

## **ELITE ATHLETE SUPPORT PROGRAMME**

St Albans High School for Girls has an excellent sporting reputation. Building on the success of our existing sports programmes, we are proud to introduce the 'Elite Athlete Support Programme' (EASP).

The EASP is designed for talented students who have demonstrated an advanced ability or particular potential in sport/s. It aims to provide students who are talented in sport with the opportunity to pursue sporting excellence in a supportive educational environment. The programme is designed to support athletic development and guide students through their talent pathway.

Students will be allocated a mentor within the PE Department. This mentor will offer tailor-made support and advice on individual training schedules throughout the academic year and the student's sporting seasons. A main focus of the sessions will be goal setting and reviewing. Meetings will usually be held once per half term.

Members of the programme will also be invited to 'Athlete Breakfasts', where they will hear from speakers, work with peers also on the programme, participate in workshops and discuss a variety of topics related to elite sport.

The EASP supports the School's most gifted and talented athletes and is designed to further prepare them for a possible progression to elite sport.

To ensure students are appropriately supported, the content of the EASP programme is split into two stages. **Stage One** is for Years 7-9 and **Stage Two** is for Years 10-13. The content covered in each of these stages is bespoke to the age of the athlete.

The EASP offers athletes the opportunity to develop their knowledge and understanding of five key areas of elite performance:

- Lifestyle
- Strength and Conditioning
- Physiotherapy
- Psychology
- Nutrition.

### **Selection Criteria**

Specific selection criteria have been generated for different sporting activities. Athletes are usually selected if performing at regional level or higher in their chosen sport/s. The decision with regard to awarding entry into the programme and on-going participation will

be at the discretion of the PE Department. Continuation on the programme is reviewed on a regular basis.

### Sport Scholars

Year 7 Sport Scholars are automatically accepted onto Stage One of the EASP programme, whilst Year 10 and Year 12 Sport Scholars are automatically accepted onto Stage Two of the EASP programme.

### Aspiring Athlete Support Programme

Athletes who aspire to perform at regional level or higher in their chosen sport/s can opt in to the Aspiring Athlete Support Programme (AASP). This programme is designed to provide individuals with the understanding and opportunity to develop into an elite athlete.

