

	Year 12		Year 13	
	Frequency	Information	Frequency	Information
Strength and Conditioning	Weekly	S&C session developing sport specific physical strength and power	Weekly	S&C session developing sport specific physical strength and power
	Termly	Testing - Height & Weight - Vertical Jump - Sit & Reach - 10m, 20m & T-Test	Termly	Testing - Height & Weight - Vertical Jump - Sit & Reach 10m, 20m & T-Test
Sport Psychology	3 sessions annually	Session 1 – Goal setting Session 2 – Dealing with negative thoughts and positive thinking Session 3 – Emotion regulation	3 sessions annually	Session 1 – Anxiety and arousal Session 2 – Pain tolerance Session 3 – Positive imagery and mental rehearsal
	3 sessions annually	Sport Psychology Baseline Test	3 sessions annually	Sport Psychology Baseline Test
Sport Nutrition	3 sessions annually	Session 1 – Calories and macros Session 2 – Micronutrition Session 3 – Frequency and timing with pre & post competition nutrition	3 sessions annually	Session 1 – Supplementation Session 2 – Hydration Session 3 – Meal Planning
Video Analysis	Tri-weekly	Team session analyzing performance	Tri-weekly	Team session analyzing performance
Skill Session	Weekly	Skill specific session with HoS / sport coach	Weekly	Skill specific session with HoS / sport coach
1-1 Meeting	Half-termly	Meeting with Performance Programme lead & HoS to discuss current progress and future development	Half-termly	Meeting with Performance Programme lead & HoS to discuss current progress and future development
University Experience	Annually	St Mary's University: - Physiology - Biomechanics - Sport Nutrition	Annually	University of Surrey - Presentation of S&C - S&C Training Session - Speed & Agility Testing
HoS Scholar Reports	Half-termly	HoS to receive updates on S&C, SP, SN and information collated during meetings	Half-termly	HoS to receive updates on S&C, SP, SN and information collated during meetings
Weyside Physio Screening	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
Bespoke Physio Appointments	When required			