



SOTOGRADE INTERNATIONAL SCHOOL
Elite Sports
Programme

2021-2022

Updated June 2021



Jason Floyd
GOLF ACADEMY



SOTOTENNIS
ACADEMY
100% DEDICATED TO EXCELLENCE



An **inspired** school

Elite Sports Programme HANDBOOK 2021



MISSION STATEMENT

As a collective of institutions and experts in our specific fields, we are passionate about providing our student-athletes with the opportunity to be successful in all areas of their life; from sport and education, to character and life skill development, opening up the doors to university opportunities and preparation for life after education.





Elite Sports Programme at Sotogrande International School

STRUCTURED PATHWAY

Sotogrande International School's Elite Sports Programme is a unique, structured pathway, offering a solution to the demands of combining elite sport and education.

Coupling an outstanding international education at Sotogrande International School (SIS) with personalised full-time golf, tennis, polo, swimming or basketball training programmes at the Jason Floyd Golf Academy (JFGA), SotoTennis Academy (STA), Palo Valley, SIS Swimming Academy or the Summit Basketball academy aspiring young sports people are provided with the best possible opportunity to succeed in their chosen field.

Our scholarship agency partners work closely with universities across the U.S and Europe to generate scholarship offers, where available, completing the Student-Athletes' pathway to college.

BESPOKE AND PERSONALISED

SIS and our partnered Sporting Academies offer a bespoke service, providing individualised programmes designed to meet each student's personal needs.

Utilising state of the art technologies and the latest coaching philosophies, student-athletes work with both the Sports Academies and attend SIS, a leading international school, where they complete the educational part of the programme.

The Scholarship Agencies, Tennis Smart and ASM Scholarships, support our student-athletes throughout the whole process, from application profiles/videos, to registration, graduation and life after college.

"Global Recognition for Athletes in Education"

SOTOGRADE INTERNATIONAL SCHOOL

MISSION STATEMENT

We are a learning community, passionate about providing an International Education, which inspires and encourages learning and intercultural understanding. We facilitate self-discovery and the development of unique interests, gifts and talents, whilst promoting service learning as a force for good in the world.



VISION

To provide an academic programme which allows elite sports students the time to pursue their passion, whether it be golf, tennis, swimming, basketball, polo or swimming at the highest level while still achieving academic success. It is our aim to inspire students to realise their full potential as young adults, learners and individuals who can set and attain personal goals.

TEACHING

A small team of well-qualified and experienced teachers nurture and encourage students to embrace opportunities to be the best they can be. Working together, our team ensures every student understands what they need to do in order to succeed academically, giving them the best possible chance of pursuing their future goals.

ACADEMIC PROGRAMMES

FUTURE:, 11 TO 14 YEAR OLDS

International Baccalaureate Middle Years Programme (MYP) years 1 to 3 (US GRADES 6, 7 and 8/UK YEARS 7, 8 & 9)

This is the start of the MYP system for our youngest aspiring sports students. Providing our future stars with the best opportunity to get a step ahead of their competition with the International Baccalaureate Middle Years Programme (MYP).

Students attend SIS between 9am and 4pm (standard school day), and follow the full MYP programme, before leaving to attend their specialist sporting academy after school to develop their sporting skills.



JUNIOR: 14 - 16 YEAR OLDS

International Baccalaureate Middle Years Programme (MYP) years 4 and 5 (US GRADES 9 & 10/UK YEARS 10 & 11)

Taking the combination of sport and education to the next level. Junior students complete the core subjects of the MYP during morning sessions at SIS 9:00am-1:30pm, before leaving to attend their specialist sporting academy in the afternoons. This carefully crafted timetable ensures students have ample time for both academic and sporting education.

Swimmers that train early in the morning and in the early evening, will complete the full MYP curriculum including their elective subjects.

For all other Junior sports students are required to study Mathematics, English, Humanities, Science and a second Language. This will allow them, upon successful completion of the course, to graduate at the end of MYP year 5 and receive the IB Middle Years Certificate.

ELITE: 16 TO 18 YEAR OLDS.

