

Articles

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Redefining High Performance in a School Sports Programme

There is much discussion about the role of high-performance sports programmes in schools. Some argue that these programmes are necessary to foster excellence, while others argue that they create undue pressure on students. Regardless of one's stance on the issue, it is indisputable that high-performance programmes exist in many schools, and they have both advantages and disadvantages.

What is clear is that when we talk about high performance, we often refer to the A-team player or professional sports, and we frequently overlook the student on the C-team and the role that students play in the sporting programme. Most coaches I know, aspire to coach the A-team or professional teams with the best talent available and I rarely hear a coach aspiring to coach the C-team. In an academic setting, when a student is struggling, we typically devote more time and effort to improving that student's grades and, in that process, it makes us a better educator/teacher.

The same should hold true for sports and getting that C-team player to achieve 'high performance.' This makes you a better coach. Whatever coaching or teaching space we find ourselves in, we must establish what high performance resembles for that player/team. The process of setting clear goals, fostering a culture of excellence, and empowering students to achieve are elements we should strive to develop in school sports. You become a better coach by creating this space for whatever school team we are coaching.

To discuss high performance in school sports effectively, it is crucial to consider all players into account, including those on the C-team. Although it may require more resources, fostering a high-performance environment involves nurturing individual talent to ensure that each student reaches their **full potential**.

By concentrating on developing the abilities of all students, regardless of their skill level, schools can establish a robust and unified athletic programme that benefits everyone involved. Thus, a redefinition of winning might be required. It is imperative that without the B, C, and D teams, we can't have the A team.

High performance comes down to being the best you can be, and that is what education and sport are about for the youth, the ability to inspire, coach, mentor, teach, and guide students to achieve high performance standards.

In summary:

1. Set clear expectations
2. Establish the work ethic standards
3. Foster a culture of excellence for all teams
4. Empower students to win each moment

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