



ACS
INTERNATIONAL
SCHOOL
COBHAM



SPORTS AT
ACS COBHAM



STEVE ADAMS

ACS COBHAM HEAD OF SPORTS

sadams@acs-schools.com

Sport at ACS Cobham is built on the belief that every student deserves the opportunity to participate, grow, and excel.

Whether discovering a new activity, developing confidence and character through competition, or aiming for sporting success, we encourage all pupils to reach their potential.

ACS COBHAM'S SPORTS PHILOSOPHY - GUIDING PRINCIPLES

- Help and encourage every student to find the sport/s they love
- Support students to fulfil their potential at every level
- Create a lifelong love of sports where students continue playing into their adult lives
- Promote physical and mental well-being
- Teach students essential life skills such as resilience, leadership, teamwork, commitment, discipline and accountability.

We are eager to support your children on their sporting journey and help them make the most of the opportunities available through the ACS Cobham sports programme.



COUGAR VALUES



ACS INTERNATIONAL
SCHOOL COBHAM

Commitment

Showing commitment to training, fixtures and continuous improvement

Ownership

Taking responsibility for effort, attitude and performance – on and off the field

Unity

Working together, supporting teammates and valuing collective success

Grit

Demonstrating resilience, perseverance and mental toughness in adversity

Ambition

Setting high standards and striving for excellence

Respect

Respecting teammates, opponents, officials, facilities and the game

ACS COBHAM SPORTS

SPORTING FOCUS THROUGH THE AGES 6-18 (LOWER-MIDDLE-UPPER-HIGH SCHOOL)

Grade 1-4 – Foundations

- Introduction and understanding of the game – multi-sport approach
- Develop the fundamental skills – Running/Jumping/Throwing
- Focus solely on enjoyment of the sport.

Grade 5-6 – Learning the game

- Develop understanding of the game and skills required to be successful
- Master the foundational skills
- Focus solely on enjoyment of the sport and representing the school, regardless of winning or losing.

Grade 7-9 – Developing play

- Maintaining students' interest in sport and representing the school
- Training for performance with sessions focussed on individual and team strengths and weaknesses
- Develop fitness and conditioning to aid performance

Grade 10-12 – Performance

- Focus on results and competing
- Intense, specialist training
- Developing tactics and strategies to aid performance

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.

SPORT DIVISIONS

TIER 2 SPORTS (UPPER & HIGH SCHOOL)

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.

“A high standard of sport and development that consistently meets first-class standards from the coaching development to the facilities that they have to offer. I highly recommend the ACS sports program not just for sports, but for the life skills and opportunities that it presents.”

Julian Gr8 – Football, Track & Field

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.

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 to our programme is an exciting initiative.

ACS Cobham boasts an enviable record when it comes to competitive swimming. Our Cougar swim team has 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 Squad 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 SCHOOL)**

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

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, Baseball, Softball, Badminton, Beach Volleyball, Golf, Tennis and Track and Field.

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 plus U12 & U14A from Middle School)

“ I was in second grade when I joined the Cobham swim team, my first ACS sport. 10 years on, I have been a member of many ACS sports teams, each one teaching me an invaluable lesson not available in the classroom. The ACS sporting community perfectly complements academic learning, offering opportunities to strengthen bonds with peers, build discipline and patience, and create lasting memories.”

Nick Gr12 – Swimming & Tennis

Spring season (March–June)

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

*Lower School Sport does not offer all the sporting activities



Baseball & 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. We are proud that one of our Varsity Baseball players this year was awarded a D1 Baseball scholarship to the US!

Badminton

Due to student interest and popularity gained by playing in PE lessons, we implemented Badminton this year as a Spring Season sports option for Upper& High School students. This takes place in our arena and we hope to grow this into a competitive programme with fixtures and tournaments over the coming years.



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 performing at our end of year Sports Awards in May. Our dance team also performs during our intervals at our sports events.



Golf

We offer golf facilities on our spacious campus with five 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, The Drift, Foxhills and Worplesden, Walton Heath Golf Clubs. From 2024 we have competed internationally in the World School Games Championship held in Scotland as well as looking forward to the inaugural ISSC golf championship in Italy.

Golf Academy

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. A WHS handicap of 14 is the minimum requirement. This programme is coordinated and led by Paul Martin, our Silvermere Golf Club PGA Professional.

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 100 athletes involved and competing in previous years.

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 Barn Elms facility in London which attracted 80 teams in 2026. 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!

