



THE
JUNIOR & SENIOR
SCHOOL

Inspiring young people to think & care

Sports School

Information Pack 2026-2027

**Excellence in Education. Excellence in Sport.
Strong Values for Life.**



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Welcome



For more than 80 years, The Junior & Senior School has built a proud tradition of **excellence in academics, sport, and the arts**, encouraging every student to develop their unique talents.

Our Sports School Programme reflects this philosophy by providing an environment where students can pursue their **sporting ambitions while maintaining a strong academic focus**.

A key development of our programme **for September 2026** is the introduction of a **redesigned Sports School timetable**, allowing students to attend all academic lessons while benefiting from **structured morning training**. This ensures that students no longer miss specific lessons/subjects, particularly during important stages such as **IGCSE and A Level/IB**.

This approach makes the **Sports School accessible to a wider group of students**, supporting both

those at the beginning of their journey and those aiming to further develop their performance. Through sport, students build **discipline, resilience, teamwork, and responsibility** - values that support them throughout life.

Warm regards,

James Hind

Senior School Headteacher

“At TJSS, academic excellence and sporting ambition grow together.”

Introduction



Welcome to a new era of the Sports School.

Our programme has been carefully redesigned to solve one of the biggest challenges young athletes face: **balancing high-level sport with academic success.**

From my personal experience as a professional athlete, I strongly believe that **education and sport must go hand in hand.** Too often, students are forced to choose between the two. At the Sports School, this is no longer the case.

Our new timetable ensures that every student-athlete attends **100% of their academic lessons** while benefiting from structured, high-performance morning training. This allows students to develop both **academically and athletically—without compromise.**

The programme is designed to support athletes of different ages and levels, offering a **clear and structured pathway** for long-term development. Through sport, students build discipline, resilience, and the mindset required for success both on and off the field.

Our goal is simple: to provide an environment where every student-athlete can **reach their full potential**—in the classroom, in sport, and in life.

Warm regards,

Constantinos Charalambides

Head of Sports School

“This model allows students of all ages and levels to participate, without missing academic lessons, making the programme accessible beyond high-performance athletes.”



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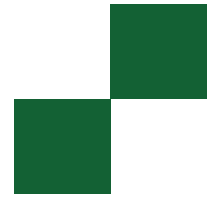
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Vision & Mission



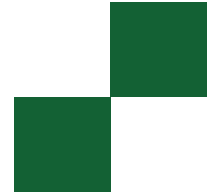
Vision

To create an environment where student-athletes can achieve excellence in both education and sport, developing the skills, character, and discipline required to succeed in life.

Mission

- 01 Develop Future Champions**
Provide high-quality training and expert coaching to help young athletes reach their full sporting potential.
- 02 Maintain Academic Excellence**
Support student-athletes in achieving high academic standards, ensuring education remains a central priority.
- 03 Promote Holistic Development**
Develop the technical, tactical, physical, mental, and social abilities of every athlete.
- 04 Instill Strong Values**
Promote discipline, teamwork, resilience, respect, and responsibility through sport.
- 05 Balance Sport and Education**
Create an environment where training and academic responsibilities work together, supported by our carefully designed timetable.
- 06 Prepare Students for the Future**
Guide student-athletes towards university pathways, professional sport opportunities, and lifelong success.

Key Features



01



High level Training Facilities

Access to modern, professional sports facilities that support high-performance training in a safe and motivating environment.

02



Elite Coaching Staff

Led by highly qualified and experienced coaches, providing structured guidance, mentorship, and individual development.

03



Holistic Development Approach

A 360° development model focusing on technical, tactical, physical, mental, and social growth of each student-athlete.

04



Strength & Conditioning Programme

Access to a fully equipped gym with personalized programmes focused on performance, injury prevention, and rehabilitation.

05



Post-Workout Drink & Athletic Breakfast

Structured nutrition support and recovery meals to ensure optimal performance, recovery, and energy levels.

06



Expert Insights & Scholarships

Workshops, presentations, and guidance on sports science, career pathways, and university opportunities.

The New Era



01



Academic Excellence Without Compromise

Students now attend 100% of their lessons across KS3, KS4, and KS5, ensuring full academic development and strong IGCSE preparation.