During the final stage of the programme the pathway continues to prepare students in both their academic and sporting passion, we employ a daily schedule that is designed to engage students without compromising their academic studies.

International A Levels - GOLF, TENNIS, POLO and BASKETBALL

Students study towards 3 International A Levels administered by the examination board Pearson Edexcel. Subject choices are:

- Business Studies
- Economics
- Mathematics
- French
- English (All students compete a compulsory English Language course in addition to their International A-levels)

International A-levels are modular with one module be taken in January of year 1, one in May of year 1 and two further modules in the second year of study.

International Baccalaureate Diploma Programme - SWIMMING

Students study towards the IBDP administered by the IBO. A full range of subject choices are available and students select three Higher level subjects and three Standard Level subjects.

ACADEMIC ENTRY REQUIREMENTS: FUTURE - JUNIOR - ELITE Sports students

At Sotogrande International School we are keen to recruit student-athletes who are able to develop both academically and personally within an environment that fosters personalised learning and development.

External applicants will be required to take admissions tests in both English and Mathematics and complete a CAT4 assessment. Applicants for whom English is not their mother tongue will be required to take an English proficiency test if they have not been studying in a school where English is the language of instruction for at least 4 years.



International A-LEVELs ENTRY REQUIREMENTS

Students must be able to demonstrate:

- Satisfactory completion of the equivalent of ten full year courses in Years 10 and 11 (UK equivalent).
- Satisfactory completion of two years of core courses in English, Mathematics, Science and Humanities.
- Final Grade 4 equivalent in both English and Mathematics at GCSE, if completed.

Please note that the International A-level minimum requirements may be flexible for exceptional circumstances.



Boarding

Sotogrande International Boarding House is a warm vibrant community, where the staff are dedicated to caring for, and getting the best out of each individual.

Providing exceptional accommodation, academic support and an outstanding array of extracurricular activities, Sotogrande International Boarding House is an incredibly

rewarding and enriching environment in which our Sports students have the option in which to live, grow and study.



<https://www.sis.ac/boarding-house>

SotoTennis Academy (STA)

STA and What We Believe In

SotoTennis Academy (STA) is one of the leading tennis Academies in Spain. It is led by former British number one doubles player and Grand Slam-level player, Dan Kiernan. The Academy's concept was inspired by Dan's tennis journey, which took him from international-level junior tennis player, to a Division 1 U.S college scholarship, to the heights of Wimbledon's green grass.

The natural ups and downs of this journey inspired STA's philosophy that tennis is the vehicle to success both on and off the court.

The Four Pillars

Demonstrated throughout their four core 'pillars' - Tennis, Academics, Sport Science and Lifestyle - STA has developed a strong team environment that allows student-athletes to take values and learnings from the programme whilst working on the physical, mental, technical and tactical parts of their game with their own team.

Supported by their Lead Coach, STA players develop their own game and mindset identities in line with clear goals that are set and monitored objectively throughout the year. The Academy's Lead Coach Model allows players and their support network to centralise communication of goals, weekly progress reports and leads to a clear direction for each student-athlete.



Individualised Programmes

STA provides a comprehensive programme that caters for all the needs and goals of an individual looking to progress into the elite level of tennis, whilst training and developing in a strong team environment.

We believe Sport Science is part of the key support system to creating resilient and competitive athletes. Our Sport Science team offer fully integrated and individualised programmes, consisting of Strength & Conditioning (S&C), Physiotherapy and Sport Psychology with world-renowned psychologist Dr. Anthony Ross, owner of Mentally Tough Tennis.

STA recognises the importance of healthy mental toughness within its players so that they can develop the key skills for becoming successful, happy competitors in tennis and life.

STA student-athletes come from over 20 different countries and range from regional competition level to professional players who compete at Grand Slam level. The Academy travels to local, national, and international events throughout the year for relevant levels and age groups.

Every student-athlete is their own individual and every person is part of Team Soto!



