

8 years



THE  
JUNIOR & SENIOR  
SCHOOL

*Inspiring young people to think & care*

# Sports School

## Information Pack 2025-2026



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# Welcome



I am delighted to welcome you to our **Sports School**. At the Senior School, we value all pursuits that our young people dedicate their time and energy to outside school and are keen to support as far as possible students in their respective sporting fields.

Our philosophy as a school is to ensure a **balance between academics and other extracurricular and sporting interests**. We believe in nurturing the development of **well-rounded and successful students** who will make positive contributions to their communities.

Our **Sports School then is a key component** of that approach as we recognise that some of our students are aiming **to achieve at the highest level of their chosen sport**. In this brochure, I hope you will find everything you need to know in this regard, and we look forward to working with you and your child in the pursuit of **excellence in sport along with outstanding outcomes in academic and personal and social development**.

Warm regards,

**Yiannis Georgiou**  
*Senior School Headteacher*

# Introduction



## Welcome to the Senior School Sports Department!

As the Sports School Coordinator, I am honoured to guide and support our student-athletes on their **journey of excellence-both in sports and academics**. Our mission is clear: to cultivate a dynamic, inspiring, and nurturing environment where every student can thrive.

With a diverse range of sports, including Football, Tennis, and more, we provide **access to top-tier, modern facilities** tailored to the evolving needs of young athletes. Our **holistic approach** goes beyond the game—developing technical, tactical, physical, and mental strengths while fostering teamwork, discipline, and resilience.

Beyond athletics, we are committed to **shaping well-rounded individuals**. Our approach extends beyond the game, integrating educational programs, guest-led insights, and structured recovery plans—including post-workout meals—to ensure our student-athletes perform at their peak in both training and academics.

**Academic excellence remains a key priority.** Our coaches and I work closely with TJSS subject teachers to ensure that student-athletes remain fully engaged in their studies. Through regular updates and close monitoring, we track and support each student's overall academic and athletic progress, reinforcing our commitment to their holistic development.

Together, we are shaping the **champions of tomorrow-on the field, in the classroom, and in life**. Thank you for your trust and support. Let's embark on this exciting journey together!

Warm regards,

**Constantinos Charalambides**  
*Sports School Coordinator*

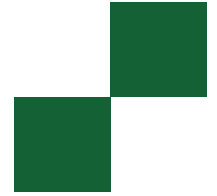


# Table of Contents



<b>Welcome</b>	<b>2</b>
<b>Introduction</b>	<b>3</b>
<b>Table of Contents</b>	<b>4</b>
<b>Vision &amp; Mission</b>	<b>5</b>
<b>Key features</b>	<b>6</b>
<b>Admission/Ongoing Criteria</b>	<b>7</b>
<b>Additional Tennis Criteria</b>	<b>8</b>
<b>Selection Process</b>	<b>9</b>
<b>Timetable - Key Stage 3</b>	<b>10-11</b>
<b>Timetable - Key Stage 4&amp;5</b>	<b>12-13</b>
<b>1. Football</b>	<b>14-15</b>
<b>2. Tennis</b>	<b>16-17</b>
<b>3. Other Sports - Individual Athletes</b>	<b>18</b>
<b>Gym</b>	<b>19</b>
<b>Assessments</b>	<b>20</b>
<b>Injuries &amp; Absences</b>	<b>21</b>
<b>Sport Reports (Football &amp; Tennis)</b>	<b>22</b>
<b>Success Stories</b>	<b>23</b>
<b>Trials / May 7-8</b>	<b>24</b>
<b>Sports School – First Day Monday, September 8</b>	<b>25</b>
<b>Fees &amp; Payments</b>	<b>26</b>
<b>Contact Info</b>	<b>27</b>

# Vision & Mission



## Vision

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Empowering the next generation of athletes to dream big, work hard, and lead with purpose-on the field, in the classroom, and in life.

