



# aspiring athlete

## PROGRAMME

### **What is the Programme?**

Aspiring Athlete Programme caters for not only those aspiring to professional sport but also those who just need the knowledge and understanding to keep physically active into adult life.

Developing a range of physical competencies centered around the fundamental movement patterns, whilst also building a culture whereby everyone felt that they were just as welcome in the gym environment as everyone else.

### **Aim of the Programme**

Providing a supportive infrastructure and long-term athletic development that will enable and encourage young aspiring athletes to maximise their potential and meet their personal aspirations of playing at the highest possible level. Our success criteria are 'to ensure that pupils leave the school with the self-confidence and physical competence to complete a training programme in a range of environments.'

### **What is included?**

Each Aspiring Athlete will have a dedicated team of high-quality coaches and support staff who will work closely with the athletes to provide high quality support to allow athletes to achieve the highest possible standards.

- Personalised Strength and Conditioning Programme
- Individual Athlete Profiling
- Weekly Strength and Conditioning Sessions, run by our high-quality Strength and Conditioning coach
- Regular talks or workshops covering topics around nutrition, injury prevention and sport psychology
- Automatic nomination for Limitless Ambassador Programme

### **What are the current Criteria?**

- Currently competing at International, National or District Level
- Show ability and have potential to compete at International, National or District level within their age group
- A well-rounded athlete demonstrating a passion for fitness and sport

**For more information on how to apply, please contact our Director of Sport, Christine Fourie [ccf@stge.org.uk](mailto:ccf@stge.org.uk)**



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