



Education
Partnership
North East



Talented Athlete Scholarship Scheme



Introduction

Sunderland College is committed to ensuring that all student-athletes are supported both within their education and their sport, and that all will be given the opportunity to develop holistically as individuals.

Each student-athlete will have a personal development programme that will engage them as individuals but also as part of a wider group of talented young sports people.

This will include utilising educational workshops, providing bespoke programmes to help inform practice and enhance performance, assist players throughout their time at the college and help direct via transition support. To truly develop holistically, it is vital that all areas work together in the best interests of the student-athlete. This will be done by regularly supporting the individual.

The primary focus of a student-athlete at Sunderland College will always be to ensure achievement in their education, but that will never be our only motivation. We will ensure that not only will we equip student-athletes to develop, we will help guide them in multiple areas.

Therefore, it is paramount that we have a Talented Athlete Scholarship Scheme (TASS) curriculum that coincides with their education. This will guide student-athletes through their journey to become an accomplished individual.

Our vision

Develop and maintain well-rounded and self-sufficient people in both the elite environment and the outside world.

Aims and objectives

- Ensure student-athletes are given the suitable platform to explore, experience and excel in their interests (to support their development as a person).
- Offer a relevant programme that develops the skills and qualities to be self-assured on their journey, lessening the need for external support.
- Provide a supporting mechanism that both is proactive and reactive for their wellbeing.
- Carry out an effective support package to enable them to succeed in their sport without compromising their education.

Supporting the student-athlete

We are dedicated to making all round student-athletes and provide a platform for them to excel in whatever direction they take. Each individual will receive a specific plan to help support their time at Sunderland College.

This will start with an induction which will be tailored to the age of the student-athlete. The support will initially cover a week but maybe extended depending on the individual.

Every student-athlete will have a personal development plan depending on their education and sport. This will form part of the review process throughout their time at college.. Communication with coaches and support staff is crucial to ensure support is provided in the best possible way.

Our 'Five Pillars' (see page 5) are a vital component of student-athletes' development and will inform the TASS curriculum over the academic years.

They will provide student-athletes with the opportunity to develop in multiple areas, with a focus on developing both the individual as well as within their sport.

As part of the wider college community, student-athletes can access dedicated support and wellbeing services where they can share any concerns, whether within their education or sport.

To ensure the programme is constantly developing we host a series of meetings throughout the year where student-athletes, parents/carers and staff come together to discuss what is going well and areas for improvement.

Every champion was
once a contender that
refused to give up.



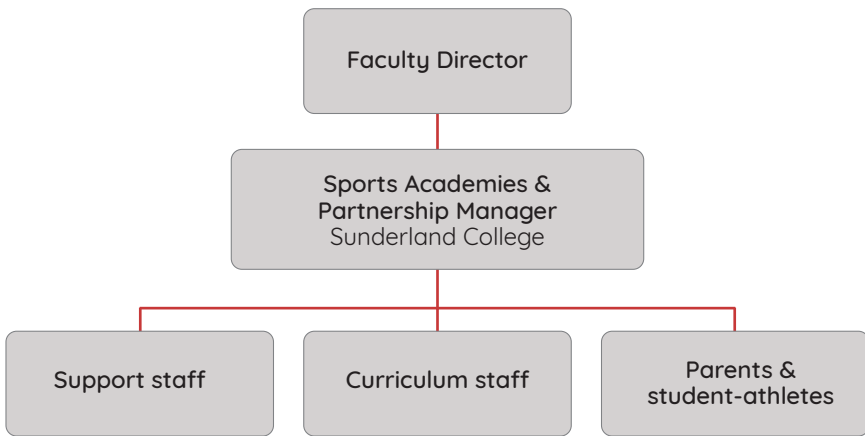
Specialist support and facilities






TASS will complement the student-athlete's own club coaching commitments and academic studies. They will receive:

- > A curriculum that covers a wide range of academic and athlete support.
- > AoC national and regional tournament entries.
- > Mentor to support with monitoring of academic progress.
- > Weekly one-to-one sport specific strength and conditioning.
- > Free on site gym membership.
- > Scientific support from industry experts including physiological screening, nutritional guidance, physiotherapy referral, performance analysis using Playertek, Hudl and Dartfish, and sport psychology.
- > Nike training kit.
- > Support with academic 'flexibility.'
- > Bursary support (if applicable).

Staff and our commitments

All TASS student-athletes will have a dedicated Sports Academies and Partnership Manager that will support them through the curriculum.



Pillars	Content	Modules
Lifestyle & wellbeing 	Goals & reviews Academic excellence Student-athlete ambassadors Psychology	Module 1
Nutrition 	Nutrition for performance Cooking (at home and on the move) Self-care Anti-doping	Module 2
Strength & conditioning 	Strength & conditioning practice Utilising strength & conditioning	Module 3
Injury prevention & rehabilitation 	Injury prevention awareness Overtraining Recovery Sleep	Module 4
Preparation for next steps 	Career programme (exploration & planning) Work experience Mentor scheme	Module 5



“Studying at Sunderland College has given me the best opportunity to balance my football and education. For me, the academic side is as equally important as sport, and the college helps me to do both.”

Emily Cassap
England U17 international and
2024 AoC Sport Performer of the Year

Goal setting

It is vital that all student-athletes at Sunderland College achieve their targets and objectives within their personal development plans. To support this, there will be dedicated goals that will link in with their sport and education progression.

Goal setting is a powerful process that allows each individual to prepare for both their sport and the future

Each student-athlete will create their “big picture” and what they would like to do over a reasonable period. This is then broken down to key areas and both short term and long term targets. These will be reviewed regularly to allow each student-athlete to realistically achieve their goals.



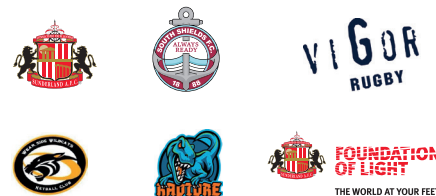
Talented Athlete Scholarship Scheme

If you are a talented athlete and represent your sport regionally and/or nationally, we can support you with a Talented Athlete Scholarship.

The Sport England-supported scheme brings the best out of the country’s most exciting talented athletes by helping them balance sport with their education.



Sunderland College Sports Academy partners:





Find out more:

sportsacademies@sunderlandcollege.ac.uk

sunderlandcollege.ac.uk

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information