



### The Mount Kelly Talented Pupil Pathway



#### Academy Programme

This is our selected out-of-season training programme for each major sport. These academies enable us to prepare effectively for the season ahead, by improving our pupils' individual skills as well as creating a team culture in which they are able to learn from one another. Our Heads of Sport lead the sessions at both Junior and Senior level, using contemporary coaching strategies to develop and improve individual core skills. Coaches will also start laying the foundations for what we refer to as 'The Mount Kelly Way' – a commonly understood set of principles that will underpin not only our playing strategy, but also our wider sporting ethos. The aim is that all age groups – from the youngest teams at the Prep, to the first teams at the College – will train and play to an established pattern, with a consistent philosophy of coaching and playing.

#### Talented Pupil Programme

This is an extension of the Academy programme where selected individuals can have a more specific training programme adapted to suit their needs. This will include a specific Strength and Conditioning programme for their sport. These pupils, will be supported in achieving their representative ambitions and guided through their development both in and outside of school. Some of these pupils may receive one-to-one coaching in their specific sports.

#### Elite Player Programme

This element to the pathway is to support pupils performing at the highest level in their sport. These pupils will be assigned a mentor that will individually support their programme to enable them to maintain high standards and reach their personal goals. These pupils will have an individual Strength and Conditioning programme, player profiling opportunities, one-to-one coaching available and support at representative level.

