Information Sheet: The English School Sports Programme

Introduction

The English School is proud to introduce the Sports Programme for Year 1 students applying in 2026-27. This unique initiative is designed for students who exhibit exceptional talent and potential in sports, particularly those competing at the national level or with recognised developmental capabilities. The programme seamlessly integrates high-quality sports training with academic excellence, nurturing well-rounded student-athletes.

Objective

The Sports Programme aims to develop the skills and potential of young athletes without compromising their academic success. Through a balance of rigorous training and education, participants will be equipped to excel both on and off the field, preparing them for future leadership roles and achievements in their respective sports.

Key Features

1. **Programme Structure**:
   - Five training sessions are incorporated into the school curriculum and scheduled from 7.00 – 8.45 am.
   - Students will have seven and a half hours of training biweekly, during which they will miss Form Tutor time and Period 1.

2. **Timetable Adjustments**:
   - For Year 1, training time will replace periods allocated for PE (3 periods) and PSHCE (2 periods) over two weeks.
   - For Year 2 and 3, training time will be adjusted similarly, utilizing periods for PE, RE, and PSHCE.

3. **Sports Offered**:
   - Core sports: Football, Basketball, Volleyball.
   - Secondary sports: Tennis, Athletics.
   - Elite athletes from other sports can express interest, and accommodations will be considered.

4. **Participation Requirements**:
   - Students must represent the school in the relevant sports teams.
   - Afternoon training at a registered club or academy is mandatory.

Selection Process

The selection process ensures that only the most talented and committed athletes join the programme. Candidates must:

- Complete the Sports Programme section of the school application form.
- Provide documentation from their sports federation or club, detailing their achievements and rankings (where applicable) over the past 12 months.
  A reference letter from the athlete's coach would be welcome.
- Attend a practical evaluation session and/or an interview conducted by a team of Physical Education Teachers and Specialist Coaches.

Selection Criteria:

- Candidates must participate in an Olympic sport and belong to a federation-registered club or academy.
- Specific criteria apply for individual and team sports, focusing on recent performance in recognised competitions.

Why Join the Sports Programme?

- **Holistic Development**: The programme prioritizes both academic and athletic growth, offering a balanced and supportive environment for students.
- **Professional Guidance**: Expert coaches and physical education staff collaborate with the students' external trainers to optimise performance and development.
- **State-of-the-Art Facilities**: Planned upgrades to the Sports Centre will enhance the training experience.
- **Individualised Strength & Conditioning**: This is incorporated into the biweekly training schedule of each athlete and progress is tailored to each athlete's needs.

Cost

There is an additional annual cost of €700 for students participating in the Sports Programme.

Conclusion

The English School Sports Programme is a testament to our commitment to cultivating global leaders who excel in academics, sports, and life. This initiative offers an unparalleled opportunity for talented young athletes to thrive in a supportive, challenging, and rewarding environment.

For further details about the selection process and criteria, please refer to the school's official guidelines or contact the Head of Sports and PE, Mr Yiannos Papaioannou or through the school reception.