

5<sup>th</sup> December 2017

RE: Senior Sport Scholarship progress

Dear Parent

I write to you as parents/guardians of a Senior Sports Scholar to update you on this terms work and the progress your son/daughter is making to date. Under Mr Liffchak's guidance the Sport Scholarship programme has again made huge strides this term. The introduction of our five Strength and Conditioning mentors has moved the programme forward significantly. I am very proud and excited about the amount of hard work and learning that our scholars are completing throughout the school week. The Senior Sport Scholars now 'enjoy' the privileged position of working with their own Strength and Conditioning mentor during free periods or in group environments after school. The mentors work with 'their scholars' to devise individual plans, set targets and attend 1 on 1 sessions with each of their scholars. Our expectations are that the scholars will be completing three S and C sessions a week, thus making the newly refurbished Strength and Conditioning room a very busy place indeed.

Below is a brief summary completed by your sons/daughters mentor that will summarise their progress to date.

**Scholar Name XXXXXXXX**

Strength and Conditioning Mentor	Liam Oakes
Major Aim	Working on her gluteal muscular imbalance to provide stability at the knee joint.
Individual strength	XXXXXXX has good knowledge of strength exercises and always prioritises technique which is pleasing.
Largest point for Development	Ensuring XXXXXXXX completes at least 2 sessions a week.
Attendance	Acceptable
Attitude	Very Good
Work ethic	Acceptable

*Please note that due to time table limitations Fifth Formers will struggle to reach the 'outstanding' rating for attendance.*

This term has almost solely focused on putting the programmes and mentor/mentee partnerships in place, but next term we will be looking to supplement the strength and conditioning with workshops, lectures or trips to sporting venues. It's a very exciting time in the sports department and I do hope the pupils are enjoying the extra investment that we are making into their sport.

Regards,

**Tom Vercoe**

Assistant Head: Co-Curricular and Sport