

carmel
college



Elite Athlete Support Programme





Image - uksport.news

Grace Clinton

Rainford High School

Pro Contract with Manchester United F.C.

WELCOME

Carmel College is a Catholic Sixth Form College welcoming students of all faiths from all backgrounds. We are committed to developing a community where each student is enabled to reach their potential feeling supported, safe and happy during their time here.

The continued growth and success of Physical Education and Sport at Carmel College has resulted in a significant increase in the number of elite performers starting courses at the college. With outstanding examination results and outcomes for students, we are proud to have been recognised by Sport England as a Dual Career Accredited Centre because of how we support the differing needs of these athletes via our Elite Athlete Support Programme.

Elite Athlete Support Programme

The Elite Athlete Support Programme is part of the college High Achievers+ Programme. It is designed to help national standard athletes achieve their full sporting potential, whilst ensuring that chances of academic success are maximised. To date, we have had a range of athletes benefit from the programme, including a Taekwondo champion, Rugby Academy Scholars and athletes on the UK Athletics Elite Development pathway.

“Students strive to achieve the very high standards their teachers set. They make excellent progress, achieve their qualifications and progress to aspirational destinations.”

Ofsted 2019



Image - saintsrlfc.com

Jonathon Vaughan
Rainford High School
St Helens RLFC Player



SUPPORTING YOU

Applications

Students can apply to access the programme after enrolling at Carmel College. To qualify for the full programme, athletes must be competing at an elite level through being selected by their national governing body (or equivalent) and should be representing their country or region in their chosen discipline.

Students on the programme will receive a range of support specific to their needs.

Facilities

As a Carmel College Elite Athlete, you will enjoy the benefits of priority access to our extensive training facilities during college hours. Following a short induction, athletes may sign in to use the gym for their own training programmes, or may opt to speak with our strength and conditioning staff who can help tailor sessions to specific needs.

Lifestyle Management Support

We recognise that the demands of balancing academic study and high performance sport can sometimes prove challenging. Students at Carmel who enrol for the Elite Athlete Support Programme will be invited to our timetabled sessions focused on lifestyle management and how to meet expectations and pressures of being a Dual Career Athlete.

These sessions are designed to support athlete development and academic progress. They also provide students with opportunities to share experiences with other high achieving performers.

Online Resources

Where athletes are required to have extended time away from college to train or compete, online resources will be made available to help support academic courses.





Mia Burslem
Rainford High School
National Level Swimmer

Mentoring

All athletes will have access to a mentor based within the Physical Education Department who will be available to provide per personalised athlete support.

This support is aimed at helping athletes cope with any pressures which develop throughout their time at the college.

Support Workshops

Athletes who miss any element of their academic programme as a result of their sporting commitments will have the opportunity to revisit work through a range of additional academic workshops. Guest speakers also deliver individualised workshops to athletes on a variety of topics, such as media training.

Individualised timetables

Where possible, athletes will be able to follow customised timetables to ensure that the impact of regular commitments is minimised.

Individual requirements will be considered when planning courses and it may be possible to streamline some elements.

How to Apply

Athletes who wish to apply for the programme, or who would like to discuss it further, are asked to contact our Elite Athlete Co-ordinator, Simon Verry.

Email - sport@carmel.ac.uk

Tel - 01744 452 200

Meet the Team

Head of Department

Kate McDonnell

katem@carmel.ac.uk

Elite Athlete Co-ordinator

Simon Verry

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Sonia Lal

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Carmel is a fantastic place, the teachers are approachable and helpful but also willing to sacrifice spare time to help. This was key for me and my schedule regarding my out of college commitments. The college offered me help through the Elite Athlete Support Programme, tutorials in spare times, constant communication with staff and ability to catch up and revisit content I may have missed. The college has been a big part of my development as a young adult and has formed my outlook of the future to be prosperous and enticing. I will always be grateful for the time I spent in this college environment!

Jonny Vaughan

RAINFORD HIGH SCHOOL

PROFESSIONAL RUGBY CONTRACT

Now studying Law at Edge Hill University and has a full time contract with Saints RLFC



Staff at Carmel were really supportive. Being part of the Elite Athlete Support Programme allowed me to have time off for tennis tournaments and training. I was also able to visit to the University in America and sit my entrance exam. In the future I would like to try and take my tennis career to as far as it can go. I would love to try and get onto the professional circuit someday. After tennis, I would either like to do Sport and Exercise research or become a teacher, teaching either PE or Maths.

Lucy Cunliffe

BYRCHALL HIGH SCHOOL

TENNIS SCHOLARSHIP

Now studying Double Major in Exercise Science and Mathematics at The University of Virginia's College at Wise, USA



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