



*Peponi School*

# Talented Athlete Programme



# Talented Athlete Programme

*A foreword from the Director of Sport, Mr. Dayne Massey*

It is with great excitement that we introduce Peponi School's Talented Athlete Programme, otherwise known as 'TAP'. This newly designed programme looks to develop various elements of performance and lifestyle, all designed to assist our talented young sportspeople to achieve sporting excellence. Nutrition, mental skills and sport science are key components of this programme along with athletic development and rehabilitation in the pursuit of the highest levels of youth sporting achievement.

Peponi School Sport has a rich history, a powerful present and an exciting future on the African continent and we, as a department, and indeed as a wider community, look forward to witnessing the results of our outstanding young people's commitment to achieving excellence over the coming years.

# Elements of support

Athletic Development

Sport Science & Physiotherapy

Nutritional Support & Education

Mental Skills Education

Performance Reviews





# Athletic Development

Ensuring Physical Challenge &  
Progression

Athletes at Peponi are growing athletes and we recognise that they will experience rapid and regular growth spurts. Our athletic development programme accounts for these challenges. Through recognised movement paradigms, we aim to enhance the physical literacy of our athletes in a way that minimises injury risk, thereby increasing the amount of time they spend participating in sport, as well as improving their athleticism for game performance.

# Sport Science & Physiotherapy

All athletes receive athletic profiling reports throughout the year. These reports illustrate the results of whole-body strength, aerobic and mobility assessments as well as injury-risk and non-invasive physical maturity profiling.

Athletes also complete a regular wellbeing questionnaire which offers the opportunity to express soreness, stress and sleep. Together with their training load diaries, these are used to individualise their day-to-day experience of sport and minimise injury risk.

All sportspeople on TAP have access to a free 20-minute physiotherapy triage delivered by a qualified and experienced practitioner in youth sport. Rehabilitation thereafter can be organised at an extra cost in liaison with the sports department.





# Nutritional Support

All athletes on the Talented Athlete Programme have access to a nutrition programme involving a series of articles, quizzes and seminars specific to the athlete's physical and cognitive development.

As well as this, athletes are also invited to 'Dine & Discuss' lunches twice every half-term, where senior athletes take turns to present a contemporary sporting issue of their choice to their TAP colleagues. Athletes then critically discuss ideas before presenting and debating their discussions amongst the group with the close support of the sports department.



# Mental Skills Education

All athletes have access to a mental skills programme consisting of articles, quizzes and coach-led seminars specific to their stage of cognitive development. Within the programme, they will find an extensive practical discussion of the five ‘C’s; **confidence, commitment, concentration, control** and **communication**.

Athletes are also invited to formal workshops where leadership skills are developed and scrutinised in a safe, communal style amongst a variety of credible internal and external speakers as well as their peers.



A close-up photograph of a swimmer in a blue cap and goggles, splashing in blue water. The swimmer's face is partially obscured by water droplets, and their arms are extended forward. The background is a deep blue, suggesting a pool or ocean.

# Performance Reviews

Performance reviews are delivered in-person and involve a guided process of reflection where athletes are led to identify strengths, weaknesses and gaps in self, and tactical awareness.

Attendance and attitude to development are also discussed in their reviews.

# Athlete Expectations

## What do I need to do to access this?

‘10 things that require zero talent’ : All athletes on the Talented Athlete Programme are held accountable to:

1. Be on time
2. Make an effort
3. Have a strong work ethic
4. High energy
5. Positive body language
6. Show passion
7. Be coachable
8. Be prepared
9. Exemplify good manners
10. Do that little bit extra

Athletes must be prepared to make sacrifices in the pursuit of sporting excellence. This may mean dedicating extra time to training and opportunities to learn and contribute positively to the community and the life of others; it is equally about giving as it is about receiving. School-wide behaviour, attitude and attainment will also be monitored to inform initial and ongoing enrolment on TAP.

Athletes must demonstrate a high level of technical and tactical ability in their sport as determined by their specialist coaches. Scholarship Award holders automatically enrol upon their acceptance of a place at Peponi, whereas non-Award holders can be invited to enrol by their coach at any point in the academic year, from any year group and any sport.



## Typical expected weekly commitments:

1. Any fixtures for your sport or additional technical/tactical training as required
2. Two, weekly gym, and field-based athletic development sessions
3. Any nutrition or mental skills workshops, seminars or webinars
4. Participation in any other organised activity

Some athletes may have many other extra commitments within and out with school; these are recognised and supported but should be shared at the earliest opportunity.





## What happens if I don't adhere to what is expected of me?

We understand that life during your school career will present challenges, and whilst we expect you to uphold the highest standards of yourself and your peers, we recognise that this won't always happen.

This programme is primarily here to support you during your academic endeavours, with the additional support for your sporting aspirations. However, suspension or exclusion from TAP is entirely possible and will be considered on a case-by-case basis with the guidance of all stakeholders.

There is a freely available TAP policy to all athletes which can provide more details where required.



In pursuit of the highest levels  
of youth sporting achievement since

1989

## Get in touch

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### **Sports Scholarships**

please contact the school registrar at:

[registrar@peponischool.org](mailto:registrar@peponischool.org)

### **Talented Athlete Programme**

please contact the Director of Sport at:

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