

SPORT

ENHANCED PERFORMANCE PATHWAY (EPP) FOR SPORT



AKS Lytham

SPORT

INTRODUCTION FROM THE HEADMASTER

At AKS Lytham, we believe that sport plays a vital role in shaping confident, resilient and well-rounded young people. Our vision is not only to encourage broad participation and enjoyment, but also to create pathways for those with talent and ambition to reach the highest levels of performance.

The Enhanced Performance Pathway (EPP) sits at the heart of this commitment. As part of their sport scholar status, students will engage in a dynamic programme of workshops, seminars and guest speaker events, covering areas such as athletic development, psychology, leadership, nutrition and injury management.

These experiences are designed to challenge, inspire and prepare our young athletes for success both in sport and in life.

The EPP reflects our wider mission: to enable students to pursue their passion, achieve their ambition and change their world.

I am delighted to welcome our scholars onto this exciting journey.

David Harrow, Headmaster



DIRECTOR OF SPORT



As Director of Sport at AKS, I am proud to introduce the Enhanced Performance Pathway (EPP), an initiative designed to raise sporting

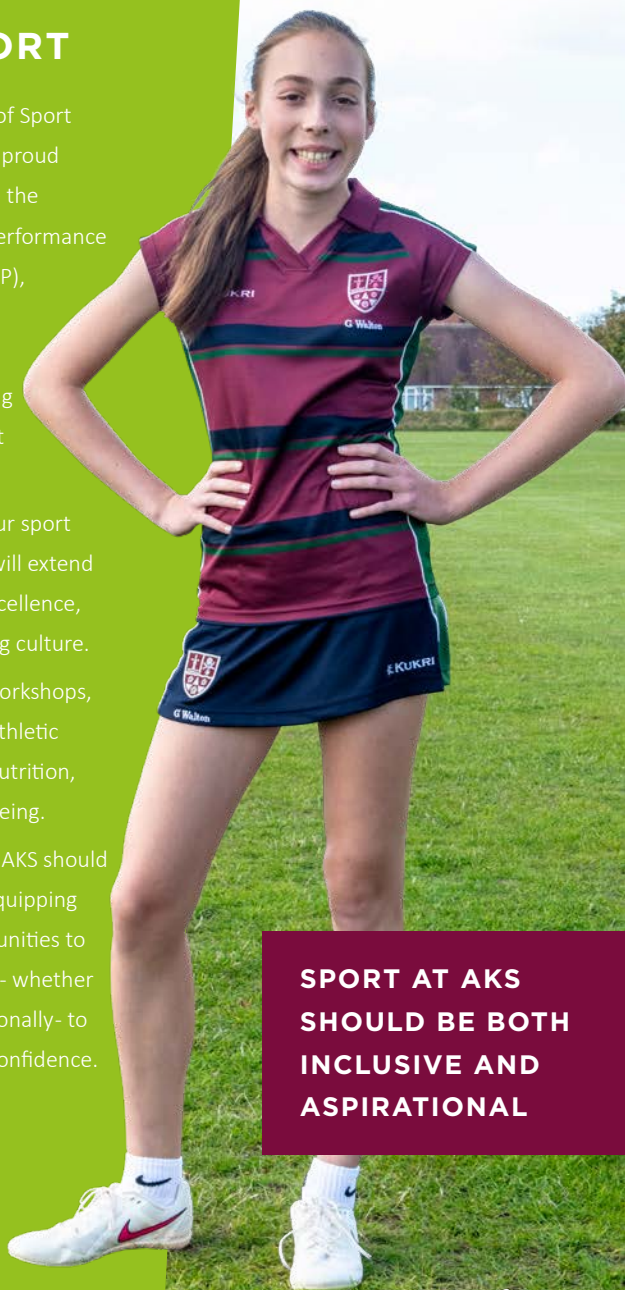
standards and nurture the development of our students.

Whilst providing targeted support for our sport scholars in Years 7-13, the EPP's reach will extend across the whole school, embedding excellence, resilience and ambition into our sporting culture.

The programme offers a rich blend of workshops, seminars and guest speakers covering athletic development, leadership, psychology, nutrition, recovery, injury management and wellbeing.

The EPP reflects our belief that sport at AKS should be both inclusive and aspirational. By equipping students with tools to excel and opportunities to grow, we aim to inspire every individual- whether competing nationally or improving personally- to achieve their potential with pride and confidence.

