also compete in the ISSC end of season Tournaments and World School Games in Valencia (U16 & U19). We formed a partnership with Cobham Cobras Basketball Club in 2024 to give our players a pathway to play at a National League at a junior and senior level which will be exciting for our programme.

The sports arena and second gym provide superb court facilities for Basketball. The competition size arena comes with a brilliant spectator area and the atmosphere at the fixtures is often fantastic.

### SWIMMING

The ACS Sports Department is passionate and committed to promoting a fun and diverse year-round aquatic programme for our students. It consists of two key components, the swim school and competitive swim team.

These go hand in hand in creating a clear pathway from learning to swim to junior elite swimming. Our Aquatics programme is led by our highly qualified and dedicated swim teachers and coaching team. The introduction of water-polo in 2024 to our programme is an exciting initiative.

ACS Cobham boasts an enviable record when it comes to competitive swimming. Our Cougar swim team have achieved some amazing results, from being the Regional and National Champions of the ISA to winning recent World School Games championships internationally.

When it comes to facilities, the ACS Cobham Sports Centre has a state-of-the-art 25m competition pool with a movable pool floor, touchpad technology and a viewing balcony for spectators.

## TENNIS

The tennis programme at ACS Cobham creates a high-level performance and training culture that helps students to achieve their goals of college and professional tennis. With six courts on campus we deliver a comprehensive seasonal programme for the Lower, Middle and High School students with the Performance team that trains up to five times a week in the Fall and Spring season combining playing and specialist strength and conditioning sessions.

We play in the Surrey League and play regular fixtures against LSSA schools as well as competing Internationally from 2024/25. We recently resurfaced our wonderful 6 court facility to provide brilliant provision for both performance and development groups.

## TIER 1 SEASONAL SPORTS - LOWER, MIDDLE, UPPER & HIGH

Throughout the year, we offer a variety of extra opportunities to learn new skills and sports dependent on the season. Seasonal sports run for one season only with fixtures and tournaments/festivals

\*Lower School Sport does not offer all the sporting activities on offer below.

In Lower and Middle School we offer a multi-seasonal sports programme to encourage a broad and balanced sporting approach to aid long-term athletic development.

We offer the following as Seasonal Sports: Basketball, Cross-Country, Football, Volleyball, Dance, Rugby, Baseball, Softball, Beach Volleyball, Golf, Tennis and Track and Field.

\*Lower School Sport does not offer all the sporting activities on offer below.

### Fall season (August - November)

Basketball (Upper-High School)  
Cross Country  
Football  
Volleyball

### Winter season (November - March)

Basketball  
Cross Country (January - March)  
Dance  
Football (Upper-High School)  
Rugby 7s

### Spring season (Mar-June)

Baseball  
Beach Volleyball (Upper-High School)  
Golf  
Softball  
Tennis  
Track and Field

## BASEBALL AND SOFTBALL

Baseball and Softball is played by our middle and high school in the spring season (March-June) with fixtures against UK based international schools and club teams. It is a thriving programme with good numbers for both sports and we are considered one of the strongest programmes in Europe.

We also compete internationally as well as hosting visiting national representative teams, for example In 2023 and 2024 we played Ireland Under 18s.

## CROSS COUNTRY

ACS Cobham has a rich history of success in cross-country with multiple ISST Championship wins. It's a sport that is enjoyed across Lower, Middle and High School with a committed coaching team and a fantastic course on campus running through the local woods.

We compete in both the fall and winter season so as to combine the best of the international schools' competition and the UK cross-country season. We are involved in meets throughout the year at local and national championships as well as competing with international schools in the ISSC. We also have a yearly LS House tournament. Our 5km Cross Country course takes you through beautiful scenery and is a joy to behold.





## DANCE

Dance is part of our winter sports programme, with HS and MS teams training in our state-of-the-art dance studio. We have excellent dance teachers and our teams perform throughout the year.

This includes local competitions and culminates in our Dance Showcase in May. Our dance team also performs during our intervals at our sports events.

## GOLF (SEASON)

We offer golf facilities on our spacious campus with six par-3 practice holes.

In addition our golf teams have access to the excellent facilities and PGA Professionals at Silvermere Golf Course for training and fixtures during the spring season (March–June).

Teams compete against local independent schools and take part in ISGA & HMC tournaments including the Scottish Open and Southern Open.

