



SPORTS PERFORMANCE PROGRAMME

- World-class facilities & equipment
- Olympic level coaching
- Mentoring and support
- A levels & BTECs (including Advanced Diploma in Sport)
- Combining training and academic timetables
- Applied work placement opportunities
- Sport careers pathways
- Year 10 and 12 places
- Dedicated High Performance Sport Centre on-site at the University of St Mark & St John

Where history begins



**YOUR SPORT
YOUR FUTURE
YOUR WAY**

OUR PROGRAMME

Our Sports Performance Programme offers an Olympic level approach to sports development and training for 14 – 19 year olds. Delivered by expert coaches, our programme is designed to help you achieve your full sporting potential and reach your goals – whatever your sport or career ambitions.

Using our new High Performance Sport Centre and the very latest in screening, monitoring equipment and psychological testing, we provide you with an individual, holistic training programme which is research-led and designed to help you progress systematically.

We work alongside your existing coaches and clubs to deliver additional strength and conditioning training, psychological coaching, and continuous monitoring and testing as part of an integrated sports performance programme designed around you. In addition to the core performance programme, specialist coaching is available in swimming, shooting, athletics, basketball, squash and rugby to suit your specific needs.

And because our programme is part of your school timetable, we can make sure that your academic and professional studies also play a key role in your personal development and achievement.

WHAT OUR STUDENTS SAY.....

KERENZA BRYSON, YEAR 12/13

World Team Champion:
GB Modern Pentathlon U19



"The programme co-ordinates input and feedback from all my different coaches so that every bit of my daily training - both in school and outside - is focused on achieving my goals. It's great to be able to integrate this level of high performance training into the school day with my A levels."

TATE BUDGE, YEAR 12/13

ITF U16 World Champion:
2nd Degree Patterns (Taekwondo)



"The regular screening is great for keeping me in peak fitness and equipment like the NeuroTracker gives me an added dimension to improving my movement and mental co-ordination for the always increasingly difficult taekwondo patterns."

LILY PARSONS, YEAR 10/11

Leander Swimming Club



"I live in Cornwall, so joining the school and the programme whilst staying with a host family in the week means I'm able to combine my Leander training with specialist coaching from Olympic swimmer, Antony James and Commonwealth Swimmer Steve Beckerleg, and my GCSEs."

KATIE GLANVILLE, YEAR 10/11

Plymouth Athletics Club



"It's fantastic to have a mentor like Kat Endacott helping me with my sprint starts and giving me the focus and specialist help I need. It's incredible to have my own performance programme as part of my school day."



OUR COACHES

JON RHODES, CPSYCOL, MSC DIRECTOR OF SPORTS PERFORMANCE



Jon Rhodes is a chartered psychologist and directs the Sports Performance Programme. Jon has experience in working with athletes at the Olympic Games, World-Cups, Commonwealth Championships, and in Premiership rugby and football. Working with the coaches and teaching staff, Jon's aim is to get the best out of the athletes, ensuring students reach their full academic and sporting potential.

KATHERINE ENDACOTT, MSC PERSONAL COACH: ATHLETICS



Kat is a Commonwealth Gold and Silver Medallist in the 100 m sprint and relay and is currently training to compete in the Masters.

In addition to her role as personal coach at the school, Kat also provides specialist athletics and sprint coaching on a weekly basis. The athletics programme helps improve physical literacy and gives our students the ability to run faster, jump higher and throw further. For those at a county level, Kat works on technical development, SAQ training and the decrease of impulse within foot contact.

ANTONY JAMES & STEVE BECKERLEG, PERSONAL COACHES: SWIMMING



Antony James is an Olympic 100m Fly swimmer and Silver Commonwealth medallist. Working with Steve Beckerleg, a Commonwealth freestyle swimmer, they have developed AquaElite swimming to work with young athletes around the world.

Antony and Steve deliver the specialist swimming coaching within our programme. Identified individuals train with them twice a month on-site to develop technical and tactical skills. The latest SwimPro Underwater cameras are used for analysis and all feedback is shared with the students, their swimming club and coaches, providing an holistic approach to development.

