

PANGBOURNE

— A community where you can flourish —



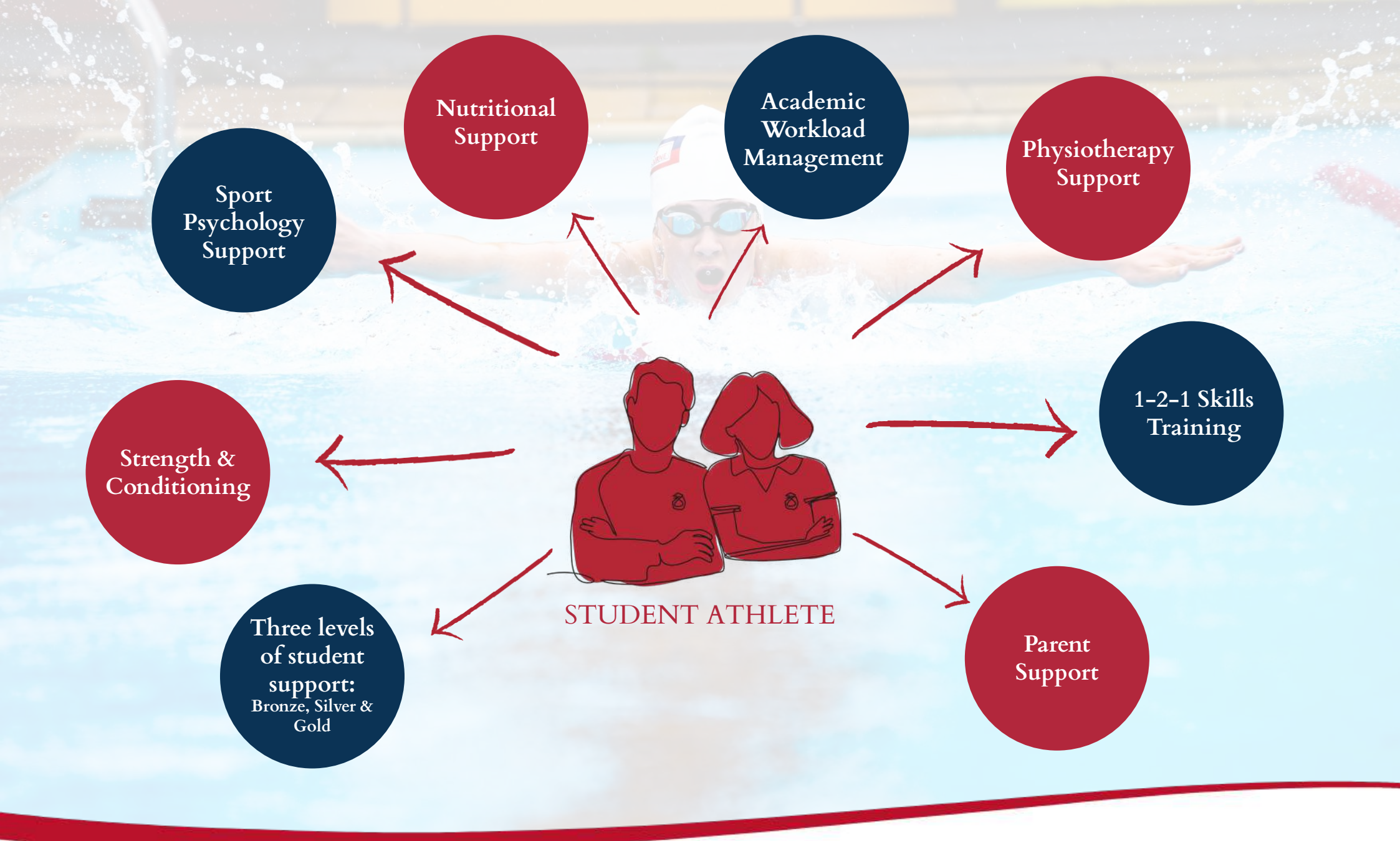
SPORTS PERFORMANCE PROGRAMME

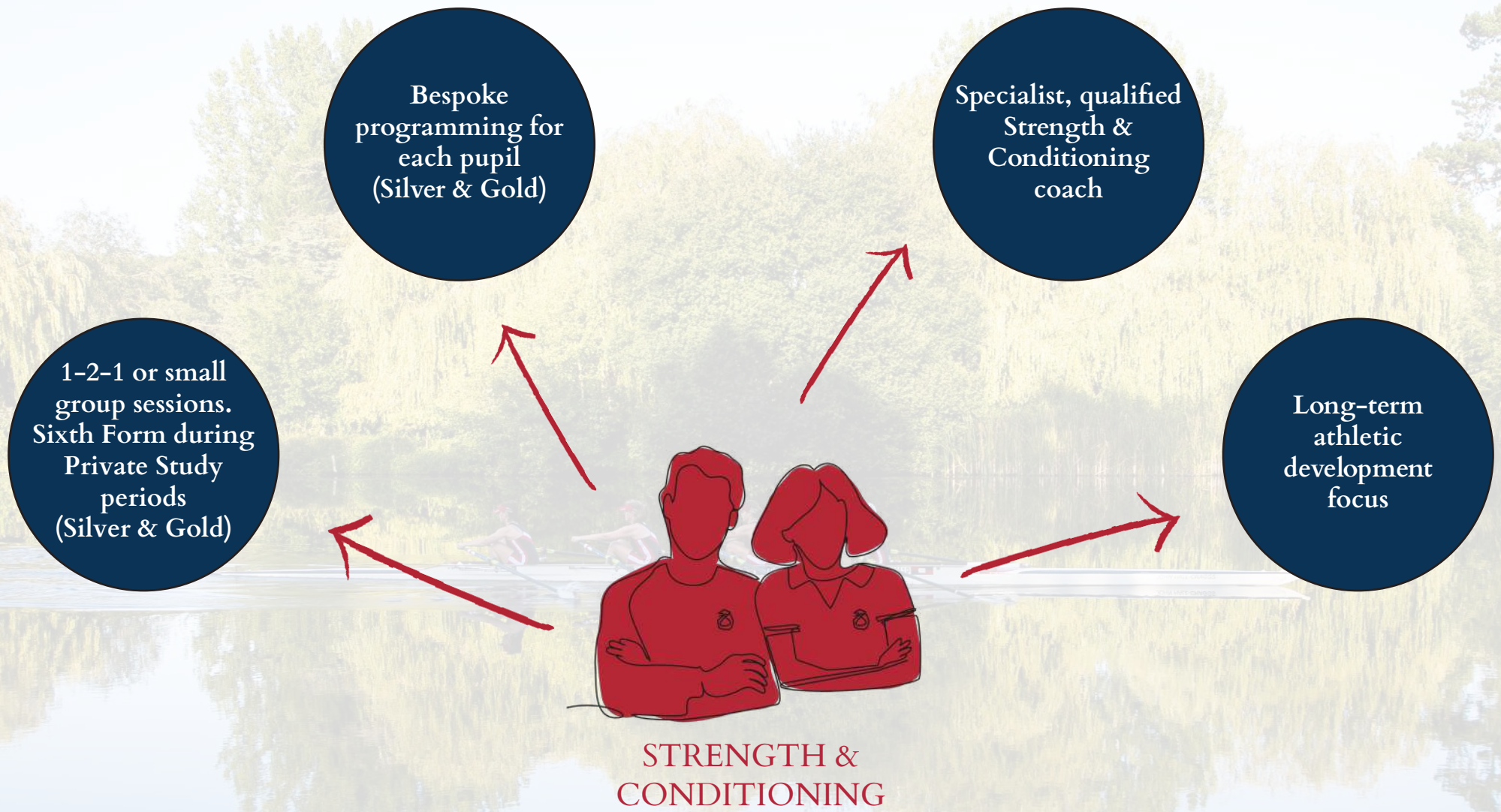
SPORTS PERFORMANCE PROGRAMME

Outline aim: To support and maximise the performance of students involved in, or have potential to be involved in, high performance sports pathways.

Sport Scholars are automatically enrolled in the programme and are expected to take a full part. Some will be invited to join, some may request to join.