“ Being a part of the volleyball program at ACS Cobham has helped me become a better communicator and leader. Practicing three times a week with players from different countries, grades, and backgrounds brought together by a shared love for volleyball is something very unique to ACS, fostering a sense of community while encouraging meaningful connections between players.”

Blair Gr12 – Volleyball & Beach Volleyball

FIRST-CLASS SPORT FACILITIES

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

FIXTURES AND COMPETITIONS

At ACS Cobham we are members of multiple organisations connecting us to a rich variety of fixtures across all sports, including some international fixtures. As a replacement for the ISST Conference, we joined the International Schools Sports Council (ISSC) which has facilitated competition for the Middle, Upper and High School teams. This organisation is an exciting opportunity for our athletes allowing for competition against high-quality programmes like ours competing in tournaments involving 15 International Schools from Europe.. The World School Games (WSG) offers our teams some wonderful sporting experiences and we enter the multisport tournament in Doha, Qatar (Jan), Golf Tournament in Scotland (Sept), Swimming Championships at The Aquatics Centre, London

(Olympic Pool - May), Football in Barcelona (Oct) and Basketball to Valencia in Spain (Nov).

We are also members of the LSSA – London School Sports Association, a group of 8 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.



TRAINING SCHEDULE

Middle School Tuesday & Thursday	3.45pm – 5.30pm
Upper & High School Monday & Wednesday	3.45pm (M) /2.45pm (W) – 5.30pm
Varsity/Performance Team training Friday	3.45pm – 5.30pm

Fixtures are mainly played midweek however there are a number of Saturday fixture commitments and tournaments throughout the year.

Selection for Teams:

- Try-Outs = Team selection for the sport.
- Once you have signed up and committed to the sport you are expected to fulfil the season requirements.

- Selection is based upon our “**3A’s principle**”
 - **Attendance**
 - **Ability**
 - **Attitude**
- Varsity Teams will be selected from Grades 10-12. (Contact sports – Basketball & Football)

ACS VALUES



Imagine better: Let’s keep an open mind and approach each other with understanding, envisioning the best outcomes for everyone.



Welcome everyone: Respecting one another means fostering an inclusive environment where all voices are heard and valued.



Aim high and make it happen: By respecting each other, we can work together to achieve our best and reach our shared goals.



Work together: Collaboration and mutual respect make teamwork stronger and more effective.



Act with kindness: A little kindness goes a long way in building trust and positive relationships.

COMMUNICATION

 Social Media/Instagram - [@acscobhamsport](#)

Head of Sport & Activities

Steven Adams

Phone: 01932 869732 (ext. 1800)

Email: sadams@acs-schools.com

Assistant Head of Sport & Activities

Sebastian Pedley

Phone: 01932 869732 (ext. 1879)

Email: spedley@acs-schools.com

Sports Centre Operations Manager

Simon Tomlins

Phone: 01932 867251 (ext. 2298)

Email: stomlins@acs-schools.com

Secretary to Head of Sport & Activities

Sharon Treves

Phone: 01932 869722 (ext. 1890)

Email: streves@acs-schools.com

Sports Department Coach & Administrator

Kyhesha Mardon

Contact: 01932 869722

Email: kmardon@acs-schools.com

Head of Physical Education

Danny Holmes

Email: dholmes@acs-schools.com

Head of Tennis

Peter Willcox

Email: pwillcox@acs-schools.com

Head of Basketball

Creon Raftopoulos

Email: craftopoulos@acs-schools.com

Head of Football

Sebastian Pedley

Email: spedley@acs-schools.com

Head of Swimming

Glen Melson

Email: gmelson@acs-schools.com

Head of Cross Country

Anne Moore

Email: amooore@acs-schools.com

Head of Volleyball + Beach Volleyball

Chris Hykiel

Email: chykiel@acs-schools.com

Head of Track and Field Athletics

Sabrina Mace

Email: smace@acs-schools.com

Head of Baseball & Softball

Dave Schuchter

Email: dschuchter@acs-schools.com

Head of Golf

Steven Adams

Email: sadams@acs-schools.com

Sports Centre

For general enquiries please contact the Sports Centre

Reception during opening hours.

Phone: 01932 588345

Email: cobham-sports@acs-schools.com

Sports Trips

For general sport trip enquiries please contact by email;

Email: acscobhamsportstrips@acs-schools.com

ACS INTERNATIONAL SCHOOL COBHAM

Heywood,
Portsmouth Road,
Cobham, Surrey,
KT11 1BL England

+44(0) 1932 869744

cobhamadmissions@acs-schools.com