

-PROGRAMME FOR ELITE ATHLETES-



# Sage College

The British International School of Jerez



# Football Programme



# Why

# SAGE PAR-AST PROGRAMME

**SAGE PAR-AST** combines the best of Cambridge's International Education with the demands of high-level Sporting competition and training. The programme has 2 options according to the student's academic and Sporting needs as well as a wide variety of advantages due to the natural environment, school residence and the vast experience of its team in the world of education and Sporting elite performance.

INTERNATIONAL  
EDUCATION IN SPAIN

HIGH PERFORMANCE  
SPORTS PROGRAMME

ACCESS TO THE BEST  
UNIVERSITIES IN THE WORLD





## STUDENT-ATHLETES WILL **BENEFIT** FROM:

- A recognised international academic programme.
- Tailored schedules to combine academics, training sessions and competitions.
- Performance targets, monitoring and feedback.
- Mentoring and support.
- Strength and conditioning.
- Balances diet and nutritional advice.
- Physiotherapy support.
- Competitions and tournaments.
- Links with professional clubs.
- Career guidance and orientation.
- Top technical staff.
- Sport psychology.
- Professional development analysis.





OUR

Team



**Rogelio Sánchez**

AST director

National soccer coach, Sport director &  
FIFA Agent.

Founder of Rosport Sports Management.  
FIFA Match intermediary.



**Pablo J. del Pino Rabadán**

Responsable Área de  
Metodología y Desarrollo  
Profesional Real Betis  
Balompié



**Alexander Wickham**

Head of Sage College

Degree in Sports Sciences specialism in  
Athlete Readaptation and Return-to-play



The PAR Programme team is **made up of the best professionals in sports performance and international education**, guaranteeing the best environment for our young athletes who aspire to sporting and academic excellence.

Our team of **educators and coaches** have extensive international experience and will be responsible for accompanying, guiding and training our student athletes in their studies and training throughout these phases of their career.

Sage College was **founded in 2006** in Jerez de la Frontera, **at the south of Cádiz (Andalucía)**

The college benefits from luxurious purpose built facilities in a light, airy and spacious building that has been built following **traditional Andalusian architecture.**

Sage College provides a **British Education to children from 2 years to 18 years.**

We believe that each child is a unique individual who needs a secure, caring, and stimulating atmosphere in which to grow and mature emotionally, intellectually, physically, and socially, and develop their self-esteem and core values.





# Where WE ARE



## -JEREZ DE LA FRONTERA-

Jerez de la Frontera is one of Andalusia's most typical towns and it is considered to be the home of **flamenco**. This Andalusian town has been known far and wide for many years thanks to its equestrian tradition, sherry wine, flamenco and motor-racing. Jerez is 10 km away from some of the **best beaches in Spain**, perfect to practice different sports such as surf, diving or to simply relax.

Jerez de la Frontera lies on a central strip running from the mountains down through the countryside, practically reaching the coast.

**Jerez's delightful weather, with more than 300 days of sunshine in the year**, invite visitors to just want to stay here.



OUR

# Campus



## ALL IN ONE CAMPUS

**Residence and school facilities together** in a beautiful and spacious Andalusian-style building



## INTERNATIONAL MINDSET

A **multi-cultural environment** encouraging global friendships



## ACCESSIBLE LOCATION

**20 min. from Jerez airport** and **10 min. from the train station**, making it easy to access from anywhere in the world



## CLOSE TO THE CITY CENTRE

Located in a residential area, next to the exclusive Sherry Golf course and within **walking distance of shopping centres** and restaurants

The SAGE AST programme includes **first class educational and sporting facilities**, with excellent weather conditions all year round.



# Our sports complex



We count with an **11-a-side football field**, convertible in two 7-a-side football field, with artificial grass. In addition, it is surrounded by an athletics track, and 4 basketball courts.



# Other sports facilities fields

## **JUAN REALES SOCCER COMPLEX**

The Juan Reales soccer field is a sports facility consisting of two soccer fields.