Jason Floyd Golf Academy

“Our Passion, Your Success”

We understand golf is an amazing tool to educate our students not only in athletic development, but also development of character and etiquette. We believe every student is an individual and requires a programme based around their personal needs. There is no “one size fits all” in golf, we are all different shapes and sizes and have different capabilities, which all need to be catered for. Our Passion, is in the success of our students both on and off the golf course.

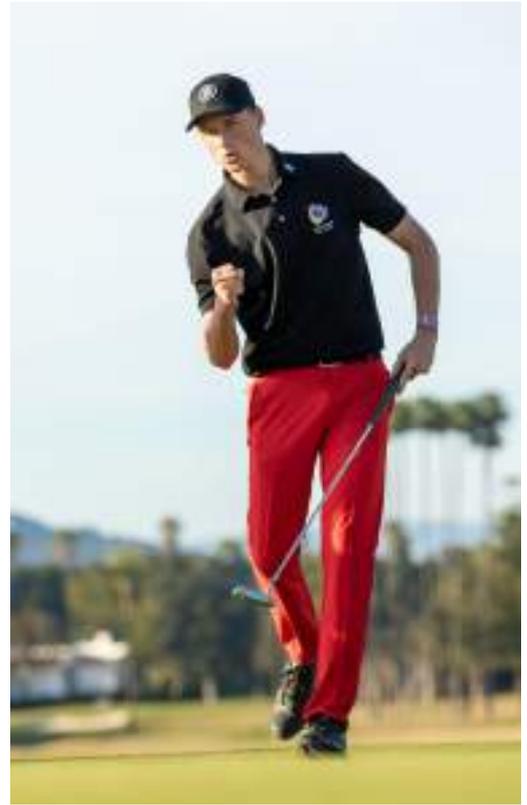
The Process

Using Jason’s experience of working with numerous touring professionals on the PGA and European Tours, we have designed and developed a very ‘boutique’ approach to our philosophies at the JFGA, allowing us to ensure our students receive personalised programmes in the Technical, Physical and Mental aspects specific to their individual game.

We have created a structured platform for our students to learn to work independently and as part of a team, under the watchful eye of a team of experts in their specific fields of Technical, Physical and Mental Performance, all under one roof. We believe constant communication between the coaches in each department is a vital element to our students’ success.

The programmes, the team and the technologies we utilise have all been combined to deliver a purpose built programme focusing on the development of Junior Golf Performance to the highest of world wide standards, providing the perfect platform for success and a pathway to University Scholarships in the USA and/or onto the European and PGA Tours.





Personalisation

Our students' initial "Body Swing Link" assessment forms the basis for their personalised programmes. Through a TPI physical screening and a Biomechanical and Video Swing Analysis, we discover the link between the students' Physical and Technical capabilities. Using the collected data, an individualised, and synced Physical and Technical Programme is devised, using the facts as opposed to a coaches personal philosophies and preference in swing styles. The same process is completed for all aspects of the game from Long Game to Putting.

We understand that the correct use "State of the Art" technologies and bio-feedback tools is essential to ensure our students receive the best opportunity to improve.

We work with technologies such as K-Vest 6 and 3D, Trackman Launch Monitors, BodITrak Forceplates, V1 Video Analysis and SAM Putt Lab on a daily basis, along with being Brand Ambassadors with Titleist Golf, giving us access to all the latest Titleist fitting equipment and Titleist Performance Institute Programmes.

On a weekly basis, the students are educated on the Mental aspects of the game, learning about emotion control, stress management and pressure performance, constantly applying their Technical and Physical Skills in pressurised environments.

To guarantee our students constant competitive rounds of golf all year round, we host our own JFGA Junior Tour, with fortnightly tournaments for the students and other local Juniors to participate in, even during the off-season. With access to numerous amazing golf courses here in the Costa Del Sol, the students are primed and ready to take on their Major Tournaments during their competitive seasons, having been exposed to competition golf for all 12 months of the year.

Our ambition is to leave no stone unturned, giving all of our students the best opportunity for success in golf and in life, whichever path they choose, that we possibly can.