## Mission

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- 01 Develop Future Champions** – Provide extra training hours and elite coaching to help young athletes reach their full potential.
- 02 Instill Core Values** – Teach discipline, teamwork, resilience, and respect through the power of sports.
- 03 Nurture Holistic Development** – Focus on technical, physical, tactical, mental, and social development for well-rounded individuals.
- 04 Enhance Educational Development** – Offer learning opportunities in sports science, coaching, leadership, and career pathways in sports.
- 05 Prepare for the Future** – Support students in building pathways for professional sports careers or academic success.
- 06 Balance Sports & Academics** – Guide student-athletes to pursue excellence in their respective sports while maintaining a high academic level of attainment.

# Key features



01



## High level Training Facilities

State-of-the-art sports facilities designed to meet the needs of modern athletes, providing the perfect environment for high-performance training and development.

02



## Elite Coaching Staff

Our program is led by top-level, highly qualified coaches who bring professional experience, expert knowledge, and a passion for developing young athletes to their highest potential.

03



## 360° Holistic Approach

A comprehensive training approach that goes beyond athletic performance, focusing on technical, tactical, physical, mental, and personal growth to develop well-rounded, successful athletes.

04



## Gym & Personalized Training

Our renovated gym features cutting-edge equipment and expert coaching for personalized strength training, injury prevention, and effective rehabilitation.

05



## Post-Workout Nutrition

Athletes benefit from eight (8) customized meal plans designed for optimal recovery, injury prevention, and sustained energy, ensuring they are fully prepared for double training sessions.

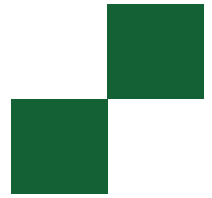
06



## Expert Insights & Scholarships

Expert presentations provide athletes with essential sports knowledge, while scholarship pathway advisory ensures access to academic and athletic opportunities for long-term success.

# Admission/Ongoing Criteria



## 01 Athletic Eligibility

Student-athletes must possess a valid Health Certificate issued by the Cyprus Sports Organization and maintain active membership with documented proof from their respective Sports Federation, ensuring full compliance with national sports regulations.

## 02 Commitment to Training

Student-athletes must demonstrate regular participation in training sessions, and development programs, showing dedication to continuous improvement and high-performance growth.

## 03 Competitive Participation

Student-athletes must regularly compete in official matches or tournaments with a registered club to gain experience and document their training and matches with official records.

## 04 Annual Evaluation

Student-athletes must pass yearly evaluations conducted by coaches to qualify and/or remain in the program, ensuring continuous development and commitment.

## 05 Academic Performance

Student-athletes must balance sports and education, maintaining a minimum of a grade C in all subjects (for KS3 and KS5), and minimum grade C/5 (for KS4).

## 06 Sportsmanship & Discipline

Student-athletes must exemplify sportsmanship, respect, and integrity serving as role models in school. Coaches may enforce detentions or sanctions per school conduct policies.

## 07 Coach-to-Athlete Ratio

Each sport maintains an optimal student-to-coach ratio to ensure personalized guidance, skill development, and effective use of training facilities.

## 08 Ergometric Testing

All Student-athletes must undergo ergometric tests twice per year to monitor physical development and track progress, ensuring a structured development pathway for optimal performance and growth.

## 09 Daily Routine & Discipline

Student-athletes must strictly follow daily schedules and training timetables, maintaining discipline, punctuality, and commitment to balance intense training with academic responsibilities.

## 10 Coaching Authority

Coaches may issue warnings before dismissing students who fail to meet training, academic, or behavioral standards. Persistent violations may result in removal from the program.

# Additional Tennis criteria



## 01 Participation Requirement

Students must be holders of a valid Health Certificate issued by the Cyprus Sports Organization (KOA) and be active by being holders of the Cyprus Tennis Federation Identification Card.

## 02 Year 7 Entry Criteria

New Entries for Year 7 during the Academic Year 2025-26 should achieve a ranking to the top 16 of male athletes and top 12 of female athletes of the Cyprus Tennis Federation U12 Official Rankings by the last week of May of 2025.

## 03 Tournaments participation

Students should participate in at least six (6) Pancyprian Tournaments per year as those indicated in the official Cyprus Tennis Federation Annual Calendar.

