



SIR THOMAS BOTELER

CHURCH OF ENGLAND HIGH SCHOOL
THROUGH GOD, WE CARE

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9th December 2024

Dear Parent/Carer

Academy Sports+ students are invited to a series of Sports Science Experience Days hosted at Liverpool John Moores University (LJMU). As pioneers in sports science degrees, and ranked 6th globally for sports science research, LJMU is uniquely positioned to offer students a world-class, hands-on learning experience. The experience days are designed to enhance students understanding of sports science, providing practical tools to improve their athletic performance and academic journey.

Each day will cover a core theme of sports science, offering three interactive workshops focused on both theoretical and practical applications tailored to the needs of young athletes. These experience days are designed to give students a competitive edge, both in their sporting careers and academic studies. The combination of practical workshops, expert guidance, and exposure to state-of-the-art equipment will empower them with:

- **Enhanced Performance:** Understanding how their bodies move, fuel, and respond physiologically to training will enable students to optimise their training and competitive day performance.
- **Greater Self-Awareness:** Workshops will help students develop awareness of mental skills like resilience, focus, and leadership, all crucial for high-level performance.
- **Career Pathways:** Exposure to the field of sports science could inspire future career interests, whether in coaching, nutrition, biomechanics, or sports psychology. Students will also learn how to find qualified support, ensuring they know where to seek expert guidance.

Friday 13th December 2024 Experience Day 1: Strength & Conditioning, Biomechanics, and Performance Profiling

Important information

- Students are to come to school in full and correct PE kit and blazer. A warm up top and/or coat is advisable.
- Students are to bring a packed lunch and plenty of water and snacks
- Students need to register with their form tutor in the morning and head straight to the Ball Hall where we will depart on the school mini bus to Liverpool John Moores University at 8.45am.
- Students will arrive back at the school no later than 3.30pm

Workshop 1: Unlocking Your Athletic Potential through Performance Testing

- **Objective:** Students will take part in a series of gym-based physical performance tests to measure their strength, speed, and agility.



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• HIGH EXPECTATIONS | HIGH ASPIRATIONS | HIGH STANDARDS | YOU WILL SUCCEED



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Workshop 2: Personal Performance Analysis – Your 'FIFA' Card

- Objective: Using their test results, students will create 'FIFA-style' performance cards, helping them visualize their progress.

Workshop 3: Sprinting and Movement Mastery

- Objective: Through sprint training and biomechanical analysis, students will learn the science behind improving movement efficiency.

Please can I ask that you to complete these short forms on behalf of your child attending:

<https://forms.office.com/e/R04SdqravF>

<https://forms.gle/cELk1HU5eUVW8Z3a8>

Please do email cburbidge@boteler.org.uk if you have any questions or queries.

Mr C Burbidge
Head of Physical Education



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