

Performance Programme – Two Year Schedule

	Year 12		Year 13	
	Frequency	Information	Frequency	Information
Athletic Development	Twice Weekly	AD session developing sport specific physical strength and power	Twice Weekly	AD session developing sport specific physical strength and power
	Termly	Testing - Height & Weight - CMJ - Sit & Reach - 10m & 20m Sprint - Agility Test	Termly	Testing - Height & Weight - CMJ - Sit & Reach - 10m & 20m Sprint - Agility Test
Sport Psychology	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience - Self Confidence - Dealing with Pressure	12 sessions annually	Discussion and improvements on the following topics: - Goal Setting - Team Cohesion - Anxiety and Arousal - Rehearsal and Relaxation - Motivation - Resilience - Self Confidence - Dealing with Pressure
	3 sessions annually	Sport Psychology Baseline Test	3 sessions annually	Sport Psychology Baseline Test
Sport Nutrition	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning - Hydration	12 sessions annually	Discussion and improvements on the following topics: - Calories and Macros - Micronutrition - Frequency and Timing - Supplementation - Hydration - Meal Planning - Hydration
	Tri-weekly	Team session analysing performance	Tri-weekly	Team session analysing performance
Skill Session	Weekly	Skill specific session with HoS / sport coach	Weekly	Skill specific session with HoS / sport coach
Community Coaching	Weekly	Assist with coaching younger year groups and partnership environments	Weekly	Assist with coaching younger year groups and partnership environments
University Experience	Annually	St Mary's University: - Physiology - Biomechanics - Sport Nutrition - Sport Rehab	Annually	University of Surrey - Strength and Conditioning - Sports Psychology - Nutrition - Physiology
	Termly	Physical screening followed by training plan to assist any weakness and prevent injury	Termly	Physical screening followed by training plan to assist any weakness and prevent injury
Insight Talks	Termly	Guest speakers in professional sport and alternative pathways	Termly	Guest speaker in professional sport and alternative pathways
Bespoke Sports Massage Appointments Bespoke Physio Appointments	When required			
	When required			

The performance programme will be split over 2 years, inclusive of athletic development, sport psychology and sports nutrition.

Athletic Development Focus

- Speed, change of direction and agility
- Strength
- Explosive power
- Endurance
- Muscular endurance
- Sport specific conditioning
- Jumping and landing
- Pre/Rehab
- Injury prevention techniques