## 04 Training Requirement

Both male and female students must ensure that they practice at least eight (8) additional hours per week, in addition to the hours provided by the Sports School.

## 05 Year 7 Male Ranking

Male Students in Year 7 should achieve a ranking in the top 16 athletes of their age. For example U14 for the year 2025 will be the students born in 2012 (13yrs) and in 2011 (14yrs) of the Cyprus Tennis Federation by the last week of May of each academic year.

## 06 Year 7 Female Ranking

Female Students in Year 7 should achieve a ranking in the top 12 athletes of their age. For example U14 for the year 2025 will be the students born in 2012 (13yrs) and in 2011 (14yrs) of the Cyprus Tennis Federation by the last week of May of each academic year.

## 07 Year 8 Male Ranking

Year 8 male: Rankings of U14 (to be in the top 15 ranked players of the players born in 2011).

## 08 Year 8 Female Ranking

Year 8 female: Rankings of U14 (to be in the top 12 ranked players of the players born in 2011).

## 09 Year 9 Male Ranking

Year 9 male: Rankings of U16 (to be in the top 15 ranked players of the players born in 2010).

## 10 Year 9 Female Ranking

Year 9 female: Rankings of U16 (to be in the top 12 ranked players of the players born in 2010).

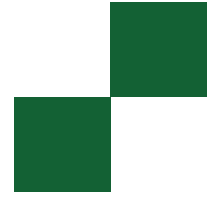
## 11 Year 10 Male Ranking

Year 10 male: Rankings of U16 (to be in the top 15 ranked players of the players born in 2009).

## 12 Year 10 Female Ranking

Year 10 female: Rankings of U16 (to be in the top 12 ranked players of the players born in 2009).

# Selection Process



**Step 1**  
Online  
Application &  
Submission

Student-athletes can apply **between April 1 and April 30** by submitting a [completed application form](#), which includes personal details, contact information, academic history, and sports background. The [trial fee must also be paid by April 30](#).



**Step 2**  
Testing &  
Assessment  
Day

All student-athletes are required to participate in the Testing Day scheduled for **May 07 (for Football)** and **May 08 (for Tennis and Other Sports)**, 2025, during which expert coaches and independent scientific staff will assess their technical and physical skills.



**Step 3**  
Evaluation  
Process &  
Selection

The **evaluation period will last up to one week** following Testing Day, during which coaches will closely assess each athlete's skills, compliance with entry criteria, and potential for integration into the sports school program.



**Step 4**  
Admission  
Results &  
Consultation

Students and parents will be notified of the admission **results by the deadline of May 15, 2025**. Accepted students will have the opportunity to discuss their decision, ask questions, and confirm their enrollment.



**Step 5**  
Fee Payment  
& Final  
Enrollment

Accepted students must complete [the fee payment](#) **between May 15 and the deadline of May 30, 2025**, to secure their place in the program and finalize their enrollment.

# Timetable

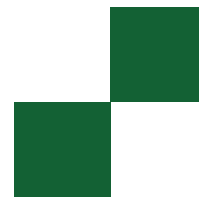
## Key Stage 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Training 07:20-08:20 (60min)	Training 07:20-08:20 (60min)	Training 07:20-08:20 (60min)		Training 07:20-08:20 (60min)
Showers 08:20-08:45 (25min)	Showers 08:20-08:45 (25min)	Showers 08:20-08:45 (25min)	Period 1 08:15-09:05 (50 min)	Showers 08:20-08:45 (25min)
Bus from GSP 08:45-08:50 (5min)	Bus from GSP 08:45-08:50 (5min)	Bus from GSP 08:45-08:50 (5min)		Bus from GSP 08:45-08:50 (5min)
Post Workout Meal 08:50-09:05 (15min)	Post Workout Meal 08:50-09:05 (15min)	Post Workout Meal 08:50-09:05 (15min)		Post Workout Meal 08:50-09:05 (15min)
Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 1 09:05-09:30 (25 min)
Break 09:55-10:15	Break 09:55-10:15	Break 09:55-10:15	Break 09:55-10:15	Period 2 09:30-10:20 (50 min)
Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Break 10:20-10:40
Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 3 10:40-11:30 (50 min)
Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Period 4 11:30-12:20 (50 min)
Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Break 12:20-12:40
Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 5 12:40-13:30 (50 min)
Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Period 6 13:30-14:20 (50 min)
Activities 14:15-15:05 (50 min)	Activities 14:15-15:05 (50 min)	Activities 14:15-15:05 (50 min)	Activities 14:15-15:05 (50 min)	
*The timetable will be confirmed by the beginning of the New Academic Year 2025 - 2026				Activities 14:30-15:20 (50 min)

