

# Clapton Girls' Academy

Greenhouse Sports Impact Report 2021-22



# Foreword

It has been a difficult year for people across the country. As we enter the post-Covid world, we're facing a cost-of-living crisis that is disproportionately falling on those who have less. The inequality our young people face has never been more stark - and the opportunity to make a difference has never been greater.

We're stepping up to help. Across all of our 60 programmes running in London and Portsmouth this academic year, we've seen fantastic stories of success and young people overcoming adversity. We opened 9 new school programmes and worked with 7,798 young people. Our coaches ran more than 29,500 sports sessions lasting over 47,000 hours. And beyond their time in the sports hall, they held a range of skills workshops, enrichment trips and mentoring sessions.

Looking ahead, next academic year we'll expand to 70 programmes in London, Portsmouth, and Leicester. We've recently launched our new partnership with Guy's and St Thomas. Guy's are funding both a cluster of five schools in the London area of Vauxhall as well as a research team with an aim to help young people transition from primary to secondary school and address how we continue to help keep them active during and beyond this transition phase.

And, of course, we hope that in 2023 our Greenhouse Centre can finally reopen after closing in October 2021 due to heavy flooding that swept all of London last autumn.

Despite the challenges this year has brought, I am optimistic for the future.

There has never been a greater need for us to raise our game and do all we can to level the playing field for young people. I know we can do it together.

*Shutana*



# Programme Highlights

The Clapton Girls' Academy's tennis and basketball programmes went into their seventh and tenth Greenhouse year in the academic year 2021-22.

Coach Petrona and Clapton's basketball coach delivered over 1,800 hours of Greenhouse Sports sessions this academic year, and worked with 313 Clapton students. 79 of these students attended the programme on average for more than an hour every single week.



## Coach Petrona's Highlights:

- 7 participants attended the Isle of Wight trip with 9 other Greenhouse programmes
- The year 7 and 8s tennis team had the opportunity to play friendly fixtures against Mossbourne Community Academy. For some it was their first-time taking part in any type of competition.
- 15 participants enjoyed the Greenhouse Sports trip to Southend Theme Park
- Over the summer holidays, some volunteers from Goldman Sachs visited Clapton, giving our students a great opportunity to coach the volunteers some tennis skills. It was great to see how each of our participants were able to share knowledge they have learnt themselves and pass it on to the volunteers. Our students were also able to gain career advice and guidance from the volunteers.
- Participants Hayat and Scarlett were selected to be part of the Greenhouse Sports Youth Advisory Board. This was a great opportunity for them to be the representative for their peers and have a voice to help Greenhouse Sports make decisions to impact social change. Scarlett was the co presenter at the School's Celebration Event, which was her first ever public speaking event!

## Clapton Basketball Highlights:

- 4 participants completed their Level 1 Referee qualification.
- 6 Participants completed their Level 1 Table Referee qualification.
- 5 participants completed BE Level 1 Coaching qualification.
- Clapton competed in 7 different competitions with 5 age group teams. The under 16 team reached the London National School final. The year 8 team reached the conference final in the Junior NBA League.
- 11 participants enjoyed the Greenhouse Sports trip to Southend Theme Park
- 4 participants were selected for the Valencia Basketball camp at the University of Worcester. The girls had an amazing time meeting new people from Spain and across the country, it was definitely an experience of a lifetime.
- The basketball coach delivered a Coaching Clinic for Greenhouse Sports coaches, 5 Clapton participants helped collaborate in the project.

**1,837**

the total number of coaching hours led by our coaches

**511**

the number of extra curricular hours ran by our coaches

**572**

the number of targeted mentoring hours ran by our coaches

**186**

the number of hours of enrichment ran by our coaches

# Programme Highlights



# Our Impact

Nina joined Greenhouse Sports in year 8. Before Nina joined Greenhouse, her basketball coach used to see her alone in the playground or with a small group of friends. Often around school she didn't seem happy, confident or she wouldn't speak very much.

The basketball coach says, "one day, I approached her in the playground and I tried to encourage her to attend my basketball sessions. She was not sure about joining basketball at first but she said she would try one session. She did, and she had an amazing time, which made her return and continue attending to this day". In the academic year 21-22 Nina had the second highest level of commitment to the programme out of all participants - attending 194 sessions in the year. Not only has she committed to the programme as a player, but as an assistant coach, helping with coaching of the younger age groups.

For Nina, who is now in year 10, it has not always been a straight forward process but it has been a great development experience for for Nina. She now seems very confident, where her coach said before she would rarely speak, that seems almost unbelievable now. Nina is thriving with a larger group of friends around school, and consistently attending her sessions. Nina's progress earned her an invite to the Valencia Basketball Camp at the University of Worcester, where she learned more about how to elevate her to become the next level of athlete she wants to achieve.

Academically, Nina has made fantastic improvements year by year. Three years ago, Nina had an overall score of 110 points. Two years ago, she scored 265 points, and last year she had an amazing score of 665 points. Her basketball coach says, "we congratulate Nina for the huge improvement and extend thanks to the school for the amazing support they offer to students. As a coach, I am really proud and happy of how Nina has developed with the difficult challenges that she faces. It is great to see her happier and more confident. She has proved to herself that she can be good at anything that she puts her mind and efforts to, and is open to idea of practicing and failing can build her skills".

