



QUEEN  
ETHELBURGA'S



PERFORMANCE  
SPORT AT QE



Available in Football,  
Cricket, Netball,  
Basketball and Rugby

# PERFORMANCE SPORTS PROGRAMME

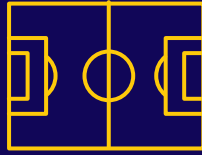
- Access to video analysis
- 1-1 training programme of support
- Onsite sports physio and massage
- Specific nutrition programme for Performance Sport Players
- World leading gym facility
- Floodlights to allow year-round play
- Eleven pitches – full size, U14 and 3G



**“ If your future  
lies in sport  
we are here  
to help you achieve  
your dreams with  
a personalised  
syllabus of coaching  
at a higher level.”**



SPORTS  
PSYCHOLOGY  
SESSIONS



30 ACRES  
of grass and  
artificial pitches



INDIVIDUAL  
VIDEO  
ANALYSIS  
for athletes



QE students play at  
COUNTRY,  
NATIONAL AND  
COUNTY LEVEL

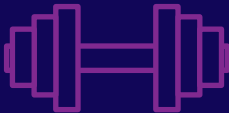


NATIONAL  
WINNER

of ISA, IFSA  
competitions  
at different  
ages and  
sports



PROUD  
PARTNERS  
with Leeds  
Beckett University



STATE OF  
THE ART  
PROFESSIONAL  
GYM

6

ELITE SPORTS  
PROGRAMME  
available in six sports



FLOODLIT  
FACILITIES  
allowing all year  
round play



PERSONALISED  
strength and  
conditioning  
programmes



ONSITE  
SPORTS  
PHYSIO AND  
MASSAGE



STRONG  
LINKS  
with leading  
sports clubs

## Football

Using the outstanding facilities we have on offer together with our professional coaches we are able to run our football programme like a professional premier league academy. Athletes have individual tailored programmes focussing on personal strength and conditioning and technical skills. They also have the opportunity to play daily on our premier league standard pitches.



## Cricket

Our cricketers have the opportunity to join the nets three times a week, in addition to individual 1-1 sessions and strength and conditioning. Video analysis is used to help individuals progress and each year we see cricketers go on to play professionally with alumni currently playing at Yorkshire and Durham.



## Netball

Netball plays an important part at QE. Players have individual training schedules, together with a plethora of opportunities to play in local and national competitions. Our success speaks for itself – both in terms of our team successes and the individuals who have gone on to play at a top level.



## Rugby

The facilities and teaching of rugby at Queen Ethelburga's are first-class, with the school hosting New Zealand during the Rugby League World Cup and offering rugby as part of the Performance Sports Programme. Students play competitive rugby at all levels with an extensive fixture programme comprising of matches against local schools and clubs.

## Table Tennis



## Basketball

QE is one of a few select schools that boasts a national league club, composed primarily of students from a single school. The opportunity to compete at club-level is in association with Team QE Training Academy, who compete in the National Basketball League and are in the North Premier Division. These opportunities together with our individual training sessions, group sessions on tactical improvement and match preparation enables us to develop elite basketball players.

# BEYOND QE

Queen Ethelburga's has a ten year partnership with the Carnegie School of Sport at Leeds Beckett University, one of the UK's leading centres for sport education, research, and performance.



**LEEDS BECKETT UNIVERSITY  
CARNEGIE SCHOOL  
OF SPORT**

The Carnegie Sport of School support the school's performance sport programme by the delivery of athletic development and strength and conditioning services. This has been delivered by PhD researchers who have undertaken high-quality research studies to improve the provision offered in school alongside Masters students who coach the student-athletes to support their own professional development. This programme offers student-athletes high level coaching and sport science support beyond playing sport recreationally.

We are proud of this unique partnership and the opportunities it affords our athletes. As a result we have athletes on pathways at a variety of clubs including:





Edinburgh

Newcastle

Harrogate

York

Leeds

Manchester

Birmingham

Cardiff

London



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