# Timetable

## Key Stage 3



### Overview

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**01** Student-athletes participate in **four (4) training sessions per week** before joining the school's regular timetable, resulting in them missing the first period.

**02** Each year, student-athletes are placed in **two of the four form groups**, ensuring a balance between academics and training while promoting interaction with a diverse group of peers.

**03** Due to their training schedule, student-athletes miss subjects such as **Music, Art, Drama, PE, and CET**. This structure allows them to focus on their athletic development while maintaining core academic studies. Student-athletes may miss one or both periods of the subjects mentioned above.

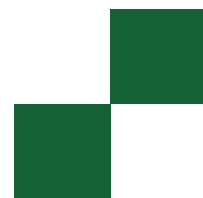
**04** A **structured academic support plan** will ensure Sports School students receive differentiated teaching, access resources via Teams, have monitored progress with parental notifications for missed deadlines, engage in project-based learning, receive supervision from the Sports School Coordinator, and have test scheduling considerations to accommodate training commitments.

**05** Students are **expected to complete assignments or issued work or to catch up** on missed material by coordinating with their teacher for notes assignments and lesson content.

**06** All sports school students are assessed in the subjects they potentially miss due to training (Art, CET, Drama, Music and PE) and receive a **reporting grade** that reflects their progress. To demonstrate their progress, students **must complete assignments** that provide evidence of their learning and which reflect their current performance grade on each termly report.

# Timetable

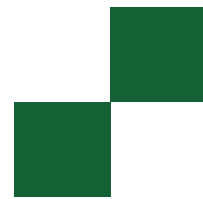
## Key Stage 4&5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Training 07:20-08:20 (60min)		Training 07:20-08:20 (60min)		Training 07:20-08:20 (60min)
Showers 08:20-08:45 (25min)	Period 1 08:15-09:05 (50 min)	Showers 08:20-08:45 (25min)	Period 1 08:15-09:05 (50 min)	Showers 08:20-08:45 (25min)
Bus from GSP 08:45-08:50 (5min)		Bus from GSP 08:45-08:50 (5min)		Bus from GSP 08:45-08:50 (5min)
Post Workout Meal 08:50-09:05 (15min)		Post Workout Meal 08:50-09:05 (15min)		Post Workout Meal 08:50-09:05 (15min)
Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 1 09:05-09:30 (25 min)
Break 09:55-10:15	Break 09:55-10:15	Break 09:55-10:15	Break 09:55-10:15	Period 2 09:30-10:20 (50 min)
Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Break 10:20-10:40
Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 3 10:40-11:30 (50 min)
Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Period 4 11:30-12:20 (50 min)
Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Break 12:20-12:40
Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 5 12:40-13:30 (50 min)
Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Meeting Opportunities 13.55-14:20	Period 6 13:30-14:20 (50 min)
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# Timetable

## Key Stage 4&5

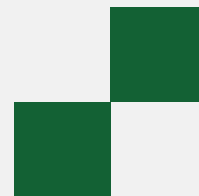


### Overview

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- 01** Student-athletes participate in **three (3) training sessions per week** before joining the school's regular timetable, resulting in them missing the first period.
  
- 02** Sports School participants must take **Exam PE as an I/GCSE option**. Efforts will be made to schedule it during Period 1 on a training day, though this may not be possible due to Timetabling constraints.  
  
A **structured academic support plan** will ensure Sports School students receive differentiated teaching, access resources via Teams, have monitored progress with parental notifications for missed deadlines, utilize study periods (KS5), engage in project-based learning, receive supervision from the Sports School Coordinator, and have test scheduling considerations to accommodate training commitments.
  
