

## **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 sports. 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 have access to a range of mentors within the PE Department, each providing support and information on a range of vital physical and psychological considerations to promote sporting development. The aim of having access to a range of mentors is to provide a student-led approach to best suit their individual needs, which may differ as both the sporting and academic years progress. Part of the mentoring process will focus on goal setting, action planning, and evaluating progress. EASP students can access a mentor at any mutually free time during the school day, with a requirement to meet with a mentor at least once per term.

Members of the programme will also have free access to a range of paid webinars, where they will hear from key speakers, delivering vital insights into a range of sports related topics, from training, to nutrition and managing training schedules to name a few.

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, with criteria being reviewed annually. 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/scan 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.