Richard Chadwick, Director of Sport



**SPORT AT AKS
SHOULD BE BOTH
INCLUSIVE AND
ASPIRATIONAL**

OUR VISION, MISSION AND STRATEGY

The Enhanced Performance Pathway is part of a wider sporting philosophy at AKS which is built on four pillars: **Participation, Engagement, Aspiration and Performance**. Together, these define our vision for sport and underpin every aspect of our provision.

Our vision is clear: to enhance and develop the provision of sport at AKS to ensure, not only participation and engagement for all, but also to maximise performance and enable students to fulfil their potential and achieve their aspirations.

Our mission is to place AKS as the school of choice for sport in the local area, while also increasing our visibility and influence at regional and national level. We are committed to creating an environment in which every student can find enjoyment, engagement and achievement in sport, regardless of their starting point.

The EPP is central to delivering this mission. It offers scholars not only specialist training and knowledge, but also the opportunity to develop the elite mindset: habits of discipline, resilience and commitment that top performers in every field share.

We remind our students that while only a small percentage may go on to become professional athletes, 100% will gain something powerful from this journey.



THE ENHANCED PERFORMANCE PATHWAY IN ACTION

The EPP is more than a programme; it is a pathway of growth and development designed to give our young athletes the skills and experiences needed to excel both on and off the field.

Throughout the year, sport scholars will attend a series of compulsory workshops, seminars and activities, each focused on a key area of performance.

From sessions in athletic development and sport psychology to guidance on leadership, injury management and nutrition, the programme takes a holistic approach that goes beyond physical ability. It is designed to nurture character, build resilience and equip students with lifelong habits of discipline and wellbeing.



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AKS AS THE SCHOOL OF
CHOICE FOR SPORT IN
THE LOCAL AREA

DEVELOPING THE WHOLE STUDENT ATHLETE

The EPP comprises a variety of elements which focus on different aspects of the mind and body to support peak performance, a healthy life and a lifelong love for sport and physical activity. The training and mentoring sessions will take place on-site and the speaker programme includes in-person and virtual presentations.

Sessions include Being a Good Teammate, Sports Nutrition, Sports Injury Management, The Multisport Approach and Girls in Sport. Each session will appear on students' personal timetables through SOCS and attendance will be carefully recorded as part of their commitment to the scholarship programme.

Importantly, the EPP also develops transferable skills- leadership, teamwork, time management and handling pressure- that are valued in every career and walk of life.

By being part of this pathway, students are already ahead: they are in the top tier of commitment and potential, preparing not just for sport, but for life.

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AREAS COVERED AS PART OF DEVELOPING THE STUDENT ATHLETE

Expert Speakers

Leading voices from the world of sport who share invaluable insights, experiences and lessons from elite performance environments.

Nutrition

Gaining practical knowledge on how to fuel their bodies for training, recovery and competition, with a focus on long-term health and performance.

Athletic Development

Supporting the physical growth and technical refinement of each athlete through structured training, skill progression and performance monitoring.

Recovery

Emphasising the importance of rest, regeneration and recovery strategies to help athletes maintain peak performance and reduce injury risk.

Leadership

Empowering students to become confident, responsible leaders- on and off the field- through opportunities to develop communication, teamwork and decision-making skills.

Injury Management

Educating and supporting students to learn how to prevent, respond to and rehabilitate injuries effectively, ensuring a safe return to sport.

Psychology

Mastering their mindset with expert guidance on focus, motivation, resilience and coping strategies for high-pressure situations.

Wellbeing

The programme promotes a balanced lifestyle, encouraging students to prioritise mental health, emotional wellbeing and sustainable habits for academic and lifelong success.

We will also partner with leading sports institutions to strengthen and deliver these areas. For example, our collaboration with the University of Central Lancashire's Performance and Rehabilitation Medicine department will give students access to a clinical, multi-disciplinary team of physiotherapists and exercise physiologists. This team specialises in Sports Medicine,

Musculoskeletal Management, and Exercise Prescription, providing expert support to enhance both performance and long-term wellbeing.



GUEST SPEAKERS

Students and their parents will have the opportunity to hear from a variety of speakers as they progress through the school. Here is an illustration of the diversity and expertise we are looking forward to.



**RICHARD
SHORTER**

(The Non-Perfect Dad)

Richard Shorter, known to many as The Non-Perfect Dad, brings two decades of experience supporting families, schools and sporting organisations to work more effectively together for the benefit of young people.

As a father of three lively children, Richard speaks honestly about the challenges of parenting, while sharing practical ways to use the opportunities sport provides to build character, resilience and success both on and off the field. He has delivered parent engagement strategies, workshops and coach development programmes for national governing bodies including England Rugby, England Hockey and the ECB, as well as leading professional clubs such as Saracens, Newcastle Falcons and Somerset County Cricket.