- 03**
  
- 04** It is the student-athlete's **responsibility to catch up** on any missed work/lessons that are scheduled during training hours (first period).
  
- 05** The **reporting system remains the same for all students**, irrespective of whether they are sports school students or not.

# 1. Football



## Constantinos Charalambides

Football Head Coach

### Football Background

20 years professional player  
96 caps National Team

### Coaching Experience

6 years  
Cyprus Men (Assistant)  
Cyprus U17  
Freedom24  
Paeek Keryneia

### Qualifications/Education

BSc Sports Management  
UEFA MIP  
UEFA PRO

### Awards/Achievements

18 Trophies winner  
92 caps European Matches  
6 years UCL & UEL  
Athlete of the year 2011



## Stelios Okkarides

Football Assistant Coach

### Football Background

15 years professional player  
36 caps National Team

### Coaching Experience

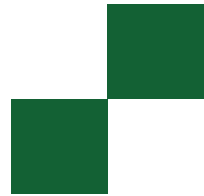
6 years  
Youth U13 - U19  
Valencia C.F. (Director)  
Cyprus U17 (Assistant)  
Freedom24 (Assistant)  
Paeek Keryneia (Assistant)

### Qualifications/Education

ABA Banking Diploma  
UEFA PRO

### Awards/Achievements

6 Trophies winner  
24 caps European Matches



# 1. Football



## Elite Facilities at GSP Stadium

GSP Stadium's state-of-the-art facilities provide the best environment for young athletes to train, stay motivated, and start their day with a top-level session in Cyprus' premier football venue.



## Modern Training Methods

Our coaches follow a structured development pathway, using modern training methods to keep players engaged and motivated. We balance enjoyment with performance, pushing players to reach their full potential in a positive environment.



## Groups by Age & Skill Level

Players are grouped based on age, skill, and experience to ensure targeted development. Boys and girls may train together depending on the type and level of the drill.



## Coaching & Mentorship

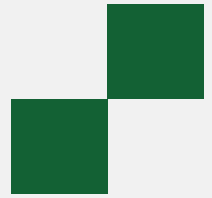
Our coaches take a personal and caring approach, acting as mentors, teachers, and advisors to guide athletes in aligning with the demands of the sport. We maintain open communication with parents to support and enhance each player's development and performance.



## Sportsmanship & Life Values

Through football, we instill core values such as teamwork, discipline, confidence, respect, and fair play. These principles not only shape athletes but also prepare them to grow into responsible, well-rounded individuals in all aspects of life.

# 2. Tennis



## Demetris Herodotou

Tennis Head Coach

### Tennis Education

- ITF Course CHP (ITF Level III)
- ITF Course CAP (ITF Level II)
- ITF Course CBI (ITF Level I)

### Working Experience

- Herodotou Tennis Academy since 2004
- National Coach Men/Women/U18 since 2021

### Awards/Achievements

- President of the Cyprus Coaches Tennis Association, Sep'12 - today
- Davis Cup Captain 2014 & 2016 - Today
- BJK Cup Captain, 2023 - today



## Lena Philippou

Tennis Assistant Coach

### Tennis Background

Training since 8 years old  
University Tennis team

### Coaching Experience

Since 2021 in academies  
Instructor in public schools

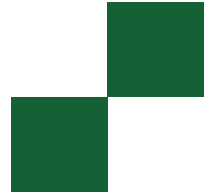
### Qualifications/Education

ΤΕΦΑΑ PE/Sports science  
Master in tennis

### Awards/Achievements

Tournaments participation  
in Cyprus and Greece

# 2. Tennis



01

## Tennis Facilities at School Premises

Our tennis facilities provide the ideal environment for young athletes to train, improve, and stay motivated. With top-level courts at our school premises, players benefit from a professional training setting that fosters growth, discipline, and high-performance development.



02

## Modern Training Methods

Our coaches follow a structured development pathway, using modern training methods to keep players engaged and motivated. We balance enjoyment with performance, pushing players to reach their full potential in a positive environment.



