



## **The Junior and Senior School Sports School**

**Information for TJSS Elite Student Athletes**

**2023-2024**



## **Introduction**

The TJSS Elite Athletes Programme offers an exciting new dimension to sports schools in Cyprus, providing an innovative and balanced curriculum that puts equal emphasis on both fitness and sports skills, as well as academics and pastoral care in the nurturing, supportive environment our school is known for.

The Programme is fully accredited by the Ministry of Education. In addition, elite athletes who participate in the programme and study towards three A levels will be eligible to receive an Apolyterion.

## **Our Mission and Vision**

- To facilitate a healthy, leadership culture of sports and fitness excellence that is student-centric at its core across the school.
- To develop exceptional young individuals through the positive and transformative life experiences that systematic training and healthy competition can provide.
- To contribute to creating a safe, respectful, and supportive environment within our school that attracts more boys and girls to engage in the many opportunities that exist within healthy competition in any aspect of education (i.e., academics, fine arts, sport).
- To support every student athlete in his or her pursuit of becoming and remaining a champion in their chosen sport, while maintaining a high academic level of attainment.
- To further develop commitment to sportsmanship and fair play.

## Tennis

### Aims:

1. To provide training for active student athletes registered in the Cyprus Tennis Federation (K.O.A.) following the programme of the group/team to which each athlete belongs with the full cooperation of the Head Coach.
2. To provide training for student athletes aspiring to become members of a group/team and register with the Cyprus Tennis Federation (K.O.A.)
3. To train for international and Pancyprian competitions, competing with the TJSS school team authorized by the Ministry of Education, Culture, Youth and Sports.
4. To have access to apply for sports scholarships to universities in the USA and internationally.

### Coaching:

The TJSS Elite Athletes' Programme in close partnership with Dimitris Herodotou has developed a highly specialized Train-Within-the school (TWS) program for selected student-athletes.



Demetris Herodotou is the President of the Cyprus Tennis Association, the Captain of the Davis Cup and a coach of multiple professional players TOP 450 ATP and junior players TOP 20 ITF. As a former student athlete throughout his own secondary and university education, he has also been voted as Coach of the Year numerous times and is a qualified ITF Level 1&2 coach.

Andreas Georgiades is our second coach. Qualified at ITF Level (1), he has extensive coaching experience with performance players, accompanying them to international competitions (Tennis Europe and ITF Junior tournaments). Also, once a student athlete, he competed as a member of the national team and the Davis Cup.



## Admission Criteria

The TJSS Elite Athletes Programme is fully accredited by the Ministry of Education, Culture, Youth and Sports. Eligible candidates to be admitted are student athletes who:

- a. compete competitively in an Olympic sport/sport, under the auspices of recognised Olympic Sports Federations.
- b. participate in competitive activities in sports clubs or groups, which belong to National Sports Federations (certification by an official Association / Federation required).
- c. compete in Individual sports ranking 1st, 2nd, 3rd nationally in Federation's rankings and the National Development Sports Support Plan (ESYAA). For sports in which championships / matches are organised abroad, only the ranking position in the National Championship is considered.
- d. Team sports (e.g., doubles, relay races, etc.) are not evaluated.

**Please note:** Individual ranking in federation and national sports will not be considered the only evidence. The school will assess each case individually and display careful consideration for each student with sports talent, expressing an interest in joining. Coaches and sports professionals collaborating with the school will be liaising with the Director of Sports on this matter.



## Tennis

### **Y7/Y8/Y9**

- Students must be holders of a valid Health Certificate issued by Cyprus Sports Organization (KOA).
- Students must be active by being holders of the Cyprus Tennis Federation Identification Card.
- Students should participate in at least six (6) Pancyprian Tournaments per year as those indicated in the official Cyprus Tennis Federation Annual Calendar.
- **Male Students in Year 7** should achieve a ranking in the top 15 athletes of their age (for example U12 for the year 2023 will be the students born in 2011/12 yrs. and in 2012/11yrs) of the Cyprus Tennis Federation by the end of May of each academic year.
- **Female Students in Year 7** should achieve a ranking in the top 12 athletes of their age (for example U12 for the year 2023 will be the students born in 2011/12yrs and in 2012/11yrs) of the Cyprus Tennis Federation by the end of May of each academic year.
- **Y8:** Rankings of U14 (to be in the top 15 ranked players of the players born in 2010)
- **Y9:** Rankings of U14 (to be in the top 15 ranked players of the players born in 2009)
- Both Male and female Students should ensure that they are practising at least eight (8) additional hours per week besides the hours offered during the sports School.
- If an existing Sports School student is found not to meet the required criteria at the end of May of the academic year, he/she will be given the option of one-year amnesty in order to be able to register for the next year for the sports school if of course he/she wants to. However, if this occurs for a second year in a row then he/she will not be able to register for the sports School for the following year.

