



PEPONI
SCHOOL

Talented Athlete Programme





Talented Athlete Programme

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

It is with delight to present Peponi's Talented Athlete Programme – known as 'TAP'. Now fully integrated, the programme seeks to develop various elements of the sporting 'performance lifestyle', where various programme features are designed to assist our emerging sporting talents to go on to achieve school sporting excellence in preparation for post-secondary endeavours.

Nutrition and mental skills seminars feature as key elements of the off-field programme, along with athletic development and rehabilitation. Athletes on TAP also have the extra opportunity for one-to-one coaching in addition to their timetabled games afternoons.

Sport at Peponi School has a rich history, a powerful present and an exciting future in East Africa and we, as a wider community, look forward to witnessing the results of our outstanding young people's commitment to achieving sporting excellence in the coming years.

Elements of Support

Athletic Development

Injury Triage & Rehabilitation

Nutrition Seminars

Mental Skills Seminars

Performance Reviews





Athletic Development

Ensuring physical challenge &
maturation-informed 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 and 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.

Injury Triage & Rehabilitation

All athletes on TAP have priority access to a free sports injury triage & rehabilitation session each week as provided by our in-house team of excellent physiotherapists. These take place weekly on varying days to account for the variety of individual competitive programmes.

Further to injury triage & rehabilitation, all athletes have at least two different opportunities in the week to check in with at least two different coaches to share current training status, mood & evolving attitudes towards their commitments, expectations and workloads. These check-ins form an integral part of our wellbeing tracking & reporting programme, which we then use to inform a more individualised programme as necessary.





Nutrition Seminars

All athletes on the Talented Athlete Programme have priority access to a series of nutrition-based seminars delivered in-house and occasionally by external speakers. These seminars consist of lecture-and-discuss based activity, and are suited to the needs of the growing athlete in a busy boarding school like Peponi.

Some example topics could include the link between nutrition and sleep, or nutrition and recovery as well as the concept of hydration, why a 'food first' attitude is vital for the growing athlete and female nutritional needs.

Mental Skills Seminars

All athletes – as well as the school team captains – have access to frequent mental skills seminars, where we have an external qualified & experienced sports psychologist lead our athletes through concepts of goalsetting, managing failure, identifying unhealthy and instilling healthy coping strategies & stress management techniques as well as cohesive attitudes.

This follows our core programme which aims to address and hone in on achieving excellence in the five 'C's: confidence, commitment, concentration, control & communication.



A close-up, high-action photograph of a swimmer in a blue cap and goggles, splashing through the water. The swimmer's face is partially obscured by water droplets and splashes, creating a dynamic and energetic scene. The background is a deep blue, suggesting a pool or open water.

Performance Reviews

Twice every half term, all athletes receive a short report on their commitment, progress and attitude towards their training & competition in sport. This review informs a select element of their pursuit of a performance lifestyle that has gone well, as well as an element that could be even better if they were to re-evaluate and adapt their trajectory.

Athletes are then strongly encouraged to follow up on their report proactively with their coach during their next earliest opportunity to discuss the review in more depth. This is an essential part of developing a performance lifestyle.

Athlete Expectations

What do I need to do to access this?

'10 things that require zero talent'; all TAP athletes are held accountable to a level beyond that of their peers in the following:

- Being on time
- Making an effort
- Having a strong work ethic
- Having high energy
- Upholding positive body language
- Expressing passion
- Being coachable
- Being prepared
- Exemplifying common courtesy
- Doing a 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. At least one weekly gym-based athletic development session
3. Any nutrition or mental skills seminar
4. Any other activity as reasonably requested by the Director of Sport

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





Typical Expected Weekly Commitments

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 foremostly here to support you through your academic endeavours with the additional support for your sporting aspirations. However, temporary dismissal, suspension or expulsion from TAP is entirely possible and will be considered on a case-by-case basis in consultation with the TAP Policy and all relevant stakeholders.

The TAP Policy is available to all athletes, which can provide a greater insight into the nature of TAP where required.



In pursuit of the highest levels
of youth sporting achievement since

1989

Get in touch

Sports Scholarships

please contact the school registrar at:
registrar@peponischool.org

Talented Athlete Programme

please contact the Director of Sport at:
sport@peponischool.org

P.O. Box 236, Northlands Ranch, Ruiru 00232
+(254) 020 354 6456 +(254) 0733 615 139; +(254) 0722 287 248
www.peponischool.org

