



IPSWICH HIGH SCHOOL

## Elite and Aspiring Sports Programme

Ipswich High School's facilities and expert coaching staff make it an ideal environment for budding sports stars. The Elite and Aspiring Sports Programme is designed to support these pupils and offers tailored coaching and opportunities to enable each of them to reach their full athletic potential.

### The aims of the Programme are to:

- Recognise the achievements of individual pupils
- Support, nurture and further talent
- Raise the number of pupil performance opportunities in sports through development of links with external clubs, coaches, initiatives and Governing Body Talent Identification Programmes (TIP)
- Involve: Sports clubs / coaches / staff that assist with school sports / school staff
- Investigate and offer opportunities for individuals to gain sponsorship



### Mentors

Pupils involved in the Programme will have a mentor, who is usually a member of PE staff, but may be another appropriate member of staff. The mentor's role is to:

- Provide contacts and links with local clubs, coaches and development programmes
- Research information and support the needs of the individual student



Give advice/guidance on:

- Time planning
- Fitness development
- Dealing with injury
- Nutrition and hydration
- Goal setting
- Dealing with success/failure
- Using imagery/visualisation
- Sponsorship

- Liaise with the Marketing Department to celebrate individual success and raise the profile of sports stars
- Support and track the sporting progress of the individual
- Make contact with other staff e.g. Subject teacher/Form tutor/Head of Year to gain support for pupil's sporting commitments



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### Sports

Elite sports on offer at the school include (but are not limited to) swimming, tennis, athletics, cross-country running, hockey, football, cricket and netball.

Our expert staff are able to help students to develop the personal attributes and attitudes needed to excel in any sport and can work with local partners to provide tailored coaching for each individual.



### Staff Expertise

Staff in the PE Department are expert coaches and sports stars. Their credentials and successes are many.

Staff include:

#### **Miss Sandie Lister OLY, PE Teacher**

Miss Lister is a former field hockey player, who was a member of the British squad that won the bronze medal at the 1992 Olympics in Barcelona. She has participated in four World Championships, five European Championships and has 152 England caps (over 100 as captain). She then went into coaching with the Ipswich Ladies 1st Team, winning the National Cup Title in 2002.

#### **Mrs Elizabeth Wheelhouse, Head of PE**

Mrs Wheelhouse has represented England Hockey as a Junior and has been part of the senior training squad as well as playing for the England mixed team. She has 20 years of experience and continues to play in the English National hockey league, winning the national league and national cup competitions throughout this time. Mrs Wheelhouse was part of the England team crowned World Champions in the 2018 Masters World Cup. She coaches a wide range of sports.



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### **Mr Adnan Zakir, Sport Coach**

Mr Zakir is a former professional field hockey player from Pakistan with 169 caps for the national team. Among other awards, he won a silver medal at the 2006 Commonwealth Games and was named as the best player in Asia 2004-2005. Mr Zakir has been involved in High Performance Coaching since 2008.

### **Mrs Emma Springham, Triathlon Coach**

Mrs Springham is the British Triathlon's East Region Head Junior Coach – heading up the East Region Development Centre – the first of its kind in the UK dedicated to young athletes and their coaches. She is a founding lead coach in the innovative young athlete coaching & tutoring programme 'British Triathlon Skills School' along with seven other top juniors triathlon coaches from around the UK.

### **Facilities**

The school has a 25m competition swimming pool, floodlit AstroTurf pitches, hard courts, an indoor sports hall and a gym. The school's 87-acre campus provides ample outdoor space for inspiration and outdoor training.



### **Sports Scholarships**

We offer a limited number of sports scholarships for Year 7 entry. Applicants must demonstrate both their sporting achievements and potential in their scholarship application. Shortlisted applicants will undertake an interview and assessments in order for us to award scholarships to exceptional candidates.



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