An 11-size soccer field with FIFA regulation measures with natural grass.

It is located in the neighboring town of Costa Ballena (Rota) just 25 minutes away from SAGE. The facility has artificial light, locker rooms, bathrooms and parking.



## **D3 SOCCER FIELD**

The D3 soccer field is a sports facility consisting of two soccer fields.

An 11-size soccer field with FIFA regulation measures with natural grass.

It is located in the neighboring town of Costa Ballena (Rota) just 25 minutes away from SAGE. The facility has artificial light, locker rooms and toilets.



# Academic Facilities



Theatre



Study Room



Common Room



Courts



Sports Field



Pool



Classroom



Sports Field



Gym



Sage Café



# Boarding Facilities

## **Our Boarding House is bright and cosy**

and students can decorate their spaces with pictures and personal effects. Every room contain an individually climate-controlled heating and air conditioning system, private bathroom with shower, a fitted wardrobe and double desk with chairs.

They are prepared with one or two single beds and will be provided weekly with bed linen and towels.



The Boarding facilities include wireless Internet, a well equipped spacious and common room with tv and study area and games area with billiards, table football and board games. Our boarders will have access to their **kitchen and laundry facilities, library, swimming pool and gym.**



OUR

# Rooms

## ALL ROOMS CONTAIN THE FOLLOWING:

- Individually climate-controlled heating and air conditioning system
- Private bathroom with shower
- Study area
- Fitted wardrobe
- A double desk with chairs
- A single bed
- Bed linen and towels

Each floor is accessible by elevator, and some rooms are adapted for people with physical disabilities.

*All room rates include wireless internet, library, swimming pool and gym access. It also includes weekly cleaning and change of sheets and towels.*





# Academic PROGRAMME

 Cambridge Assessment  
International Education  
Cambridge International School

 Sage College  
The British International School of Jerez

We are the only International British School in the area that follows the full British Curriculum from the age of 2 to 18.

The four ages of the Curriculum give students a clear path for educational success, leading seamlessly from primary to secondary and pre-university years.

Each curriculum offers high-quality support from teachers and integrated assessment, including **Cambridge and Edexcel IGCSE and AS & A Level qualifications**, which are recognised by universities worldwide.

Alongside the British International curriculum we offer the Spanish Baccalaureate studies for those students interested in accessing Spanish universities.





OUR

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PROGRAMMES



## P1 SEASON

**Aimed for:** Students athletes who aspire to improve their performance and soccer skills.

**Age range:** 14-18 years.

**Academic programme:** IGCSE + A-Level Programme (Tailored timetable)

**Training Schedule:** 4-5 days/week

**Competition Schedule:** National friendly matches





OUR

Football

PROGRAMMES

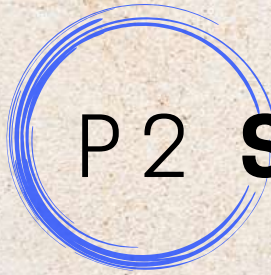


## P2 SUMMER CAMP

- Athletes will train and play a minimum of 4 days per week (20 hours per week)
- The coaching staff will conduct the training sessions in the afternoons.
- All the training sessions are going to be recorded.
- Players will receive video sessions a minimum of once a week. In these sessions, the coaching staff will teach and correct aspects of the game.
- Bespoke methodological plan focus on the player, individual training sessions and appropriate task.
- Unlimited gym access.







# P2 SUMMER CAMP



- Nutrition planning and advice.
- Complete kit for training and matches.
- Personal tutor and psychological care if are necessary.
- Friendly and exhibition matches with local clubs.
- Accommodation in a first-class student residence, shared rooms with private bathrooms.
- Full board with a balanced diet for athletes, breakfast, lunch and dinner.
- Visits to world-renowned clubs and stadiums.
- Program of cultural activities to strengthen knowledge and personal development.