GORGS GEIKIE, PERSONAL COACH: SHOOTING



Gorgs Geikie is a 5 time Commonwealth medallist and was part of the London 2012 Olympic team. She is currently the British Shooting Development Activator for South England.

Gorgs hosts monthly workshops for our students using the latest in laser shooting technology to help improve focus and concentration. She also mentors a number of Plymouth Studio School athletes, including our Modern Pentathlon students.

WHO CAN TAKE PART IN THE SPORTS PERFORMANCE PROGRAMME?



The Sports Performance Programme runs alongside our GCSE/A level, Core PE and BTEC Sport qualification programmes. Initial testing and screening for the programme is open to students of all abilities, giving everyone the opportunity to develop and build upon their existing sporting talents, try new sports and develop a weekly individual training programme integrated with their academic timetable.

For those competing at county, national and international level in swimming, athletics and shooting there is currently an option for specialised coaching within these disciplines.

NEW FOR 2016

We are continuously developing our sports programme and aim to add specialist coaching in Basketball, Squash and Rugby during 2016, using nationally recognised coaches who have worked with teams and individuals at a professional level.



CAREER PATHS

Degrees/Higher Education across range of subjects
Professional Athlete
Sports Scientist
Medical Profession
Sports Therapist/Physiotherapist
Strength & Conditioning Coach
Gym Instructor
Sport Centre Manager
Community Sports Leader

YEAR 10

GCSEs
BTEC Level 1/2 First Award in Sport
Level 1 Coaching Basketball Award
Level 1 Coaching Football Award
Level 1 Fitness & Physical Activity Award
Introduction to Sailing
Orienteering
Workplace skills, first aid/self-employment/IT
Weekly work placement

YEAR 12

A levels (including Maths, PE, Psychology, Biology, Chemistry, Applied Science, Business)
BTEC Level 3 Certificate/Diploma/Extended Diploma in Sport
Level 2 Sport UK Community Sports Leadership Award
Workplace skills, health & safety/self-employment/IT
Weekly work placement

2016 PLACES AVAILABLE NOW

Visit www.plymouthstudioschool.co.uk to apply.

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OUR HIGH PERFORMANCE SPORT CENTRE

“WORLD LEADING EQUIPMENT IN THE HANDS OF EXPERTS.....”

Opening in Autumn 2016, our multi-million High Performance Sport Centre includes some of the most advanced training, monitoring and performance equipment available including:

- **Medical Lab for sports physiotherapy, power testing, functional screenings and physiological monitoring, including lactate sampling.**
- **FitLight Trainer - functional reaction measurement and training.**

- **ActiVO Heart Rate System - linking 20 real time heart rates to a monitoring station for immediate feedback.**
- **NeuroTracker – scientific innovation for measuring cognitive performance.**
- **Laser pistols and shooting range designed for Modern Pentathlon training, coaching and competition.**
- **Olympic lifting platforms and functional training equipment to meet individual needs.**

OUR APPROACH

Our world-class equipment combined with our coaching expertise allows us to take a unique approach to the needs of each individual athlete.

According to Long Term Athlete Development (LTAD) programmes, athletes should be measured on their biological rather than chronological age as growing speeds differ for everyone. At Plymouth Studio School, we know how to measure growth phases and train our students throughout their coordination, agility, speed, endurance, power, and strength phases – helping to maximise their potential based around critical growth periods.

Our LTAD approach is research led, scientifically rigorous and focused on creating greater physical literacy for every athlete.



WHAT OUR PARENTS SAY

“Visited today and was very impressed....the best environment for my son’s development and career prospects”

“The level of expertise that the Sport Performance Programme offers within a state school is second to none. It provides an amazing opportunity for young athletes from all backgrounds to achieve their full potential.”

“At sporting high levels, having psychological skills to deal with the pressure are essential and my daughter is not only receiving these skills from expert coaches, but she is applying these skills to help her perform consistently in big competitions.”