



Princethorpe
College

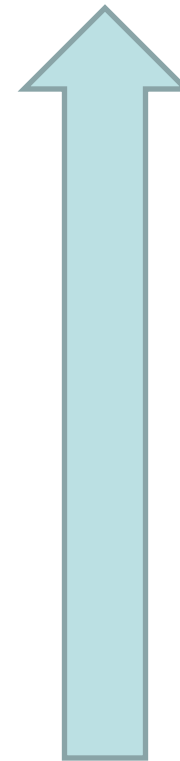
Elite Sports Programme

2023 – 2024

What is Elite Performance?

- Representing the county
- Played for the Development Player pathway
- District
- Midlands
- Club player
- Futures Cup
- England
- International tournament

Performance Pyramid



Level of Performance



ENGLAND
HOCKEY



The Federation of
Artistic Roller Skating



Professional Sport

- Aim to get athletes to come through the academy journey into their senior squad
- Governed by NGB
- Run by professional clubs with professional academy staff
- Hub site, DPP, Academy teams

Elite Sports Programme

Was re introduced in 2022 and two sperate pathways for pupils were created:

Elite Sports Performer
Elite Performer Pathway

AIMS

- Assist pupils in managing their time between training, competing, resting and studying.
- Help liaise with their coaches/ NGB's regarding their busy schedules.
- Communicating with subject teachers at the college and make them aware of the sporting commitments throughout the week/weekend.
- Offer advice on the pupil's short term and long term goal setting.
- Offer help and guidance to pupils if they are released from their NGB pathway
- Assist pupils in achieving their potential.

Pupil Expectations

- Good attitude
- Role model to other pupils in Princethorpe community
- Supporting school sports team
- Good behaviour around school and in other subjects
- Good level of engagement and commitment to the ESP
- Good communication with staff about events

The Benefits

- The ESP will focus on how to improve sports performance and the athlete's overall sport/life balance.
- Strength and Conditioning advice
- One to one Mentoring
- Sports Psychology workshop
- Guest Speakers on various topics
- Trips to sporting organisations

Strength and Conditioning

Pupils have access to a strength and conditioning coach that comes into school and delivers a programme to the pupils to develop their athletic development to aid their sporting performance.

Pupils will get to select which evening they can attend the S&C session via a Microsoft form in the ESP team. The emphasis is on the pupil to communicate with the staff when they can attend or not attend the sessions



Elite Sports Performer (ESP)

- National/Regional level

Individual mentor

Access to Strength & Conditioning coach

Athletic Development days

Visit to an English Institute of sport

Access to other guest speakers

Other factors will be taken into account such as the individual's attitude, willingness to learn and feedback from other coaches, both within the school and outside of the school. You must fully support Princethorpe College sport in representing the school in both winter and summer sports

Elite Performer Pathway (EPP)

- County or equivalent

Access to Strength & Conditioning coach

Athletic Development days

Access to other guest speakers

Other factors will be taken into account such as the individual's attitude, willingness to learn and feedback from other coaches, both within the school and outside of the school. You must fully support Princethorpe College sport in representing the school in both winter and summer sports.

What is next

- Review of the information – fill in the form in the email to give as much detail as possible on your sporting level. All parents will receive an email to inform them of the next steps.
- Success pupils will have
- Teams invite
- Pupil tasks
- Unsuccessful pupils are to keep us up to date with their sporting progress and can reapply next year.

Thanks

- Any further questions please email Lee Cassell at leecassell@princethorpe.co.uk