## **Football:**

### **Aims:**

1. To provide training for active student athletes registered in the Cyprus Federation (K.O.A.) following the programme of the group/team to which each athlete belongs with the full cooperation of the Head Coach.
2. To provide training for student athletes aspiring to become members of a group/team and register with the Cyprus Football Federation (K.O.A.)
3. To train for international and Pancyprian competitions, competing with the TJSS school team authorized by the Ministry of Education, Culture, Youth and Sports.
4. To have access to apply for sports scholarships to universities in the USA and internationally.

### **Coaching:**

The TJSS Elite Athletes' Programme in close partnership with Constantinos Charalambides has developed a highly specialized Train-Within-the school (TWS) program for selected student-athletes.



*“Constantinos Charalambides is a former player playing football for almost 20 years as a professional. He won 18 trophies and participated 6 times in European competitions of Champions League and Europa League. He was voted the Best Cypriot Player several times and the Athlete of the Year in 2011 in Cyprus. He worked for the Cyprus National teams for 4 years, firstly as an Assistant Coach for the Men’s Team and later as the Head Coach of the U17s. His educational background includes a bachelor's degree in Sports Management and a Master's in the UEFA MIP. He holds the UEFA PRO license, which is the highest in coaching diplomas. For the last two years, he has been working for the UEFA as a Technical Observer analyzing and reporting UEL & UECL matches.”*

### **Admission Criteria**

The TJSS Elite Athletes Programme is fully accredited by the Ministry of Education, Youth and Sports. Eligible candidates to be admitted are student athletes who:

However, the final selection is based on availability, which the school designates.

- 1.** Competitive activity in an Olympic sport/competition, cultivated by recognized Olympic Sports Federations.
- 2.** Competitive activity in sports clubs or groups, played in sports Federations (certification from an official club/federation).

In case of more people meet the criteria for inclusion in the Sports Departments than the available places, the following will be considered:

- a. Participations in the National Team.
- b. Committee Evaluation.
- c. Academics grade.
- d. Group position

## Y7/Y8/Y9

- Students must be holders of a valid Health Certificate issued by Cyprus Sports Organization (KOA).
- Students must be active by being holders of the Cyprus Federation Identification Card.
- Students should ensure that they are practising at least eight (8) additional hours per week besides the hours offered during the sports School.
- If an existing Sports School student is found not to meet the required criteria at the end of May of the academic year, he/she will be given the option of one-year amnesty in order to be able to register for the next year for the sports school if of course he/she wants to. However, if this occurs for a second year in a row then he/she will not be able to register for the sports School for the following year.
- Students with talent and interest in football, both boys and girls, will be considered as eligible candidates.

### Basic Sports Technique

Control – ball control

Pass

Dribble

Shoot

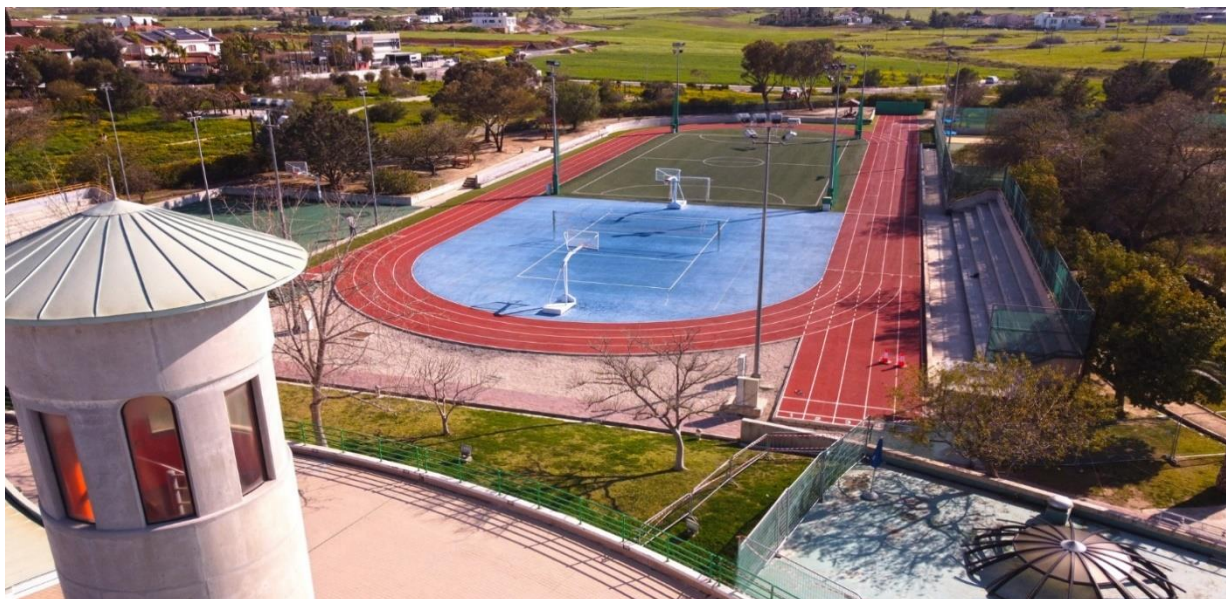
Head

Competitive profile through gameplay

Goalkeeper technical skills check

**Please note:** The school will assess each case individually and display careful consideration for each student with sports talent, expressing an interest in joining. Coaches and sports professionals collaborating with the school will be liaising with the Director of Sports on this matter.