02



Perfect Balance: Sport & Education

A redesigned model where high-performance training and academic success go together, without sacrifice in either area.

03



5 Days High-Performance Training Structure

With 5 training days per week, students benefit from consistent development, structured progression, and improved performance.

04



Expanded Basketball as New Sport (Conditional)

We are planning to introduce Basketball, subject to reaching the required number of participants.

05



Smart Transport & Parents Support (Conditional)

We are planning to introduce a school bus service (Junior School pickup point) to support families and make daily logistics easier and more efficient.

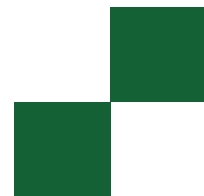
06



Inclusive to All Year Groups & Long-Term Pathway

The programme now supports more age groups (including older students), creating a stable pathway for long-term development and success.

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).

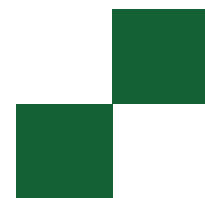
11 Year 10 Male Ranking

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



Admission to the Sports School follows a structured five-step selection process designed to evaluate both athletic ability and commitment to the programme.



Step 1
Online
Application &
Submission

Student-athletes must submit a completed **online application form until May 10**. The form includes personal details, academic information, and sporting background. The **trial participation fee** must also be **paid by May 10**.



Step 2
Testing &
Assessment
Day

All applicants must participate in the Testing Day, where their **technical and physical abilities** will be assessed by qualified coaches and independent scientific staff.

- **Football Trials:** May 12
- **Tennis & Other Sports:** May 13



Step 3
Evaluation
Process &
Selection

Following the trials, the coaching staff will conduct a detailed evaluation of each athlete, considering technical ability, physical performance, compliance with entry criteria, potential for development. This **evaluation period may last up to one week after the Testing Day**.



Step 4
Admission
Results &
Consultation

Student-athletes and parents will be notified of the **final selection results by May 31**. Accepted students will have the opportunity to **confirm their participation** and receive further programme information.

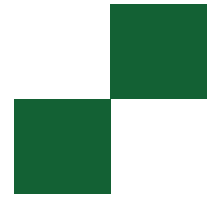






Step 5
Fee Payment
& Final
Enrollment

To secure their place in the Sports School, accepted students must complete the programme fee payment by June 15. Enrollment is confirmed once the **Sports School Programme fee process is completed**.

Daily Training Schedule

Monday - Friday



	 FOOTBALL	 TENNIS	 BASKETBALL	 GYM
	GSP Stadium	Senior School Tennis Courts	VK Performance Studio	Senior School Gym
Training	06:55-07:55	07:00-08:00	06:50-07:50	07:00-08:00

Morning Training – Full Student-Athlete Support System

The redesigned Sports School training model is fully supported to ensure performance, recovery, and daily convenience for every student-athlete, across all year groups.

Flexible Training Approach

- Daily training opportunities (5 days per week)
- Individualized training plans tailored to each student-athlete’s needs and development level

Strength & Conditioning Access

- Daily access to the gym
- Customized programs supporting performance, injury prevention, and long-term development

Transportation Support

- Morning shuttle service from the Junior School (*extra service)
- Post-training transport provided after sessions (included)

Recovery & Nutrition Strategy

- Recovery drink provided immediately after training and before entering Period 1
- Breakfast served during Break 1 in a dedicated canteen area
- Structured 8-meal rotation menu designed to support performance and recovery

Academic Integration & Support

- All student-athletes attend Period 1 lessons as normal
- In case of minor delays:
 - All lesson material is available via Microsoft Teams
 - Supports academic continuity and minimizes learning gaps

1. Football



01

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.



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 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



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.



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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.