His work also extends to top independent schools including Millfield and Trinity Croydon. Richard's background spans 20 years in youth work, parenting support, teaching, public speaking and coaching. He is widely respected for his ability to tackle tough issues with honesty and humour, helping parents and coaches navigate the pressures of high-performance sport without judgement. Passionate, engaging and always real, Richard inspires audiences to think differently about success, failure and the role of parents and coaches in shaping the next generation.



NATHAN NORRIS

Nathan Norris is the lead strength and conditioning coach at the University of Manchester. With over 15 years in the field of strength and conditioning.

Nathan has experience working with athletes competing for Great Britain in their sport at the Olympic and Paralympic Games, Commonwealth Games, World Championships, World University Games and European Championships.

In his daily role he is responsible for leading Strength and Conditioning services to the University's Performance Teams, Sport Scholars, Talented Athlete Scholarship Scheme (TASS) athletes.

Along with supporting the athletic development of several professional clubs and athletes in the region. Nathan is the Strength and Conditioning Coach for the England Rugby U18 Women's Player Development Group of Cheshire, Staffordshire and Lancashire.

COMPETITIVE SPORT

Inter-school, competitive fixtures are played across the entire school year, including Saturday fixtures that are primarily dedicated to boys' rugby, football, cricket and athletics and girls' hockey, netball, cricket and athletics.



COMMITMENT, EXPECTATIONS AND FUTURE PATHWAYS

The Enhanced Performance Pathway is built on a shared commitment: from the school to provide opportunity, from the students to engage fully and from the parents to support their children on the journey.

For our scholars, this means attending all assigned sessions, approaching them with enthusiasm and dedication and embodying the values of teamwork, resilience and ambition. For parents, it means encouraging consistent engagement, supporting a balanced lifestyle and partnering with the school to help every child thrive.

The EPP also plays a vital role in our wider sport strategy. Alongside scholarships, communication, monitoring and review, it forms one of the key strategic priorities for the year head, ensuring that our provision is both high-quality and forward-looking. By tracking progress, reviewing impact and celebrating achievement, we will continue to refine the pathway and ensure it remains at the forefront of school sport.

Above all, the EPP emphasises that the journey itself is the reward.

The friendships, experiences and growth students gain through this pathway will last a lifetime, regardless of whether they reach professional levels.

For further details, please contact
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**To see AKS
PE and Sport
in action,
scan here**



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U13 A & B

LANCASHIRE CHAMPIONS

29 LANCASHIRE COUNTY HOCKEY REPRESENTATIVES (GIRLS AND BOYS)

5 MEMBERS OF THE NATIONAL TALENT ACADEMY

U15 ISFA CUP

5 ACADEMY PLAYERS

U11 BOYS FOOTBALL COUNTY WINNERS



161 GOALS SCORED



NATIONAL, EUROPEAN & WORLDWIDE SPORTS TOURS

ARGENTINA, SOUTH AFRICA, MILAN, NOTTINGHAM AND WALES

U13 LANCASHIRE SCHOOL WINNERS

WYRE & FYLDE WINNERS U13/U14/U15

PREP WYRE AND FYLDE WINNERS



30 DIFFERENT SPORTS CLUBS

64 TEAMS



958 TOTAL HOURS PLAYED

6513 MILES TRAVELLED

119 PREP PUPILS HAVE REPRESENTED SCHOOL

635 FIXTURES

29 TOURNAMENTS ENTERED



8 SALE SHARKS ACADEMY PLAYERS

1 INDEPENDENT SCHOOLS' BARBARIANS PLAYER

4 LANCASHIRE U18 PLAYERS

LANCASHIRE CUP U18 WINNERS

RUGBY

7s

1st XI SENIOR CRICKET FESTIVAL CHAMPIONS

WYRE & FYLDE CRICKET CHAMPIONS U13 GIRLS AND UNDER 12 BOYS

NAMED IN THE TOP 100 CRICKET SCHOOLS



1 LANCASHIRE CRICKET PLAYER

105 VENUES VISITED

3 SALE SHARKS DEVELOPMENT PATHWAY PLAYERS

1 NORTH of ENGLAND PLAYER

LANCASHIRE VASE

U16 WINNERS

1729 POINTS SCORED

U18 BIRKENHEAD SHIELD WINNERS

U12 WIRRAL BOWL WINNERS

ST. MARYS CROSBY PLATE WINNERS

U14 BOLTON PLATE WINNERS