

COLLEGE SPORTING STARS



From left to right: Alex Nelson, Najee Fox (athletics – Discus), James Goodwin (volleyball), Deo Milandu (athletics – multi event), Rupert Scott (volleyball), Sophie Hilditch (kick boxing), Craig Heap.

The five students, pictured above are all high achievers in their sport.

Volleyballers James Goodwin and Rupert Scott are part of the England under 17s and under 19s squads respectively.

Sophie Hilditch finished 3rd in the World Kick Boxing Championships in 2007, however has since spent time returning from a serious knee injury sustained training not long after the championships.

Deo Milandu and Najee Fox have both competed at the English Schools championships, Deo finishing 4th in the multi event and Najee achieving a silver in the discus. Najee has also won the silver medal at the British under 17 Championships, which has earned him a nomination in the junior individual category of the City of Stoke on Trent Sports Personality Awards 2009.

[Click here](#) to read Najee's nomination profile 'Another Great Year for Fantastic Mr Fox'.

[Click here](#) to see 'Rising STARS given help to juggle life'; the Sentinel's coverage of the event.

Five students from the City of Stoke on Trent Sixth Form College have been nominated to become STARS!

STARS is a pilot project that aims to provide extra support for athletes who struggle to fit in busy training and competition schedules, along with their studies and everyday activities. Funded by the Youth Sport Trust and North Stoke School Sport Partnership, the project will help the students to find that balance by working with them, their coaches, as well as getting parents and teachers involved too.

A total of 20 students, ranging from 11 – 17 years of age, have been selected for STARS from the schools and colleges of the North Stoke School Sports Partnership, as recognition for achieving national standard in their respective sports.

Former Olympic gymnast Craig Heap, and former Sixth Form College student and sprinter Alex Nelson launched the STARS programme for the budding athletes at the Willfield Education Centre in Bentilee on Friday 22nd January. During the event, Craig and Alex delivered a seminar on the key to success, and each athlete had a physiotherapy assessment. The athletes and their parents will be invited to an evening in February to gain feedback from these assessments on what each student can do to help to optimise their performances in their sport.



Sophie Hilditch is assessed by the physiotherapists