**Sport Athlete Development Programme and Sports Scholarship**

**Athlete Development Programme (11+ and 13+):** The Athlete Development Programme (ADP) is a selective year 7-11 programme designed to support pupils that perform at a high level in the school’s focus sports (athletics, cricket, football, hockey, netball, rowing and rugby). The ADP offers weekly strength and conditioning sessions with our UK Strength and Conditioning Association accredited coach to help reduce the risk of injury and maximise sports performance. The ADP also offers termly seminars and workshops on topics such as training load, nutrition, psychology, injury, work training balance, as well as help with target setting, and one to one athlete support.

To be considered for a place on the ADP year 7 and 9 pupils must firstly be nominated as part of a select shortlist by members of the sports department. Nominees are then able to submit a written application, putting their case forward to be considered. There are only a limited number of spaces available on the ADP, so places are highly competitive, and pupils are required to surpass a set of minimum standards for commitment, ability, motivation, organisation and communication at all times. Successful applicants will be offered up to two years on the programme (entry points at year 8 and 10) before having to reapply in an effort to join the programme for the following two years.

**Sport Scholarship (16+):** On entry into the sixth form, for those who are currently active at a representative level, are involved in academies or are already competing at national/international level there is an opportunity to apply for a sports scholarship. The scholarship offering falls in line with the ADP with the addition of increased training expectations as well as dedicated mentors who will liaise with external pathway coaches to ensure a balance is maintained in activity, intensity and academic workload. The Sport Scholarship will also come with a 5% reduction in fees.