Nina says, "“If you met me, you would not think I would play basketball but I do. At first, I was not that good and I only thought it was because of my height that I have to keep playing. When I first met Coach, I thought he was really annoying but he pushed me and my whole team and I started to see the improvement because I was going to basketball every morning, break time and after school. I really enjoy basketball, it's my safe space. Coach's advice has really helped me, he has this saying where he says 'focus on the moment' where if you're in basketball forget everything else and focus on that, the same if you're in maths or science class and I apply it to everything. So now I'm the most confident I've ever been, even my school work has improved and it's all because I started a club one day with my friend for fun, and this year I'm going to try to play for the national leagues”.

# Impact Outcomes

Greenhouse coaches deliver the Greenhouse Sports model within their school sessions. The model aims to develop eight key areas in our young people's development. These are mental wellbeing, GRIT (a combination of resilience and perseverance), teamwork, goal orientation, sense of belonging, attitudes to physical activity, emotional intelligence, and school engagement.

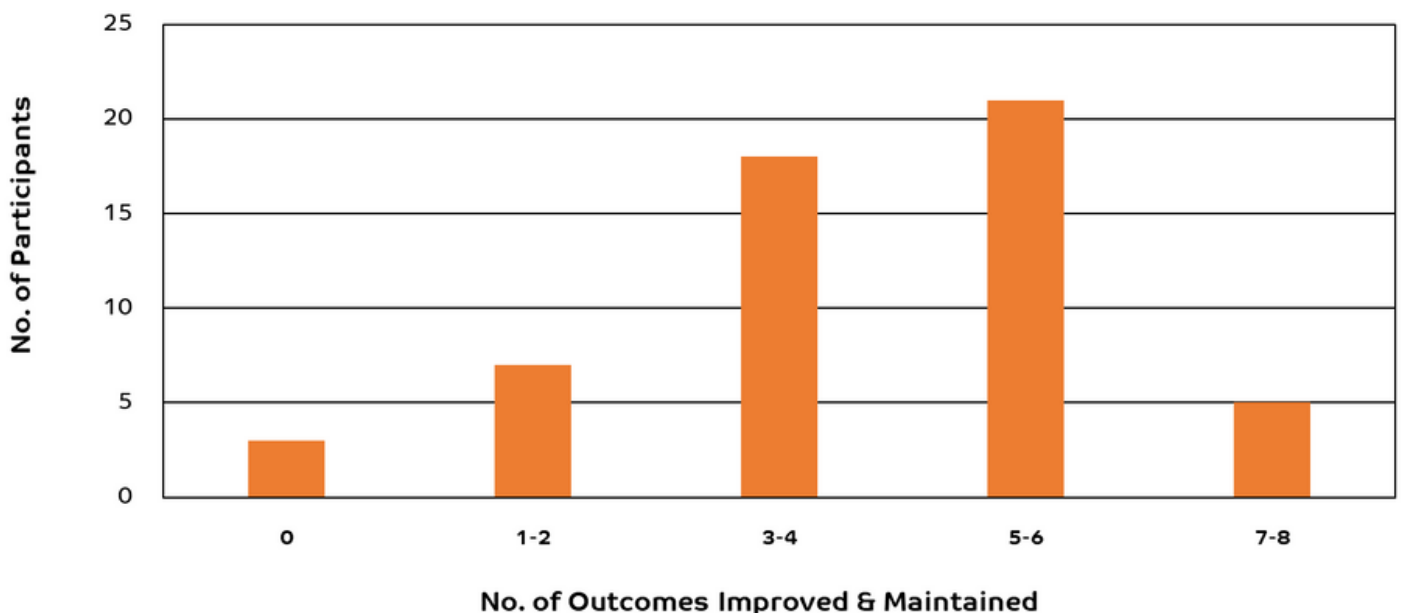
Developing these skills and continuously offering opportunities to apply and transfer these skills inside and outside the sports hall, our programmes support young people to reach their full potential.

At the start and end of the school year, participants complete our Participant Questionnaire. Participants respond to a series of statements about their opinions of themselves, and once complete our Impact team analyse these responses using recognised validated scales.



Sense of Belonging was the most improved outcome amongst basketball and tennis Clapton Girls' participants in the academic year 2021-22

Total Number of Outcomes Improved & Maintained during 21-22



81% of Clapton Girls' Academy participants across both programmes who took part in both of our questionnaire windows improved and maintained three or more impact outcomes last year. 94% of Clapton Girls' Academy participants across both programmes who took part in both our questionnaire windows improved or maintained at least one impact outcome in the last academic year; showing incredible skill development off the courts and a great testament to Coach Petrona's and Coach Nestor's programmes.

Thank you for your continued partnership and support in positively impacting the lives of our young people. We look forward to another great year working together.



**Greenhouse  
Sports**



developing young  
lives through sport

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