



# Emerging Athlete Programme

in association with the Surrey Human Performance Institute





## Developing top athletes

The Emerging Athlete Programme at King Edward's Witley has been created for pupils who currently compete, or possess the potential to compete, at elite level in their chosen field.



A leading independent school, King Edwards Witley is sited in a magnificent 100-acre site with outstanding sports and fitness facilities. These include an astro turf pitch, four badminton courts, two cricket nets, indoor netball, tennis, hockey and a basketball court, a fully-fitted cardiovascular suite and weights room, swimming pool, three squash courts, five netball courts and a modern dance studio.

This programme identifies talented athletes and supports and nurtures their performance through a tailored training and development process, working in conjunction with

external bodies to facilitate the achievement of excellence in their chosen sport. Athletes are exposed to a variety of physiological and psychological training methods and tests so performance can be monitored and assessed over time to track progression.

King Edward's Witley works in association with Surrey Human Performance Institute (SHPI) at the University of Surrey to deliver this programme. This enables participating pupils to additionally benefit from the excellent sporting facilities based at the campus.



## What does the programme include?

Expert sport scientists, coaches, trainers and lecturers provide testing on a variety of areas covering physiology, nutrition and sports psychology.

Emerging athletes on the programme have access to the following sport-specific workshops:

- $VO_{2MAX}$  testing
- Training zone prescription
- Field testing
- Body composition
- Sport science talks and demonstrations
- Sport psychology
- Nutrition
- Strength and conditioning.



## Bespoke training

Athletes on the programme will also benefit from gym inductions, exercise programmes and videos, regular personalised training and testing, and can attend a number of workshops and lectures such as:

- Bespoke training programmes
- Seminars led by external speakers from sports-related disciplines
- Regular review appraisals of current, short and long-term goals.





For more information on our Emerging Athlete Programme, email Mr Marc-Antony Eysele at [EyseleM@kesw.org](mailto:EyseleM@kesw.org)

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# King Edward's

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