



SILCOATES ELITE ATHLETE PATHWAY

Developing the whole athlete





FROM THE FIRST STEPS OF *exploration*
TO THE *mastery* OF YOUR ART.

ELITE ATHLETE *Pathway*

At Silcoates, we believe exceptional talent deserves exceptional support. Our Elite Athlete Pathway (EAP) is designed to recognise Sixth Form students with outstanding sporting potential and further develop their skills and understanding of what it takes to be an elite athlete. We recognise that high-performing athletes often need time away from school for training and competition, and we work closely with them to ensure their academic progress remains strong and fully supported.

Our specialist Sport Department offers extensive expertise in a range of sports including hockey, football, netball and rugby, alongside individual performance pathways such as rowing and tennis.

This breadth of expertise enables us to guide young athletes not only in the practical demands of high-level sport, but also in managing the academic expectations that come with life at Silcoates.

We also work closely with local clubs to provide scholars with access to enhanced facilities, external coaching opportunities, and guidance from visiting sport professionals, who enrich the programme with real-world insight.

In addition to the Elite Athlete Pathway, successful candidates will receive up to 25% fee remission, which is reflective of the level of performance each candidate can demonstrate.



SHAPE Programme

With a history of aspiring athletes in a range of sports from National League Hockey to International Rugby League, Silcoates offers the SHAPE Programme, which is designed to give an aspiring athlete a well-rounded sporting education.

The 'SHAPE Programme' has been developed to support not only the whole athlete but also their physical and mental well-being. Developing an understanding of Sport Education as a whole, will aid the success of all Aspiring Athletes both in and out of the classroom.

Delivered through lunchtime and tutor-time sessions twice per half term, SHAPE brings scholars together for specialist workshops, coaching and personalised mentoring. Sessions are led by Silcoates staff and visiting industry professionals who bring valuable perspective from the world of elite sport.

S - SKILLS DEVELOPMENT

Teachers may offer 1-1 or small group skills sessions, within each sport to enable students to improve and develop their performance.

H - HEALTH & WELL-BEING

Aspiring athletes will develop an understanding of nutrition; what food to eat for optimal energy level; when to eat certain foods; what food to eat during events; what to eat or drink to aid recovery. Students may be required to fill out a food log. Providing opportunities for students to develop an understanding of a healthy diet is of vital importance. Aspiring athletes will develop an understanding of well-being, sleep, and techniques to reduce anxieties behind sport, to keep calm beforehand, and during competition is a key focus of this module.

A - ATHLETIC DEVELOPMENT

Personalised training plans can be developed for scholars if required and additional co-curricular sessions will be put on for scholars so they have additional use of the performance suite.

P - PSYCHOLOGICAL DEVELOPMENT

The Director of Sport may have group or 1-1 meetings with scholars to discuss the psychological demands of sport both in and out of school, and developing strategies to deal with both the success of sport but also the failure experienced in sport. Psychologists may be invited in to offer further support to students.

E - EDUCATIONAL DEVELOPMENT

Academic monitoring is of vital importance and support will be provided to all scholars. Half term academic reviews and check ins will take place with the Director of Sport. Giving athletes the skills to balance their schedules and manage their time will stand any aspiring athlete in good stead.



OUTSTANDING FACILITIES

endless opportunities

Silcoates is set within 60 acres of well-maintained grounds, offering exceptional facilities that enhance learning, creativity, and wellbeing.

Our extensive sports facilities include a purpose-built Hockey Astro Pitch, a multi-use games area, containing four Netball courts, a First XI Cricket wicket with sports pavilion, which provides both home and away changing facilities.

Indoors facilities include a Sports Hall, which contains four lanes of Cricket nets, it is also marked with four badminton courts and one court each for Netball, Tennis, Basketball and 5-a-side Football.

In addition, we have an 18m Swimming Pool, complete with changing facilities and a fully equipped gym.





SILCOATES

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www.silcoates.org.uk