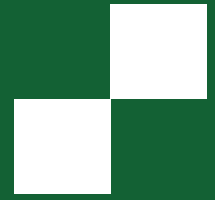
3. Basketball*



Key features

- Open to students interested in structured training and competitive development
- Admission based on school and Ministry of Education criteria
- Training at VK Performance Centre in Latsia
- Parents handle drop-off; transportation provided after training
- Access to Sports School Programme + Strength & Conditioning sessions
- Participation in workshops and athlete development activities
- Mandatory post-training meal for recovery

***Basketball as part of the Sports School Programme runs with a minimum number of participants**



Other Sports

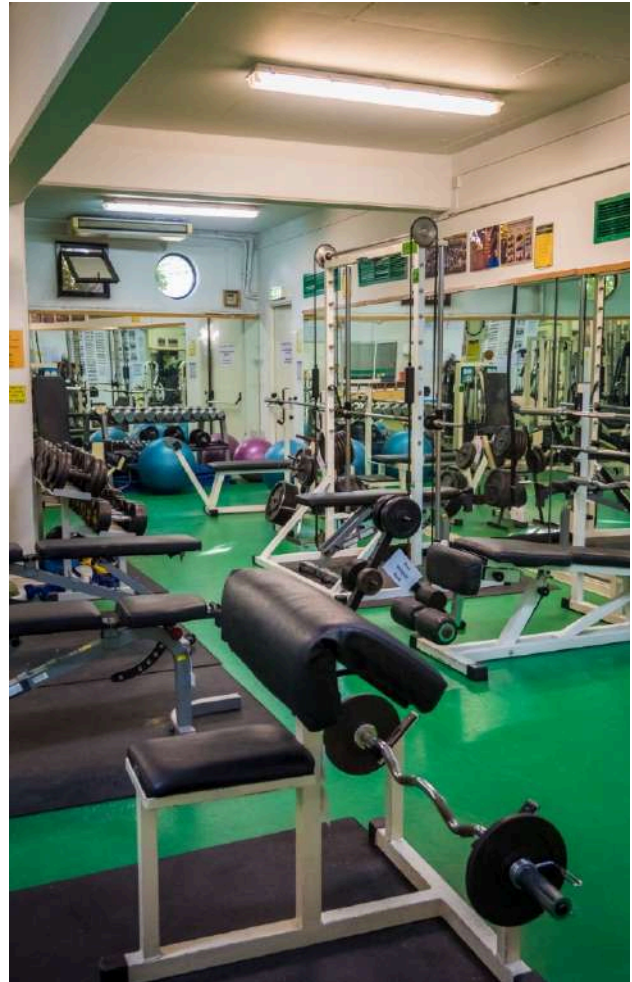
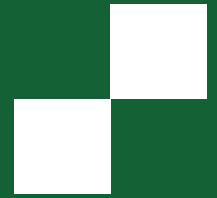
Individual Athletes



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.
- Participation in the Strength & Conditioning fitness programme.
- 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.

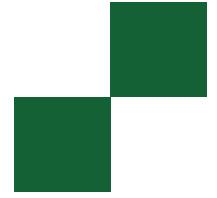
Gym



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.

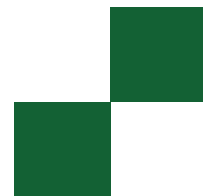
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Power

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

Injuries & Absences



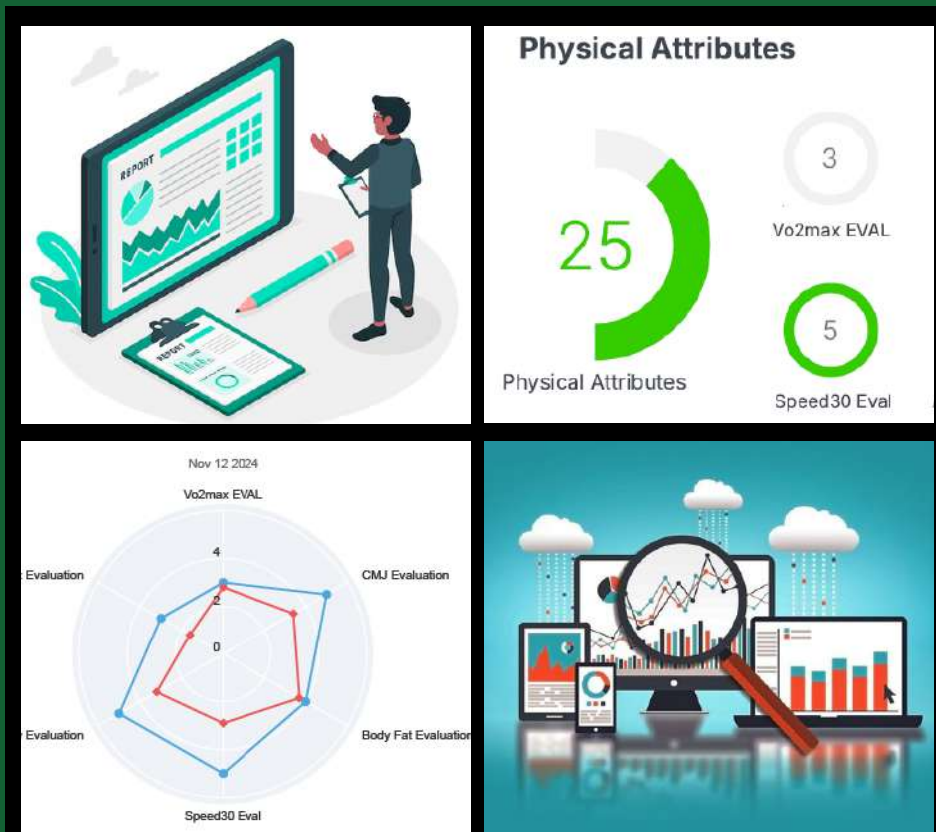
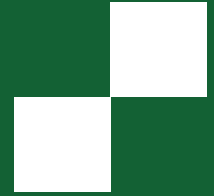
Injuries

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

Absences

- 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 and at 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 Programme Policy** – Strict adherence to this policy ensures discipline, commitment, and fairness within the programme.

Sport Reports



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.



Trials 2026

May 12-13 (To be confirmed*)

- Re-enrollment in the Sports School Programme requires submitting an application and participating in trials.
- The [application form](#) must be completed by Friday, May 10, 2026, 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:** Tuesday, May 12, 2026, at GSP Stadium (08:30 - 12:00).
- **Other Sports Trials:** Wednesday, May 13, 2026, at Senior School tennis courts (08:30 - 10:00).
- A €30 fee covers the fitness test and trials, with payment due via [JCCsmart](#) by June 15, 2026.

***If there are any changes to the trial dates, you will be notified via email.**



First Day (2026-2027)

Friday, September 4

Friday, September 4, 2026, marks the first day of the Sports School Academic Year 2026-2027.

- **Basketball athletes** must arrive at the VK Performance Studio by 06:45 for registration, already dressed in their basketball clothes and shoes.
- **Football athletes** must arrive at GSP Stadium by 06:50 for registration, wearing their sports school uniform and bringing football shoes.
- **Tennis athletes** must arrive at Senior School by 06:55 for registration, wearing their sports school uniform and bringing their racket and appropriate sports shoes.

Fees & Payments

This comprehensive Sports School Programme includes training, gym access, nutrition, transport, and performance monitoring.”



Annual Fee

- > € 1500 for Football, Tennis, Basketball
- > € 1100 for Individual Sports

The annual fee includes:

- Training Fee
- Post-training transportation included / *Optional morning shuttle service available at an additional cost
- Post-Workout Drink & Breakfast
- Ergometric Tests (twice per year)
- Gym Facilities Usage (anytime access)
- Monthly Presentations by Experts
- Reports (twice per year)

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.

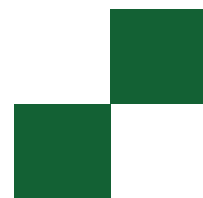
Trials

- > € 30 for newcomers
- Newcomers must undergo trials for selection into the programme.
- A fee is required to participate in the trials.

Payments

- €30 trial payment must be made via [JCCsmart](#) by May 10, 2026.
- Full payment is due via JCCsmart by June 15, 2026, after confirmation of the athlete's place.
- Parents may choose to pay in two installments:
 - 1st installment: Due by June 15, 2026
 - 2nd installment: Due by Dec 15, 2026
- Fees are non-refundable and non-transferable if the student leaves the programme.
- No discounts apply, and the fee remains the same regardless of attendance.

Contact info



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THE
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