## Academics - Curriculum

The TJSS Elite Athletes' academic programme follows the same high standards set for all TJSS students. The aim of the programme is to pursue a holistic, well-balanced approach to education and support student athletes on their journey in and beyond sports. Flexibility of class and exam scheduling and requirements are essential for any successful sports programme and TJSS, as a Microsoft Showcase School, has the necessary infrastructure to support student athletes in their learning.

Access to training sessions will be for the time students are present at school for the duration of the school academic calendar.

**Special Consideration:** The Sports School and those running it will be in constant communication with subject teachers as it is essential that the athletes also work to the best of their ability in terms of their academic record. This will be monitored with frequent updates from all subject teachers to monitor the student's academic and sport performance.

## Timetable overview

- Four training sessions per week before joining the school's regular timetable.
- Student – Athletes are integrated in one of the two four form groups each year.
- KS3 Subjects missed: Music, Art, Drama, PE, and PSHE
- For tennis sports all the training sessions will be held at the Senior school campus.
- For football sports the training sessions will be divided as follows: two days we will be using the GSP stadium and the other two we will be using the Senior school campus.

## Indicative Daily Program for an athlete 2023-2024

The daily program will be different for student athletes whose sport can be practiced on site at the school's facilities (Tennis, Football) and student - athletes who will be practicing their sport off site in facilities outside the school (Football).

### Daily schedule for student – athletes on site: Tennis or Football

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7.30-8.45	Training	Training	Training	Training	Registration
8.45-9.05	Changing, showers and breakfast				Lesson 1
9.10-10.05	Lesson 2/ PSHCE	Lesson 2/ PSHCE	Lesson 2	Lesson 2	Lesson 2
10.05-10.25	Break	Break	Break	Break	Break
10.25-11.20	Lesson 3	Lesson 3	Lesson 3	Lesson 3	Lesson 3
11.20-12.15	Lesson 4	Lesson 4	Lesson 4	Lesson 4	Lesson 4
12.15-12.35	Break	Break	Break	Break	Break
12.35-13.30	Lesson 5	Lesson 5	Lesson 5	Lesson 5	Lesson 5
13.30-14.20	Lesson 6	Lesson 6	Lesson 6	Lesson 6	Lesson 6

### Admission process

Student Athletes applying to the sports School need to attend all required training sessions, which according to the professional expert opinion of coaches are four training sessions per week (this has scientific and empirical backing for more efficient results). Students who do not come from Junior School will also be required to pass academic entrance exams. They will also be required to meet the admissions criteria for entry to The Senior School.

- A total of 12 participants for tennis will be allowed to participate, as this is the maximum number the coaches have advised for the following academic year. For football a minimum number of 15 students is required to run the programme.
- The school appoints an Admissions Selection Committee per sport, consisting of the Sports Director, the Sport's respective qualified coach.

### **Ongoing assessment criteria for students**

- To represent the Sports School
- To continue working to the best of their abilities/full commitment and effort
- To follow the rules and regulations of the Senior Sports School
- To be present in academic subjects
- To be a good team player
- To be competitive to a healthy standard
- To be a supporter/player of their school team
- To pass the academic core exams

### **Cost and Considerations**

- The cost for participating in the Elite Athletes Program is EUR 500 for each academic year for all athletes.
- The fee is charged with the Autumn Term fees and non-refundable and non-transferrable should the student wish to leave the Program.
- The fee is not subject to any discounts, and it is charged irrespective of the number of training sessions/ events attended by the student athlete.
- For individual Sports, parents/guardians of the athlete will be responsible for training session travel to and from the venue. In addition, parents will undertake relevant training costs, with access to allowances as listed below.
- Extensions for homework deadlines (where possible), assignments and tests, booster lessons (for core academic subjects where needed) as well as liaising with subject teachers regarding such matters.
- These students will follow a separate timetable offered by the Sport's School, where possible.
- Continuation on the Sport's path, is subject to maintaining high academic standards, following the school code of conduct and relevant policies.

For any further information please contact:

Mrs. Stella Parpotta, Director of Sports: [sparpotta@tjss.ac.cy](mailto:sparpotta@tjss.ac.cy)

Ms. Christina Kkolou [ckkolou@tjss.ac.cy](mailto:ckkolou@tjss.ac.cy)