

# Elite Athletes in Education

Stowe School Conference

‘Architects of the Mind’

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# Introduction

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- Elite Athlete Development
- Key Components of a Programme
- Potential Barriers for Athletes
- Improvements
- Character

# Elite Athlete Development

- What does elite athlete development mean to you?
- What key components should be in the development programme?

# Elite Athlete Development

- **Long Term Athlete Development**
  - Gradual progression of training
  - Increase challenges year on year
  - Athlete Centred
- **Education**
  - Athletes have to understand their development and how they are going to achieve their goals

# Key Components

- **Timetabling / Development Plan**
  - Weekly timetables
  - Long term plan
- **Mentoring**
  - Athlete and staff mentors
- **Physical Preparation**
  - Individualised programme based on screening

# Potential Barriers?

- What are the potential barriers for elite athletes in education?



# Potential Barriers?

- Stress of competing every week?
- Pressure from coach/parents?
- Compete for more than one team (club, county, regional or country outside of school)
- If grades are not up to scratch they are pulled from training/matches to catch up

# Improvements

- What improvements can we make to assist elite athletes in education?
- What could students learn more about in PE that would help their sporting development?





# Potential Ideas

- **Compulsory Supervised Work Sessions**
  - If students are not performing academically they attend these sessions instead of training
- **Elite Athlete Class**
  - Milton Keynes College / MK Dons FC Academy
- **Tutors**
  - Elite Athletes have a tutor that fully understands the demands of performing academically and in sport

# Physical Education

- **Practically**

- Physical Preparation Screening
- Movement Analysis
- Gymnastics / Yoga / Fundamental Movements

- **Theoretically**

- Time Management
- Physical and Mental components of their sport
- LTAD

# Character

- Half of you list 10 characteristics of elite athletes
- The other half list 10 characteristics of academically high achievers (not sporty if possible)
- Can we develop these characteristics overtime or are they fixed?

# Moving Forward

- All 3rd form to undergo Physical Preparation Screening and then move on to a physical preparation programme
- Staff and athletes create an 'Athlete Centred' environment through a development plan
- All athletes leave on a higher grade and a better understanding of their development than when they started at Stowe