



Prince Henry's
Grammar School

SIXTH FORM

ESEP Programme

Course Leader: Mr D Hyam

- **Elite Sport and Education Programme**
(For athletes who have representative honours in their sport at county, district or national levels.)
- **Excellence in Sport and Education Programme**
(For athletes who want to achieve excellence in their chosen sports at club level.)
- **Elite Golf Programme**
(For athletes who want to work towards becoming professional golfers.)



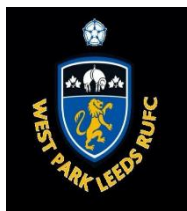
Why Study on the ESEP Programme?

Prince Henry's Grammar School has a superb reputation for discovering and nurturing elite sporting talent with many students progressing to represent their country in their respective sports. Often talented sportsmen and women between the ages of 16-18 face the dilemma of having to pick between pursuing their dream of becoming an elite athlete or focusing on their educational studies. Pre-school training sessions can lead to students not fully engaging in lessons due to tiredness or fatigue and post-school training sessions can lead to students finding themselves staying up until late in the evening completing school work which has an impact both on their recovery from the training sessions and their readiness for school the next day.

The various ESEP programmes at Prince Henry's Grammar School aim to provide a supportive environment where talented students can achieve their full sporting potential at the same time as being able to reach their full educational potential by allowing them the flexibility to access structured training and athlete development sessions during curriculum time within the school day.

Further benefits of the ESEP at Prince Henry's Grammar School are that it allows the flexibility for existing coaches from the athlete's clubs or team to come in during the set ESEP periods and work with their athletes or to arrange for the athlete to train away from the school site at their existing high performance centres.

Associated Partners to the ESEP Programme:



Course Content

- Strength and Conditioning
- Sports Specific Training
- Technical and Tactical Development (Analysis of performance)
- Sports Psychology
- Sports Nutrition
- Mentoring Sessions
- Athletes' lifestyle advice
- Career support and sporting pathway guidance

Progression Routes

The programme's primary goal is to allow students to progress through representing their club or district to region or country in their chosen sport. On successful completion of the ESEP, a student can also progress to employment and/or continue on into higher education.

Entry Requirements

It is essential that students have an appropriate professional attitude towards achieving excellence or becoming an elite athlete in their chosen sport. Students considering the ESEP course should have representative honours in their sport at club, county, district or national level. Individual circumstances will be considered.