03

## Groups by Age & Skill Level

Players are grouped based on age, skill, and experience to ensure targeted development. Boys and girls may train together depending on the type and level of the drill.



04

## Coaching & Mentorship

Our coaches take a personal and caring approach, acting as mentors, teachers, and advisors to guide athletes in aligning with the demands of the sport. We maintain open communication with parents to support and enhance each player's development and performance.



05

## Sportsmanship & Life Values

Through tennis, we instill core values such as teamwork, discipline, confidence, respect, and fair play. These principles not only shape athletes but also prepare them to grow into responsible, well-rounded individuals in all aspects of life.

# 3. Other Sports

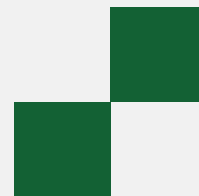
## Individual Athletes



## Key features

- Open to individual athletes training outside the school in sports not offered by the school.
- Families are responsible for additional training and transportation costs.
- Admission is based on school and Ministry of Education eligibility requirements.
- Access to the Elite Athletes' Program timetable.
- Participation in the Strength & Conditioning fitness program.
- Inclusion in workshops, seminars, and events available to student-athletes.
- Individual application assessment required.
- Homework extensions and assignment/test adjustments provided where possible.
- A post-workout meal is mandatory for all student-athletes as part of the Sports School philosophy.

# Gym



## Andreas Prezas

Strength & Conditioning Coach/ Physiotherapist

### Education

BA in Physical Education  
BSc in Physiotherapy

### Experience

S & C Coach since 2007  
Physiotherapist since 2013  
DGSA Instructor since 2020

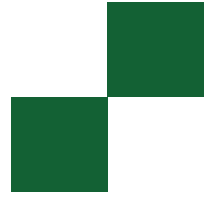
### Professional Development

NSCA Certified Strength  
Conditioning Specialist  
ISSN Sports Nutritionist  
FRS Functional Range  
Conditioning Specialist  
IYCA Fitness Specialist

## Daily Strength & Conditioning Support

Our Strength and Conditioning Coach is available daily at the gym, providing customized programs tailored to each student-athlete's development. Strength and conditioning are crucial at this age for athletic growth, injury prevention, and overall performance. Beyond training, we support athletes during injury recovery, implementing injury prevention protocols that focus on mobility, flexibility, core stability, strength, power, plyometrics, and stretching, ensuring they train safely and effectively.

# Assessments



Conducting evaluations **twice a year** ensures systematic tracking of progress, identifies areas for improvement, and helps tailor training programs for optimal performance.

01



**Anthropometrics**

Tracking height, weight, and body fat percentage provides essential data for monitoring growth, optimizing performance, and tailoring training programs.

02



**Stamina and Endurance**

Evaluating both aerobic and anaerobic capacity helps measure an athlete's endurance for sustained effort and their ability to perform high-intensity bursts, crucial for overall match performance and recovery.

03



**Flexibility**

Measuring flexibility helps evaluate an athlete's range of motion, injury prevention potential, and overall mobility, essential for optimal movement efficiency and performance.

04



**Speed**

Measuring speed through sprint tests and reaction time analysis helps evaluate an athlete's acceleration, maximum velocity, and agility, essential for game-changing movements.

05



**Agility**

Assessing agility through quick-change-of-direction tests measures an athlete's ability to react and move efficiently, essential for performance in dynamic game situations.

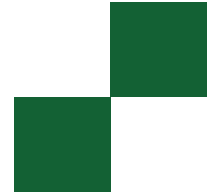
06



**Power**

Assessing power through explosive strength tests measures an athlete's ability to generate force quickly, essential for speed, jumping, and physical contests.

