



King's High School

King's High Talented Athletes Programme

The King's High Talented Athletes Programme (TAP) offers the following:

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.

“At King's High, we understand the challenges of combining studying with top level sport, and we can offer unrivalled support for our student athletes.”



Foreword from our Patron, **Emma Beddoes**
Emma Beddoes, England Squash Player, World Team Championship and Commonwealth Games medallist (and King's High Old Girl), is Patron of our Talented Athletes Programme. Celebrated for her mental toughness as a competitor, Emma understands the commitment, dedication and balancing skills our talented young athletes require.

“I am delighted to be a patron of the Talented Athletes Programme at King's. I am passionate about the important role sport can play in enhancing the lives of young women. I have personally gained so much through my career as a professional sportswoman and to be able to support a Programme that helps to nurture young sporting talent is something close to my heart.”

Criteria for being invited to join TAP

To join the Talented Athletes Programme, students must compete or have competed at any of the following Sporting Levels:

- International competition, e.g., Europeans, Worlds
- National Representation in any sport
- Midlands Swimming Times achieved
- Regional Hockey or Netball representation (Tier 2, etc.)
- County Tennis representation
- English Schools appearance in Athletics or Cross Country
- National Title in any sport
- King's High Sports Scholarship or Performance Award

We want to nurture all our talented athletes' sporting successes. If you feel your daughter excels in a sport outside of school, please inform

Mrs Sarah Parkinson-Mills
Director of Sport

s.parkinson-mills@kingshighwarwick.co.uk



Talented Athletes Programme Partners

We are very fortunate in our network of Partner Companies, **Bryce Personal Training**, **Tudor Physiotherapy** and **Warwick Sports** who are supporting our Programme and will be sharing their expertise.

The girls have access to a qualified Personal Trainer to support and guide them through all aspects of Strength and Conditioning with personalised programmes. They will also be supported by local sports clubs, including Alveston Juniors Badminton Club, Leamington Ladies Netball Club, The Warwickshire Golf Club, Warwick Hockey Club and Warwick Boat Club.

Our new Myton Road Campus state-of-the-art fitness suite, which we will utilise from September 2019, is a facility to inspire and develop the athletes of the future.

Warwick Sports Shop



- 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.

Meet the Team Behind our Talented Athletes Programme



Our Director of Sport – **Sarah Parkinson-Mills** is an Investec National League hockey player and Jaffa Premier League Indoor hockey player. Whilst at school she played Regional Netball and Athletics.



(L-R) **Catharine Walker** has represented Warwickshire in Netball and Athletics. **Lynsey Steinhaus** represented her County in Netball, Athletics and Badminton and has played National Premier League Netball. **Karen Riley** represents Great Britain in Triathlon. She played Netball for English Universities. **Kirstin Bryce** represented the Midlands in Hockey and Warwickshire in Netball, Tennis and Gymnastics and currently plays Regional Hockey and County League Tennis.