BRONZE LEVEL (YEAR 9)	SILVER LEVEL (YEAR 10 & 11)	GOLD LEVEL (SIXTH FORM)
Strength & Conditioning session - one a week	Strength & Conditioning session - one a week	Up to two Strength & Conditioning sessions per week in study periods (small group or 1-2-1)
Skills Training session - one a week in chosen sport	Bespoke Strength & Conditioning programme	Bespoke Strength & Conditioning programme
Nutrition workshop every Half Term	Up to two Skills Training sessions per week	One 1-2-1 Skills Training session per week in either a study period or enrichment
Access to sports rehab expert once per week	Eight week Mental Skills Training programme	Eight week Mental Skills Training programme
	1-2-1 Academic Workload Mentoring	1-2-1 Academic Workload Mentoring
	Nutrition workshop every Half Term	Nutrition workshop every Half Term
	Access to sports rehab expert once per week	Access to sports rehab expert once per week







SPORT PSYCHOLOGY
SUPPORT

Mental Skills
Training: 12 week
plan to develop
techniques
(Silver & Gold)

Ongoing
support

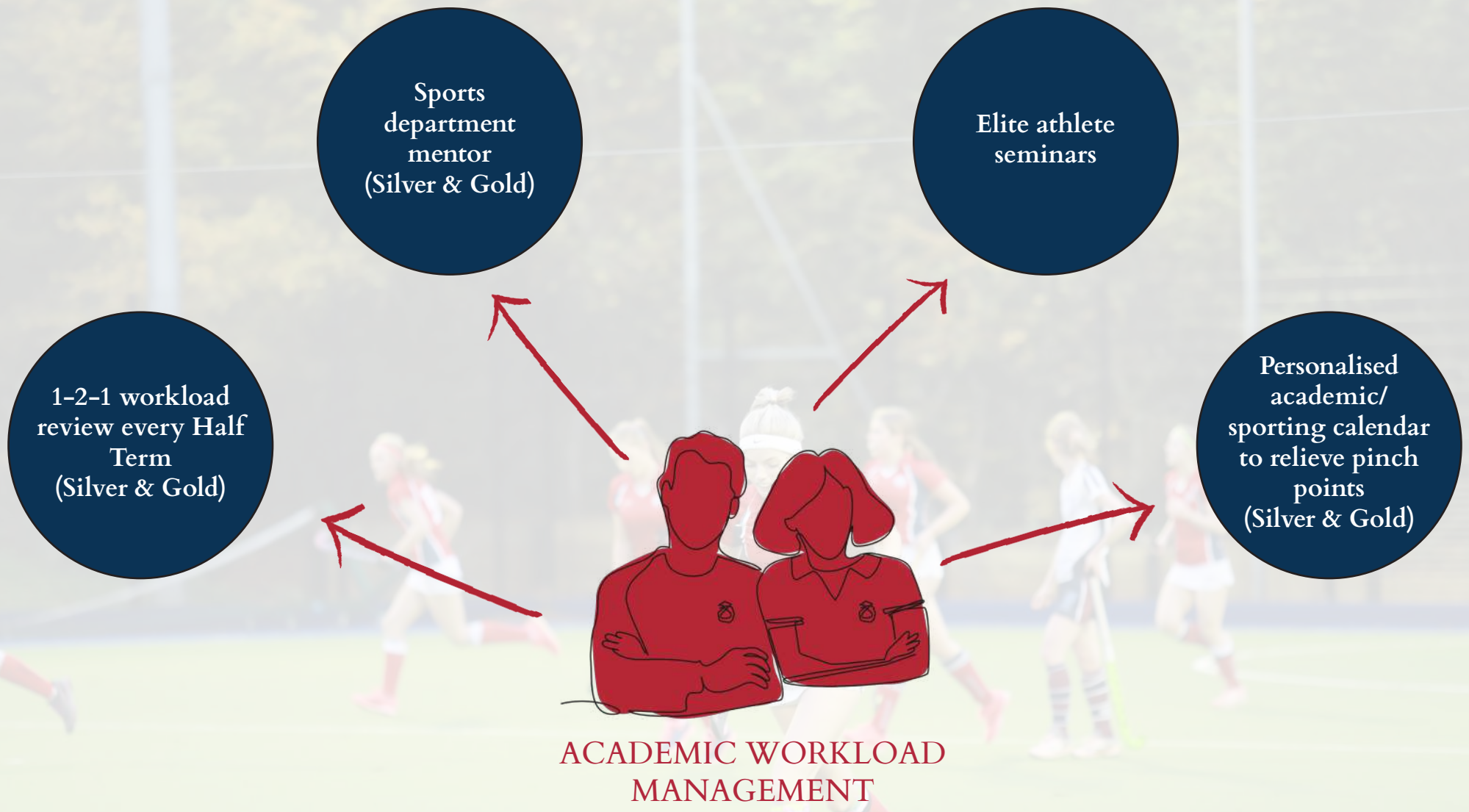
Seminars with
elite athletes

Sports Performance Programme (SPP)

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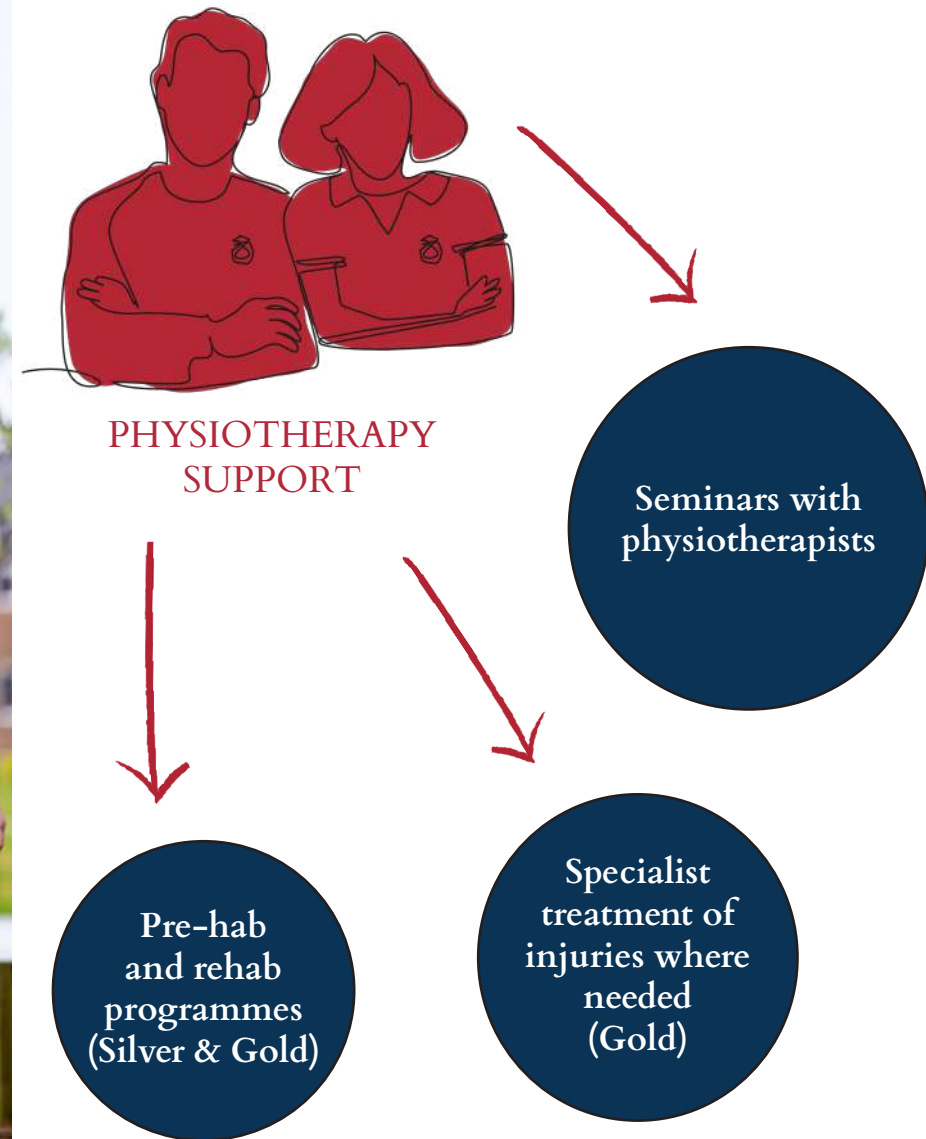
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Sports Performance Programme (SPP)