# Injuries & Absences



## Injuries

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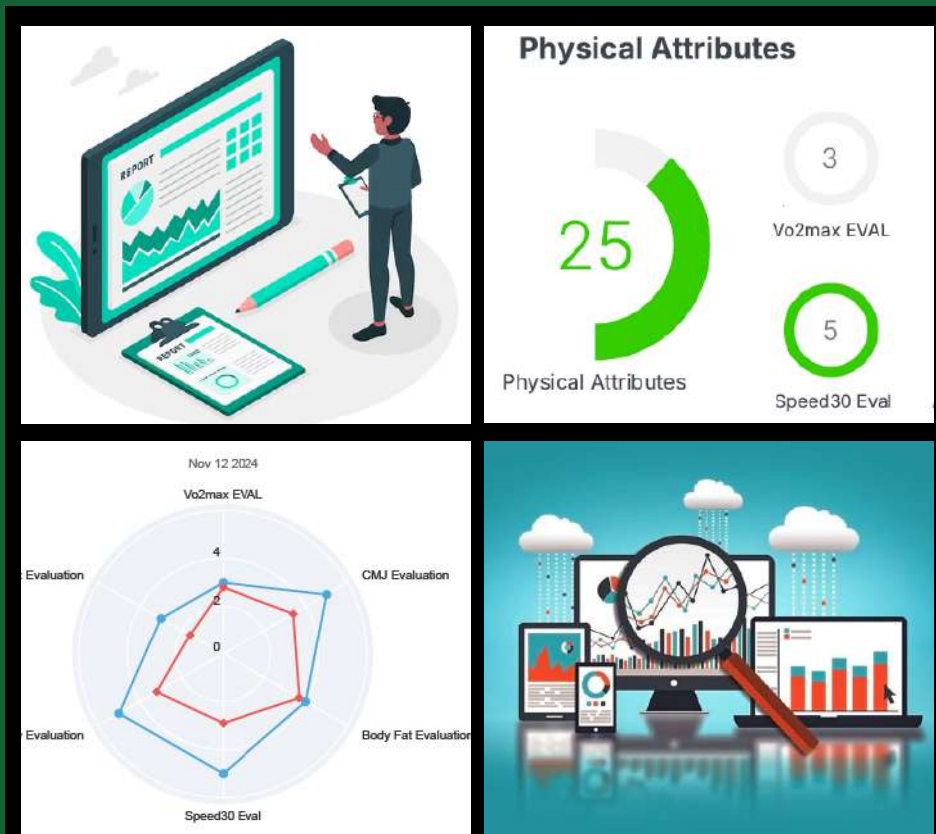
Injured athletes must attend training or the gym for a custom rehab program designed by the coaching staff to ensure proper injury management, recovery, and engagement.

## Absences

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- 01 Mandatory Attendance:** All student-athletes must attend training sessions punctually and regularly.
- 02 Absence Approval:** Absences are only permitted with prior notice and valid justification.
- 03 Injury Protocol:** Any missed training due to injury requires official medical proof.
- 04 Advance Notice:** Athletes must inform the coaching staff before training via email at [ccharalambides@tjss.ac.cy](mailto:ccharalambides@tjss.ac.cy) and at [ss\\_absence@tjss.ac.cy](mailto:ss_absence@tjss.ac.cy).
- 05 Unexcused Absences:** Missing training without approval or valid reason will be recorded as an unexcused absence, affecting selection and participation.
- 06 Program Policy** – Strict adherence to this policy ensures discipline, commitment, and fairness within the program.

# Sport Reports (Football & Tennis)



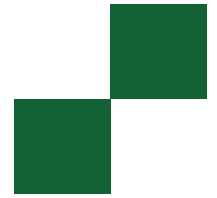
## Key Assessment Areas:

Student-athletes receive a Sports Report twice per year, in addition to their academic reports. This report serves as an essential evaluation tool, providing a customized development pathway based on their strengths and areas for improvement. It is tailored to meet the specific needs of each athlete and ensures a structured approach to their growth.

### Report Sections

- **Coaching** Overview – A summary of progress, key strengths, and focus areas for improvement.
- **Attendance** – Tracking training consistency and commitment levels.
- **Technical** Evaluation – Assessment of fundamental technical skills essential for sports like football and tennis.
- **Tactical** Evaluation – Understanding of game strategy, positioning, and decision-making.
- **Physical** Evaluation – Fitness level, agility, strength, endurance, and overall athletic performance.
- **Mental** Evaluation – Assessment of focus, confidence, resilience, and ability to perform under pressure.
- **Recommendations** – Personalized feedback with targeted areas for improvement and strategies for continued development.

