



King's High
School

INSPIRE – SPORT

The Talented Athletes Programme

The King's High Talented Athletes Programme (TAP)

In our commitment to nurturing the athletic potential of your children, we proudly introduce the Talented Athlete Programme (TAP) at King's High. TAP is designed to support our sports scholars and the most gifted athletes across all sporting disciplines.

Our comprehensive Talented Athlete Programme includes three distinct tiers of support, tailored to match the athlete's current performance level. Leading this programme are the dedicated Heads of TAP, Miss Clements and Mr Bryce. Their combined expertise promises to deliver robust assistance in areas such as strength and conditioning, athlete profiling, well-being monitoring, and inspiring motivational talks from external speakers.

As your child progresses in their sporting journey, they may have the opportunity to advance through the program, transitioning from the Aspire level to the Elite level. This enables them to continually develop their skills and reach new heights in their chosen sport.

Sporting Tiers

Aspire level participants are individuals who have achieved County-level in multiple sports or exhibit the potential to attain regional-level with added support in the future. Athletes enrolled in this tier of the program will benefit from:

- Full access to all lectures and workshops conducted.
- A general strength and conditioning programme.
- Engaging group mentor meetings.
- Personalised athletic ability profiling.
- The option to acquire Aspire TAP kit.
- Tailored small-group sports sessions when appropriate.
- Participation in our daily wellbeing monitoring program.
- Exclusive discounted rates at The Therapy and Performance Clinic, managed by Megan Clements, one of our esteemed partners.

Performance level students are those who are actively training and competing at the regional level or an equivalent standard. Athletes within this tier of the program will enjoy the following privileges:

- Full access to all lectures and workshops conducted.
- Sport specific strength and conditioning programme.
- Individual half termly mentor meetings.
- Personalised athletic ability profiling.
- The option to acquire Performance TAP kit.
- Tailored small-group sports sessions when appropriate.
- Participation in our daily wellbeing monitoring program.
- Exclusive discounted rates at the Therapy and Performance Clinic, managed by Megan Clements, one of our esteemed partners.

Elite level participants are individuals who are dedicated to training and competing at the international level, requiring substantial time commitments. Athletes in this top-tier of the program will benefit from:

- Full access to all lectures and workshops conducted.
- Individual strength and conditioning programme.
- Weekly timetabled meeting/session with Director of Sport or appropriate Head of Sport.
- Personalised athletic ability profiling.
- The option to acquire Elite TAP kit.
- Tailored small-group sessions when appropriate.
- Participation in our daily wellbeing monitoring program.
- Exclusive discounted rates at the Therapy and Performance Clinic, managed by Megan Clements, one of our esteemed partners.

Performance Sport Mentors

Each student will be paired with a dedicated mentor from our exceptional sports staff. These mentors are chosen based on their extensive experience and understanding of your role as both an athlete and a student. Mentors and their mentees will come together at least three times annually, fostering productive sessions for setting goals, reflection, and comprehensive reviews encompassing athletic pursuits, academic achievements, and additional transferable skills development.



Time Management

This is a topic that our mentors will discuss with the students, enabling them to optimize their performance without compromising their academic progress or risking injuries. King's athletes are busier than ever so balancing academic studies, sport and social life is no easy task. Mentors will talk to all athletes about prioritising training and games, the effective planning of half-terms and weekly schedules, as well as considering holistic factors like the importance of adequate sleep.

Academic Support

Balancing elite-level sports and education may present challenges, but it's certainly achievable. King's High is wholeheartedly committed to supporting student-athletes who exhibit strong self-management skills and take pro-active steps to effectively organise both their athletic endeavours and academic pursuits.

University Visits

We provide enriching opportunities for our King's High pupils in Years 8-13, who are part of the Talented Athletes Programme, to engage in inspirational days at prestigious sports universities or renowned sporting facilities like St George's Park. These experiences offer a glimpse into the world of studying sports at the university level or pursuing a career as a professional athlete. During these occasions, our talented athletes will participate in hands-on lab sessions, gain insights from athlete talks, and benefit from workshops covering a wide range of topics including sports nutrition, sports psychology, and training programmes.

Practical Workshops

TAP members will attend in-house workshops conducted by specialists in various fields, focusing on training techniques, strength and conditioning, nutrition, sports massage, injury management, maintaining a healthy work-training balance, time management, and other relevant topics.

Visits from Professional Athletes

Distinguished and professional athletes will visit our campus to address all our students, providing valuable insights into the realities of the athlete's life and offering guidance on how to unlock their full potential.

Our Expectations from You

At King's High, being a part of the TAP program is a privilege, and we encourage you to take pride in your membership. We anticipate the following from you:

- Wholehearted commitment to the program and serving as a role model for fellow members of the King's High School community.
- Regular attendance at your Strength and Conditioning sessions on a weekly basis.
- Consistent completion of your daily wellbeing log.
- Attendance at the King's High Open Evenings.
- Active participation and engagement with your mentor.
- Most importantly, we want you to relish your sporting journey here at King's.



PE Staff

At King's High, our students receive exceptional support from a highly skilled and devoted PE department that covers an extensive array of sports. Our team consists of 15 dedicated professionals, including a Sports Administrator, supplemented by numerous additional extracurricular coaches, to ensure the highest quality sports programs for our students.



Mr Bryce

Head of Hockey & Head of TAP

Mr Bryce pursued Sports Science studies at Brunel University before training as a Personal Trainer and Strength and Conditioning Coach. With extensive experience in designing exercise and wellbeing plans, ranging from professional athletes to aspiring young talents, Mr Bryce's diverse background has equipped him with the wisdom and proficiency required to safely and efficiently mentor and cultivate the next generation of athletes. His personal history also includes competing at a high level in sports, providing him with a deep understanding of the challenges and demands that athletes encounter in their lives.



Miss Clements

Head of Athletics & Head of TAP

Upon completing her studies in Sport Event Management at Leeds Beckett University, Miss Clements further enriched her knowledge and capabilities by pursuing a PGCE in an educational setting. Her passion for coaching began at an early age, and she has been an integral part of a local athletics club, offering guidance to athletes of all levels, whether they pursue sports for participation or performance. At King's High, Miss Clements has established an extraordinary rapport with our students. This unique connection enables her to gain a deep understanding of each student's individual needs and preferences, both in their personal growth and athletic pursuits.

Additional Mentors

- Mrs Parkinson-Mills – Director of Sport
- Mrs Hinton – Head of Netball
- Mrs Riley – Head of Swimming
- Mrs Bryce – Head of Tennis
- Mrs Walker – In charge of Waterpolo



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King's High School
Banbury Road
Warwick CV34 6YE
t: 01926 494485 e: enquiries@kingshighwarwick.co.uk

kingshighwarwick.co.uk

