



APP Membership Application Form 2019/20

The APP (Advanced Performer Programme) is aimed at students playing regular representative sport (county level, county equivalent or higher) outside of school to give them opportunities to further develop their knowledge and understanding of the following:

- Strength & Conditioning (knowledge and practical training)
- Sport Psychology
- Nutrition and Diet planning
- General Sport Science and Support

The programme incorporates sessions from external experts in the fields above and gives students the opportunity for small group and one to one S&C and fitness programming, sports injury and rehabilitation services, trips to specialist sports centres and access to performance kit and a say in the running of the sports programmes at the school.

APP members are required to attend at least one APP S&C hobby per week and attend all APP seminars (one per half term).

It's important to note that acceptance onto the programme is not a decision taken lightly. The level the students are playing at is only part of the overall picture that the Director of Sport and Head of APP take into account when making a final decision. Commitment and attitude to school sport and PE will be taken into account, the nature of the sport and specific pathway that the governing bodies allow and the holistic approach that each athlete takes to their training will all be factored in. It is expected that if your son/daughter is accepted into APP, that they will represent the school in the schools main sport that term. In Autumn that will be rugby for the Junior and Senior School boys and Football for Fryers boys. For the girls, it will be Hockey. Please be aware that the decision of the Director of Sport is ultimately final.

If you think your son/daughter is a strong candidate for the APP then please fill out the form overleaf and give as much detail as possible (a reference from the external coach of your child's main sport would be useful).

Yours sincerely,

Jez Belas
Director of Sport

Student Full name:(delete lines if typing)

Student year group:

Please list below any sports your son/daughter is playing at representative level (County equivalent or above)

Sport

Level (County/Regional/National).....

Head coaches email address.....

Sport

Level (County/Regional/National).....

Head coaches email address.....

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Level (County/Regional/National).....

Head coaches email address.....

Please provide any further details below you think would help with the application (sporting ambitions, top achievements, why you want to be in APP) below:

