

24 September 2026

Dear Students, Parents and Carers

Parmiter's School Athlete Development Programme 2026-2027 (Current Years 8 to 10)

We are excited to invite applications for Parmiter's School Athlete Development Programme (ADP) for the academic year 2026-2027, a unique opportunity for ambitious student-athletes who are committed to excelling both in their sports and in the classroom. The programme has been in place for four years and we are re-launching again this academic year, in order to continue to develop the provision to include a more holistic approach to performance. All current members of the ADP are expected to apply.

The programme will be delivered in partnership with the Movement in Motion Clinic, The Den Gym and Rebourne Health & Fitness providing expert coaching, specialist support and access to high-quality training facilities. It is designed for students competing at a high level, who are ready to further their development and performance.

What the Programme Includes:

- Two weekly strength and conditioning (S&C) sessions, one after school led by an external coach from The Den Gym and the other at lunchtime in-house by the PE Department.
- Personalised training programmes by The Den Gym.
- A sports performance t-shirt that can be worn for ADP sessions.
- A series of six after school workshops (one per half term with Movement in Motion) on topics such as sports psychology, recovery, nutrition and performance mindset.
- Three after school sessions (one per term hosted by Rebourne Health & Fitness) to take part in structured strength & conditioning sessions led by their expert coaches.
- Additional workshops run by a speed, agility and strength coach.
- One-to-one mentoring, tracking of key fitness metrics and termly performance reviews.
- A visit to the Den Gym to use their facilities.

Additional Benefits:

- Discounted sports therapy services at the Movement in Motion Clinic, Apsley.
- A personalised nutrition review at Apsley Wellness Centre.

The cost of the programme is **£100 per student for the academic year**, which includes all of the above. Payment will be due upon successful application.

Commitment Expectations:

Students accepted onto the Athlete Development Programme are expected to commit fully for the entire academic year. This includes regular attendance at S&C sessions, active participation in workshops and engagement with mentoring opportunities. Students will need to ensure they fully commit to their sport by attending practices and representing Parmiter's in fixtures and events. They will also be required to demonstrate exemplary behaviour around school.

Please note: Failure to attend sessions or engage with the programme, without valid reason, may result in removal from the programme and no refund will be issued.

Headteacher: Mr A Smith NPQH, MPhil (Cantab), FCCT, FRSA

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We are looking for students who:

- Compete at district, county, regional, or national level in their sport or have the potential.
- Show a strong work ethic, commitment and resilience in and around the PE Department.
- Are motivated to develop both athletically and personally.

How to Apply:

Please complete and submit the Athlete Development Programme application form, available [here](#), by **Friday 9 October 2026**. Please note, places will be offered the following week commencing Monday 12 October, with the launch date being Monday 19 October 2026.

If you have any questions or would like further information, please email b.peters@parmiters.herts.sch.uk or students can see me in school. For those who are selected for the programme, further information and details will be shared in the week commencing Monday 12 October.

We look forward to supporting your journey as a student athlete.

Yours sincerely



Mr B Peters
PE Teacher