



King's High School

No. **13** BEST UK INDEPENDENT
GIRLS' SPORTING SCHOOL

SCHOOL SPORT MAGAZINE 2020



TALENTED ATHLETES PROGRAMME



KING'S HIGH WARWICK



King's High
School

INSPIRE – SPORT
The Talented Athletes Programme

The King's High Talented Athletes Programme (TAP)

The Talented Athlete Programme includes three levels of support dependent on the level of performance currently undertaken by the athlete. As a school we will be working in partnership with Athlete Evolution, a company who will help to provide strength and conditioning, profiling, wellbeing monitoring and inspirational talks. Students will be able to work through the programme from the Aspire level through to the Elite level as they progress in their sport.

Aspire level

Students performing at County standard in multiple sports, or, who show the potential to perform at regional level in the future with additional support.

Athletes in this level of the programme will have access to:

- All lectures and workshops that take place
- A general strength and conditioning programme
- Group mentor meetings
- Athletic ability profiling
- Ability to purchase Aspire TAP kit
- Small group sports sessions where appropriate
- Daily wellbeing monitoring programme
- Opportunity to purchase additional packages in areas such as Sports Psychology and Physiotherapy with Athlete Evolution.

Performance level

Students training and performing at regional level or equivalent.

Athletes in this level of the programme will have access to:

- All lectures and workshops that take place
- Individual half termly meeting with member of the PE department.
- Sport specific strength and conditioning programme
- Sport specific group training (where possible in school)
- Athletic ability profiling
- Performance level TAP kit
- Small group sports sessions where appropriate
- Daily wellbeing monitoring programme
- Opportunity to purchase additional packages in areas such as Sports Psychology and Physiotherapy with Athlete Evolution.

Elite level

Students training and competing at International level involving significant time commitments

Athletes in this level of the programme will have access to:

- Weekly timetabled meeting/session with Director of Sport or appropriate Head of Sport.
- Individual strength and conditioning programme
- Small group sports sessions where appropriate
- Access to termly educational talks
- Athletic ability profiling
- Elite TAP kit
- Daily wellbeing monitoring programme
- Opportunity to purchase additional packages in areas such as Sports Psychology and Physiotherapy with Athlete Evolution.

Performance Sport Mentors

Girls in TAP will be allocated a personal Mentor from our outstanding sports staff. This Mentor will have been selected based on their experiences and specific understanding of your position, both as a performer and student. Mentors and mentees will meet at least three times a year, to facilitate effective goal setting, reflection and review across Sport, Academic, and additional transferable skills development.

Academic Support

Combining high level sport and education can be difficult, but it is not impossible. King's High is fully supportive of student athletes who manage themselves well and are proactive in organising their sport and their studies.

University Visits

We offer inspirational days at leading sports universities, where King's High pupils in Years 8-13, on the Talented Athletes Programme, can experience a day at one of the UK's leading higher education institutions. Their sporting alumni include: Paula Radcliffe, Sebastian Coe, Colin Jackson and Amy Williams. Our talented athletes will undertake practical lab sessions, athlete talks and workshops on sports nutrition, psychology and training programmes.

Practical Workshops

TAP members will attend in-house workshops given by experts in their field on training, strength and conditioning, nutrition, sports massage, sports injuries, managing their work – training balance, time-management, and other relevant topics.

Visits from Professional Athletes

Top performing and professional athletes will come and talk to all our students, to give them a better idea of what life as an athlete entails, and to advise them on how they can reach their full potential.



Pupils at King's High are supported by an incredibly talented and dedicated PE department across a wide range of sports. There are 11 full time PE teachers, 2 Sports Graduates, a Sports Administrator and many additional extra-curricular coaches to ensure the very best provision for all.

- So you think you have what it takes?
- Are you ready to really challenge yourself?
- Do you continually strive to be the best you can be?
- TAP into your sporting potential at King's
- You can achieve great things, both in academics and sport, whilst at King's High. Achieving excellence does not happen overnight and you will require determination, discipline and commitment, as well as the ability to manage your time effectively.
- In joining the Talented Athletes Programme you will have the opportunity to gain a first class education while pursuing your sport to the highest level.



We are delighted to work in partnership with Athlete Evolution a company who provide the very latest in Sports science, Psychology and Physiotherapy support to our athletes. Members of the Talented Athlete Programme are fortunate enough to work with the following professionals.



Rob Norman
Strength and Conditioning Coach
Rob has worked as an S&C coach in performance sport for over a decade. Throughout his time, he has practiced in academies, higher education institutes, nationally competing sports teams and National Governing

Bodies. These opportunities have involved age group national competitors, junior international athletes, those competing on the highest world stages, Olympians, and Paralympians. Through those athletes Rob has been privileged to support athletic journeys into top rankings as well as Commonwealth, European, World, Olympic and Paralympic medalists, champions, and record holders.

Rob believes the breadth and variety of these experiences have equipped him with the knowledge and expertise to help guide and nurture young talent safely and effectively onto the next stage of their athletic careers. Key to his philosophy is ensuring work that is stage specific, laying broad, strong foundations from which future performance can be built.



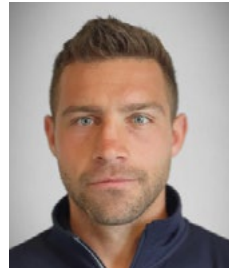
Aquile Smith
Sports Psychologist
Aquile's journey started with a degree in Psychology at Worcester University where he also represented Worcester Warriors at academy level and A-League. During his studying he first began learning about the brains

ability to construct and deconstruct our world.

Having always been competitive this facilitated a natural interest into motivation and emotional intelligence, which are both key aspects of personal development.

Originally only applying his knowledge intrinsically, Aquile found whilst playing Championship rugby and finishing a MSc that there was a huge lack of opportunities for athletes and individuals to improve their psychological capabilities and mental health, beyond basic levels if they weren't clinical. Having worked in Residential Care and also elite level

coaching (Gloucester women's RFU) Aquile has experience working with people of all ages, and all walks of life. Whilst playing semi professional rugby for Moseley Aquile is now focusing on building Mental Skills Training (MST), with Smith Counselling which is becoming a vital part of modern mental health.



Sam Pointon
Sports Analysis

Sam is a semi-professional rugby player currently playing for Birmingham Moseley in National League One. He has over 100 caps in National League One rugby and has caps for England Students and Great Britain Students 7s. Sam studied Sports Technology as an undergraduate degree and then continued to study a masters in Sports Coaching, both at Loughborough University. Since graduating in 2017, Sam has been 1st XV Head Rugby Coach and Sports Performance Analyst at Rugby School. In his role, he works as a member of the sports science team and coaching team to deliver a high-quality sports provision to young developing athletes across a variety of core sports. Additionally, to this, Sam also founded OnPoint Coaching which specialises in 1 to 1 Rugby skills coaching.



James Neal
Physiotherapist

James started his career with gaining a degree in sports science and then progressing his academia into a MSc in Physiotherapy. James has been a physiotherapist for over a decade working in both professional and semi-professional sporting environments assisting top athletes to return to high performance from injury.

James currently works with young athletes and is a modern physio with working part of a sports science team to implement injury mitigation strategies, athletic development models and injury support to enable young athletes to fulfill their ambitions of gaining professional contracts or participating at international level.

Additionally, James consults to many professional sporting clubs/teams to advise on the management of rehabilitation to some of the top international athletes post injury