"Our Passion, Your Success"

PoloValley - Sotogrande Polo Academy

The Polo vision

The programme offers the opportunity to combine world-class education with professional training in order to facilitate the dreams of passionate, ambitious and athletic students who wish to become professional polo players. In a niche industry, where there are many unknowns for new families, SPA offers a roadmap and system to provide assurance and confidence that their child will benefit from the global opportunities, jobs, lifestyle and network this sport and community has to offer. All whilst gaining an outstanding international education and understand the importance and discipline of training towards elite level sport from a young age.

The Sotogrande Polo Academy accommodates for the training of both Junior (14-16 years old) and Elite (16-18 years old) Champions for up to four years, with over twenty hours of physical and theoretical polo training provided per week at Polo Valley (Andalusian countryside polo resort at 15 min from SIS) alongside a specially designed academic programme at Sotogrande International School.

Throughout our programme, students will learn a vast range of skills including: how to ride, swing technique, tactics, strategy, strength and fitness, theoretical lessons, HPA rules and umpiring qualifications, horse care, team management, the business of polo, people skills and possibly most importantly – horsemanship.

Our students will also meet and network with people from throughout the polo world during their time with us, receiving invaluable exposure to patrons and other professionals, who will teach them arguably far more than any other sport can teach them about life and character development. Once they are ready to play professionally, Polo Valley will help to connect them with their first job and place them in tournaments for experience – everything is geared towards their success.



Summit Basketball Academy

The success philosophy

Maximizing the capabilities of each student-athlete is at the core of Summit Basketball Academy's philosophy on player development. Training takes place using a variety of facilities on site at SIS including both indoor and outdoor pitches and a fully functioning fitness suite. Training programmes are crafted to fit the specific needs of each player, helping them to develop their minds, bodies, and basketball skills to reach peak performance in combination with the academic side of the programme.

Each student-athlete will a skill and physical evaluation upon enrollment . The information gathered during the evaluation process will be used to create an individualized training programme that will concentrate on all aspects of athletic performance.

Our goal is to continue developing strengths, while improving weaknesses. This will be accomplished through target setting that will be clearly defined. Progress tracking will allow for players to actively participate in their development and see their improvement.

Basketball skill development will happen on a daily-basis and will involve both individual and group components. There will be times during a session where athletes will individually perform different drills specific to their skill set (i.e ball-handling, shooting, scoring), and other times where athletes will be in small or larger groups and work on team offense & defense, read & react, pick & roll, and other game play concepts. Generally, each session will adhere to a predetermined theme.

Strength and conditioning sessions will happen 3-4 times per week and be focused on getting each athlete physically stronger without sacrificing functionality, agility, speed, and athleticism. Calisthenics, weight-training, yoga & pilates, and core strength training are some of the methods that will used during our sessions.



Not just the physical

Mindset training will be as present in all that we do with our athletes from the moment they enroll to the moment they leave. These training techniques and sessions will help athletes perform at their best physically and mentally on and off the court. It will help them to get to know their strengths and weaknesses, how to best navigate failure, and the stresses of competition and everyday life.

Film analysis and breakdowns will be done on a weekly basis. It will be done individually and in a group setting to give athletes the opportunity to grow and learn about their own game as well as different game-play concepts on both sides of the ball.

Thinking about the future

Thanks to great relationships cultivated in the region, athletes will have the opportunity to practice an additional 3 times a week and play on the weekends with one of the many local federated clubs in the area. Which club the athlete will be placed with will be based on their age and skill level.

Scholarship opportunities are available to a few selected student-athletes joining SBA. Each athlete will have to submit a CV outlining their athletic and academic achievements as well as recent video (game) footage and a reference from their coach.

Through its vast network of contacts, Summit Basketball Academy will be able to map out future pathways and help to take advantage of opportunities, and provide expert advice to student-athletes who wish to pursue a post secondary education while playing at a North American College/University (NCAA I/II/III, NAIA, NJCAA, CIS).



SIS Swimming Academy

The Programme structure

The SIS Swimming Academy builds on the school's existing curricular and extra-curricular swimming programmes to develop a high performance pathway which opens up a whole wealth of opportunities for its student-athletes.

