



aspiring athlete programme



Former Birkdale student
Barclay Brown playing in
The Open Championship
at St Andrew's in July 2022



Birkdale
School

Supporting the **pathway**
to **elite performance**

Introduction

Birkdale has a broad and diverse history of producing elite and aspiring athletes.

With former pupils forging careers in a variety of sports from Formula 1 to professional Rugby, the Aspiring Athlete Programme (AAP) is designed to develop an in-depth understanding of what it takes to be an elite athlete, providing expert advice on a broad range of sporting topics, while working alongside current elite pathways.

It supports athletes in all areas of their sporting education, while maintaining Birkdale's tradition of academic excellence throughout their time at Birkdale Sixth Form.

Elite Pathways

The Birkdale Sports department has a broad range of experience in different sporting pathways and has worked extensively with a variety of different athletes in a broad range of different sports, from team sports such as rugby, football, hockey and cricket to individual sports such as golf, tennis and athletics.

This experience gives the Sports Department an in-depth understanding of what is required to become an elite athlete.

Plus, as a city of sporting excellence, Sheffield is an ideal location for an AAP, with facilities such as the EIS and Ponds Forge on our doorstep.

Find out more...

If you have questions or would like further details about the Aspiring Athlete Programme, sports scholarships and general admission to Birkdale Sixth Form, please contact our Registrar.



Athlete Support

The AAP is a Monday to Friday programme, offering support alongside current elite performance pathways as well as more in-depth support to aspiring athletes with less access to external programmes.

Athletes are expected to commit to a single period a week, where they will receive individual support as well as discuss any difficulties they may be facing both in terms of their athletic programme and academically.

Helping the athletes manage their time and create a balanced schedule. This single period will also be an opportunity to welcome guest speakers on topics such as:

- Sports Psychology
- Strength and Conditioning
- Injury Prevention
- Preparation for Competition
- Exercise Physiology
- Nutrition
- Media Training
- Leadership
- Health and Wellbeing

Email admissions@birkdalschool.org.uk

Telephone **0114 266 8408**

Website www.birkdalschool.org.uk

Some of Our Successes



Golf

Barclay Brown

Now at Stanford University, USA

"Birkdale were extremely supportive and accommodating to my golf commitments outside of school and provided me with great opportunities to compete at a national level. Teachers would go out of their way to support me when I needed time off and helped me catch up when needed. The sixth form team played an integral part in my successful application to Stanford."



Swimming

Annabelle & Tom Wilkinson

British Summer Nationals

As part of this year's AAP programme, Birkdale are proud to have Annabelle (U6) and Tom (L6) Wilkinson who are both exceptionally talented swimmers. They both competed in the British Summer Nationals with Tom coming 3rd in the 400m IM, as well as making six out of six finals, while Annabelle won the 200m IM as well as 4x100m relay and came 3rd in the 400m IM.



Rugby Union

Phoenix Lauu-Togagae

Now at Hull Kingston Rovers

"Playing rugby at Birkdale has been a key stage in my development of both my physical and mental understanding of the game. In particular I enjoyed the sevens programme as it gave me more space to be creative and unconventional in my playstyle. The coaching has been incredible and I thoroughly appreciate all the department has done for me over the past seven years."