



Barrowby Church of England Primary School

October 2023

Dear Parent/Carer

Talented Athlete Programme (T.A.P.)

Your child has been selected to take part in the Talented Athlete Programme in association with inspire+.

This programme is targeted to pupils showing high athletic ability within their school PE sessions. It will provide pupils with the opportunity to work alongside Olympic and Paralympic athletes in order to gain the best mind and skill set taking their sporting success to the next level. Olympian Sophie Allen and Paralympian Sam Ruddock have combined their sporting knowledge and developed a variety of sessions to deliver to the selected pupils.

The sessions will run across 1 term and following such positive feedback from last year's virtual format, we will continue to run these sessions **VIRTUALLY** with an additional bonus of an events morning face to face to conclude the programme.

Sessions will cover: team work, communication, confidence, biomechanics and diet & nutrition. Each session will consist of a mixture of theory and practical elements. **Parents will be asked to ensure the nominated pupils can log on to a Teams call from home to access these sessions.**

Twilight sessions will run virtually between 4pm - 5pm on the following dates:

Wednesday 8th November

Wednesday 15th November

Wednesday 22nd November

The events morning will take place on Saturday 25th November, 10am - midday.

Priory Ruskin Academy, Grantham

Your child will need to wear sports kit and bring a drink. Please could you complete and return the attached consent form to Sacha.Castell-Smith@inspireplus.org.uk by **Friday 20th October**.

If you have any questions regarding the Talented Athlete Programme, please contact me on 01476 578137. For more information about how our charity is supporting physical education, school sport and leadership locally please see our website www.inspireplus.org.uk

Yours sincerely

Sacha Castell-Smith

Sport and Wellbeing Apprentice