SIS already offers Learn to Swim and Junior Squad programmes during term-time as well as Intensive Swim Camps throughout the school holidays. Now, in addition to this, we can offer swimmers an extensive training schedule which will provide twice daily sessions up to 6 days a week. Coupled with the exceptional coaching and specialist facilities available at SIS, this will provide student-athletes with the environment they need to develop and maximise their potential and enable them to succeed at the very highest level.

Academic offering

As a co-educational boarding school in Sotogrande, we are in the unique position of being able to offer a full academic programme alongside high-performance swimming and our student-athletes can benefit from warm-weather training all-year round. Our on-site facilities include a 6 lane 25 metre heated, covered pool and adjacent gymnasium so the transition from training to classroom is only a few steps. Swimmers' nutritional needs are fully catered for with our Cantina and Chiringuito offering a selection of healthy meals and snacks throughout the day. Our younger students (years 7 to 11) can follow a full MYP and our Diploma students have the option of a full IB programme or the IB Courses programme.

Samantha Weaver, Head of the SIS Swimming Academy says: "We are thrilled to now be in a position to take the school to the very highest level of swimming with the launch of our new programme. As we establish ourselves as a national performance centre for swimming in Spain, we look forward to welcoming swimmers from all over the world to take part in our programme."



University Recognition

International A Levels

International A-Levels are recognised universally as a challenging university preparatory course and provide entry to universities across the world. The UK based examination board Pearson Edexcel is our chosen provider for International A levels.

IB Diploma Programme

Our Swimming academy offers the opportunity for students to complete the IB Diploma Programme which is considered one of the benchmark courses in University preparation.

Spanish Universities

Official courses offered by Spanish State universities are usually studied in Spanish and some Autonomous Communities may request that non-Spanish students sit Spanish language university entrance examinations.

English Language of instruction Universities

Universities offering courses in English may also require evidence of English language proficiency through an English language test. This is particularly true of the UK and United States and students for whom English is not their first language may be required to achieve a minimum level in IELTS or TOEFL tests of 6.0.

University Scholarship Support

TENNIS SMART

Player Transition Programme

Tennis Smart are driven by a desire to help young student-athletes and are committed to broadening the scope of opportunities and possibilities for these individuals by helping to place them into colleges/universities with tennis scholarships.

The Player Transition Programme offers a strategic link between student-athlete, parent, STA coach and college/university coaches and supports the individual throughout their entire journey to college/university and beyond.

The Pathway

Tennis Smart provide help to all regardless of standard, working with attainable goals and providing ongoing support. Academic timelines are set in place alongside tournament schedules and maximisation of the student-athlete's recruitment bio.

Peace of Mind

Clear, honest advice is given as well as 24/7 support provided to all student-athletes with affordable pricing and flexible payment timelines.

Circle of Care

As well as providing a link between student-athletes, parents, current coaches and college/university coaches, Tennis Smart uses former college players as mentors for applicants, providing a positive cycle of success. Student-athletes are then supported after graduation with job placement and/or Pro Tour transition.

ASM Scholarships

At ASM Scholarships, we understand how challenging the process of searching and applying for College scholarships can be. So, we built a team of former University Coaches and Athletes with the knowledge and experience of what it takes to play golf at the collegiate level in the USA to best mentor student athletes from around the world for success in academics and in sports.

Partnered with professional athletes like Ernie Els, Johan Kriek and Roland Schoeman, our aim is provide professional support and advice to student athletes around the world in their academic and sporting endeavours. We prepare, evaluate, game plan and vet each aspiring golf student athlete academically and athletically to best fit them with the perfect Universities across North America.

Our aim is to successfully prepare and then match athletes from around the world with American Coaches and Universities. With over 4000 success stories and connections with nearly every University in America, we will use our experience as professional athletes, coaches and students to find the right University for your family!

For further information please feel free to contact us at school to arrange a call via Zoom or a visit to discuss the academic programme and admissions process.

We look forward to hearing from you soon





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