In addition we play regular fixtures against local Independent Schools and partake in regular multi school tournaments at courses such as Burhill, Reigate Hill GC, Foxhills and Leatherhead Golf Clubs. From 2024 we will be competing Internationally in the ISSC Tournament.

## GOLF ACADEMY (Middle-Upper-High School)

We run an all-year Golf Academy for a small number of students aspiring to perform at an elite performance level. Prospective candidates apply for a position and aspiring students need to meet the selection criteria to join.

This programme is coordinated and led by Paul Martin, our Silvermere Golf Club PGA Professional.

## RUGBY SEVENS

We have excellent facilities for rugby and grass and 3G pitches, including a highly qualified and experienced coaching staff. Teams compete against local independent schools throughout the winter season in sevens tournaments and fixtures as well as playing LSSA fixtures.

We currently offer rugby 7's for girls both in Lower School and Middle School.

Both U18s and U16s teams are represented at the prestigious National Schools' Rosslyn Park 7s. We hope to build and re-establish our rugby sevens programme over the coming years. Famous alumni include the ex-England and Lion player Alex Corbisiero who started his rugby career at ACS Cobham.

## TRACK AND FIELD

ACS Cobham has a prestigious Track and Field tradition with multiple ISST championship wins. With a synthetic athletics track on campus and excellent coaching staff, MS and HS teams compete against a number of local schools, Surrey League and representative LSSA meetings throughout the spring season (March–June). We also compete Internationally in invitational T&F championships. It is a highly popular team sport with over 130 athletes involved and competing in 2024.

## VOLLEYBALL

Volleyball is one of our most popular sports at ACS Cobham, fielding eight MS and HS teams in the fall season (September–November). Our sports centre arena is ideal for volleyball with two match courts and spectator seating, and has even hosted GB international volleyball matches against Australia and Norway.

With a high calibre coaching staff including ex-professional players and England junior coaches, teams perform to a high level in LSSA competition. Varsity Girls regularly medal at various tournaments, including this year's ISSC Tournament.

We have recently introduced beach volleyball for Upper & High School which is an expanding sport worldwide. We are excited by the future opportunities of beach volleyball at ACS Cobham. We host the highly successful school beach volleyball tournament at the Side Out facility in London.

We are looking to increase our level of participation in beach volleyball and hope to expand this programme in the coming years with the aim of becoming the leading beach volleyball school in the UK!



## FIRST-CLASS SPORT FACILITIES

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Our 128-acre campus is home to a wide-range of exceptional sports facilities.

We were approved as a pre-training camp for the 2012 Olympics, and regularly play host to GB Basketball, England Volleyball and the South East Pentathlon Association.

We were also an official training ground for the 2015 Rugby World Cup.

### **Sporting facilities available:**

- Showcase basketball/volleyball arena with tiered seating
- Competition-class 25-metre pool with tiered seating viewing gallery
- All-weather floodlit astroturf pitch
- Fitness suite and dance studio
- Six all-weather tennis courts
- A 400m all-weather running track
- Playing fields for football and rugby
- Cross-country course
- Five par-3 practice golf holes

## COMPETITIONS AND FIXTURES

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At ACS Cobham we are members of multiple organisations connecting us to a rich variety of fixtures across all sports, including some international fixtures. New to our programme, we have joined the ISSC - International Schools Sports Council which will facilitate competition for the Middle, Upper and High Schools.

This organisation is a new and exciting opportunity for our athletes allowing for competition against high-quality programmes like ours and the 2023/24 inaugural season saw us competing in 14 tournaments involving International schools from Europe.. The World School Games (WSG) offers our teams some wonderful sporting experiences and we enter the multisport tournament in Dubai, Swimming Championships at The Aquatics Centre, London (Olympic Pool) in London and Basketball to Valencia in Spain.

We are also members of the LSSA- London School Sports Association, a group of London-based international schools which we compete with on a seasonal basis for all our sports.

Every Sport will also compete in county, regional and national competitions organised by their National Governing Body.

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## HEAD OF SPORTS CONTACT

Steve Adams - ACS Cobham Head of Sports  
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Outside of studying I love the sports facilities at ACS. I particularly enjoy football and I am part of the Junior Varsity football team. I also like to play basketball in the evening with my friends. I like being part of such an international environment.

BOARDING STUDENT, AGED 16