# Success Stories



Students who have demonstrated exceptional progress, overcome challenges, or achieved significant milestones in their sport will be recognized and celebrated.

01



**Pancyprian U14 Doubles**

**Andreas Constantinou** (Year 9), and his partner for winning the Pancyprian U14 Doubles Tennis Championships at Famagusta Club in Limassol!

02



**Best Athlete (Girls) 2024**

**Stephanie Georgiou** (Year 8), has been voted the Best Horse Riding Athlete (Girls) in Cyprus for 2024 by the Cyprus Olympic Committee!

03



**Winner Boys single U14**

**Anastasis Mosaikos** (Year 7), has claimed 1st place in the Famagusta Tennis Club Pancyprian 2024 Grade 1 (Boys Singles U14)!

04



**Two (2) goals scoring**

**Marcos Psindrides** (Year 8), delivered a standout performance for Ethnikos Assias U14, scoring two amazing goals to secure a 4-1 victory over AEL Limassol!

05



**Runner-Up Pancyprian Doubles**

**Antonis Louca** (Year 9), demonstrated exceptional skill and perseverance, finishing as Runner-Up in the prestigious Pancyprian G1 Limassol Sporting Doubles!

06



**Runner-up Doubles U18**

**Anna Bychenko** (Year 10), had an impressive performance with her partner at the Robomarkets Sporting Club Pancyprian G1 Tennis Tournament as Runners-up Doubles Girls U18!



# Trials

## May 7-8

- Re-enrollment in the Sports School program requires submitting an application and participating in trials.
- The [application form](#) must be completed by Friday, April 30, 2025, regardless of participation in the trials.
- Trials include an ergometric fitness test for all sports, with additional technical assessments for football and tennis; other sports require only the fitness test.
- **Football Trials:** Wednesday, May 7, 2025, at GSP Stadium (08:30 - 12:00).
- **Tennis & Other Sports Trials:** Thursday, May 8, 2025, at Senior School tennis courts (08:30 - 10:00).
- A €30 fee covers the fitness test and trials, with payment due via [JCCsmart](#) by May 31, 2025.

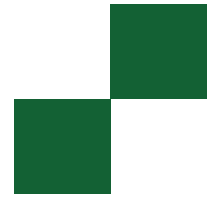


# Sports School – First Day

## Monday, September 8

- Monday, September 8, 2025, marks the first day of the Sports School Academic Year 2025-2026.
- Football athletes must arrive at GSP Stadium by 07:20 for registration, wearing their Sports School uniform and bringing football shoes and proper sports gear.
- Tennis athletes must arrive at Senior School by 07:20 for registration, wearing their Sports School uniform and bringing their racket and appropriate sports shoes.
- Student-athletes in other sports may attend early morning training but must arrive at school by 08:45 at the latest, shower, and change into their school uniform.
- Post-workout meal will be at the canteen between 08:45-09:05, and all students **must be in class by 09:05.**

# Fees & Payments



## Annual Fee

- › **€ 1450** for all student- athletes (Football, Tennis & Individuals)

### **The annual fee includes:**

- Training Fee (Football & Tennis only)
- Transportation (Football only)
- Post-Workout Meal
- Ergometric Tests (twice per year)
- Gym Facilities Usage (anytime access)
- Monthly Presentations by Experts
- Reports (twice per year)

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## Uniforms

- › **€ 100** approximately annually
- Elite athletes in tennis and football must visit Kunstler (10 Evrou Street, Strovolos, Nicosia) to try on and order their uniform.
- The uniform cost must be paid directly to Kunstler.

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## Trials

- › **€ 30** for new comers
- Newcomers must undergo trials for selection into the program.
- A fee is required to participate in the trials.

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## Payments

- €30 trial payment must be made via [JCCsmart](#) by April 30, 2025.
- €1,450 full payment is due via [JCCsmart](#) by May 31, 2025, after confirmation of the athlete's place.
- Fees are non-refundable and non-transferable if the student leaves the program.
- No discounts apply, and the fee remains the same regardless of attendance.

# Contact info



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