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1-2-1 SKILLS TRAINING
(GOLD)

Delivered by
expert coaches

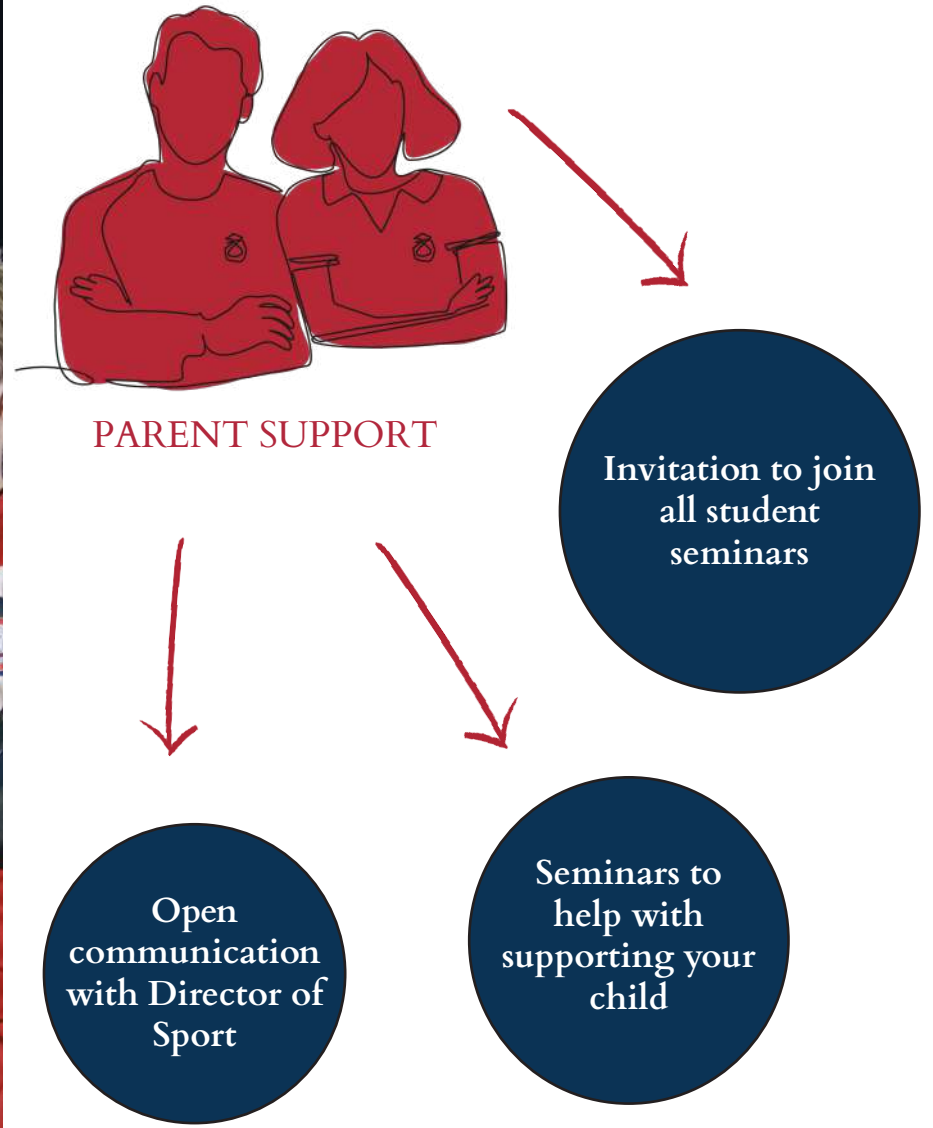
1-2-1 or small
group skill
sessions

Delivered
once per
week

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For more information, please contact our Director of Sport,
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