



HERMITAGE ACADEMY
INSTITUTE of SPORT

YOUR FUTURE STARTS HERE

HERMITAGE ACADEMY
INSTITUTE OF SPORT
2021 PROSPECTUS



HERMITAGE
SIXTH FORM



In partnership with

Durham
University

HELLO

Welcome to the Hermitage Academy Institute of Sport (IOS), a brand new initiative within Hermitage Sixth Form that aims to propel young people into their chosen sporting careers.

Sport is a common human pursuit that, whether participant or fan, brings people from all walks of life together across the globe. Given that many of us grow up from an early age with sport in our lives, looking up to sporting heroes or simply getting stuck in with a local team or club, it is little surprise that so many young people grow up with a passion to play and to compete.

At Hermitage IOS, we go beyond traditional A Level or BTEC PE qualifications by curating a carefully selected range of unique and exciting sport-based opportunities and by putting students' chosen sports on a pedestal throughout their time in sixth form.

I'm really excited to launch the IOS this year, where we will help students to nurture their relationship with their chosen sport and offer them the support and expertise they need to mature into the sportsmen and sportswomen they aspire to be.



Tim Hardy
Head of Physical Education

WHAT IS THE IOS?

The Hermitage Academy Institute of Sport is a brand new sporting pathway designed for students who want to develop within a particular sport, with an eye on elite level participation.

Unique to our sixth form, the Institute will support students to truly excel in their chosen sport through a comprehensive and stimulating range of personalised training and mentoring.

If you're interested in joining the Institute, please get in touch to discuss the pathways available to you.

IOS@hermitageacademy.co.uk

WHY CHOOSE US?

At Hermitage Academy IOS we provide students with a platform specifically created to propel their sporting careers. Our programmes are completely unique to each athlete, designed to bring out the best of their ability.

We are so much more than a place to study - we can offer students a wide range of exciting opportunities beyond their usual lessons, including:

Durham University

Students of the Institute will work in partnership with Durham University, receiving six workshops per year in a range of topics including nutrition, sport science and sport psychology.

Elite coaching

Another key component of the Institute is the opportunity to have personalised coaching from an elite sports mentor who will offer specific support tailored to your particular sport and development pathway, including targeted support on training and match day practices.

Strength and conditioning

Students will receive a custom made strength and conditioning programme consisting of two sessions per week to help maximise their potential in their main sport. The sessions will involve analysis and testing and can be created alongside another coach or team.



Two strength and conditioning sessions per week



Option to run school clubs

Run the clubs at a paid rate of £10 per hour



Personalised training programme



An elite coach or mentor in your chosen sport



Leadership or Level 1 certification in a variety of sports

Access to additional strength and conditioning sessions plus **15% discount** membership at 2B Fit Gym C-L-S



Branded bag and kit

Six seminars per year



Partner universities

All students will have the opportunity to visit our partner universities to discuss available courses, view their sporting facilities and meet current sports students. Students will also have the chance to watch the BUCS sporting teams in action!

UNIVERSITY SEMINARS

As part of the institute, students have access to six insightful seminars, delivered at the Academy by industry experts. The seminars form a core part of the Institute's offer and are designed to benefit students in their pursuit of excellence.

The seminars will be ran by professionals who represent a wide range of sport and sport-related disciplines including: sporting careers, university sport ambassadors, physiotherapy, nutrition, psychology, sports science, performance analysis, motivation, and sports business and marketing.



Sports science



Nutrition



Sport psychology



Performance analysis



Physiotherapy



University and sport career guidance



I was lucky enough to secure work experience in the respiratory ward at **University Hospital North Durham.**"



Sarah Heeley

Year 12 student



Sarah is an experienced netball player who represents the Vixens Netball Club on their North Durham and Tyne and Wear (sub) ladies teams.

As well as being a keen player, Sarah also coaches younger members of the club and enjoys umpiring at the North Durham Junior League. She also plays on the North Durham U19s County Academy Squad and will soon be starting as a satellite development coach for the North Durham U14s Squad.

Sarah says she joined the Institute as it will enable her to access an elite netball mentor and provide her with numerous opportunities to meet and work with coaches, businesses, nutritionists and injury and rehab workers to improve her game.

With Sarah keen to go on to study sport at university, the Institute will give her a head start with her application through its strong academic partnerships and many opportunities to engage with a range of sporting faculties that will help set her apart from her peers.

Sarah says:

"I hope to achieve highly within my sport, netball, as well as achieve my grades required for university to study sport.

I am hoping that being part of the Institute will help me apply for scholarships and universities that have a high standard in teaching sporting degrees."

Oliver Barron

Year 12 student



With a passion for football and his sights set on a career in either physiotherapy or sports psychology, Oliver was keen to join the Institute to further his chances in achieving success in both.

Having played for Waldrige and the school football team from Years 7-11, Oliver currently plays for Langley Park Hotspurs in the Russell Foster Under 17 Premier League.

Oliver was particularly drawn to the football training sessions he would be able to access through the Institute, giving him the 1-1 support, expertise and encouragement he needs to take his football to the next level.

With his sports course places confirmed, his agreed pathway will steer him to learn about gym and fitness training, health and nutrition to enhance him and his performance in sport.

Oliver says:

"I am passionate about sport and always looking to develop as an athlete; the Institute will help me to do this.

I also hope to get an insight into how coaches and leaders within sporting fields do their jobs... and do them successfully!"

A black and white photograph of a runner's legs in motion on a track, with other runners blurred in the background. The image is overlaid with blue geometric shapes.

HOW TO

APPLY

We welcome applications from Year 12 students who are currently studying an A level or BTEC sport class at Hermitage Academy.

To apply you must complete a Hermitage Academy Institute of Sport application form including:

- details on your sporting experiences and successes
- your aspirations for academic and sporting support
- what you as an individual would want from the Academy and how you could be supported

If your application is successful you will be invited to a meeting with Mr Hardy and Mr Barron to explore the layers of support you will need and decide on your pathway for the institute.

Download an application form from our website
www.hermitageacademy.co.uk/ios

Please return to IOS@hermitageacademy.co.uk

Fancy a chat?

Deciding which path to take is not always easy which is why we are here to support you in any way we can!

You're welcome to contact our team for advice and guidance about studying with the Institute and the pathways available to you.

IOS@hermitageacademy.co.uk



HERMITAGE ACADEMY

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