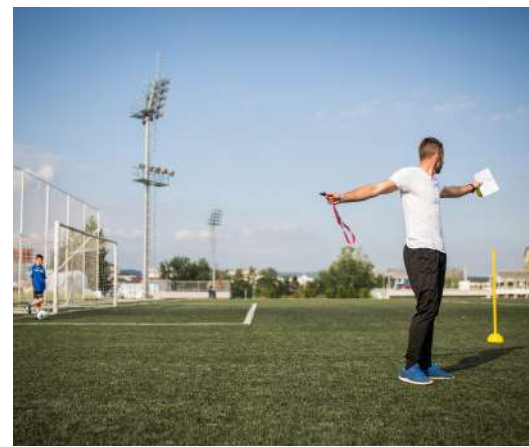
# OUR *Football* COACHES

The coaches at **SAGE PAR-AST** programme's are formed by a **top-level technical staff**, with experience in **team management and high capacities to get the most out of the athletes.**

**SAGE PAR-AST** can be seen as a sports technical program with a coaching staff that will accompany the player throughout the improvement process.

Coaches will work with student-athletes on the following core competencies throughout the year:

- Set goals and meet them (combine sports and studies, career planning)
- Soccer skills (improve all aspects of the game, know the game, skill development, learn to compete, increase strengths)
- Strategy (improve physical condition, academic course planning, training beyond soccer, importance of diet and rest)
- Physical training (Develop a plan to improve different physical aspects. Coordination, flexibility, power...)
- Psychology (help the player away from his family, improve confidence, security)
- Values (importance of teamwork, of achieving goals, of daily work)





# University ACCESS

Our academic programs grant **access to all Spanish, UK and International Universities worldwide.**

The school prepares students well in advance with career guidance undertaken by our staff, university professors and professionals from different sectors during orientation meetings, talks and other events. We also host an **annual International University Fair**, in which we welcome more than 20 universities from across Spain, UK, the Netherlands, USA, Germany, Switzerland and other countries.

Teachers take great care to advise students about university selection and application, so students feel prepared and knowledgeable about their choices.

Our **Career Advisor and High School Coordinator** works in collaboration with A-Level teachers and the Headmaster to guide the students through the whole university entrance process.

Some of the Universities that Sage College Alumni have attended are:



Utrecht University





# Sports



## SCHOLARSHIPS IN THE US

Pursuing a university career in the United States is the only option to combine sport with university studies at the highest level. One of the most important factors when deciding to study in the United States is the possibility of obtaining sports and academic scholarships to help cover the expenses of these studies. The United States university system is the only system in the world that provides such a large number of athletic scholarships. These athletic scholarships can be as high as \$60,000 annually.

### ATHLETIC SCHOLARSHIPS

The athletic scholarships awarded by each university are regulated by the university division as there is a maximum amount allowed to be distributed to each sports team. Coaches have access to this budget and decide the amount of scholarship to be allocated to each team member. The athletic amount is decided on the following:

- **Player's sports level**
- **Results in tournaments and competitions, national and international ranking**
- **Grades in exams**
- **Level of the chosen university team**
- **Budget of the university team**





## US UNIVERSITY SCHOLARSHIP REQUIREMENTS

At Sage College, we analyse each student-athlete individually to make sure they meet the necessary requirements to be able to compete in the USA. We then determine what the best options are for each athlete. To qualify for an athletic scholarship in the United States, requirements must be met.



### ACADEMIC REQUIREMENTS

- Be over 16 years old.
- Achieve a grade C or above in at least 5 GCSE's including English, Mathematics, and one social studies subject (for example, history, geography...)
- 3 A-Level subjects
- Do not take more than one year out of education before you enrol in college in the USA
- Achieve a minimum SAT score of 860 (Reading and Maths)

### ATHLETIC REQUIREMENTS

- Be active in training and frequent competitions.
- Good level in the sport you practice.
- Never sign a professional contract or receive any money from your sport (prize money, sponsorship money...)





# Sage College

The British International School of Jerez



High Performance Sports Programme



*Be part of a vibrant and energetic community!!*

**SAGE COLLEGE**

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SPAIN

**CONTACT WITH US**

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We are proud members of:

