

-PROGRAMME FOR ELITE ATHLETES-



Sage College
The British International School of Jerez

SAGE PAR
High Performance Sports Programme



Golf Programme

sageparprogramme.com



Why

SAGE PAR PROGRAMME

Sage **PAR** is a programme that 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



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*

The SAGE PAR Programme includes first class educational and sporting facilities, with excellent weather conditions all year round.



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





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.**





Academic and Sports Facilities



Theatre



Study Room



Common Room



Courts



Sports Field



Pool



Classroom



Sports Field



Gym



Sage Café



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

Golf

PROGRAMMES



PROGRAMME 1 - ELITE

P1

ELITE

Aimed for: High Performance Student Athletes who aspire to obtain a Sports Scholarship

Age range: 14-18 Years

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

Training Schedule: 4-5 days/week

Competition Schedule: National and International competitions

Athletic Requirements: Handicap 8 and below



PROGRAMME 2 DEVELOPMENT

P2

DEVELOP

Aimed for: Student Athletes who aspire to improve their performance and enter the High Performance Sports Programme (P1)

Age range: 9-18 Years

Academic Programme: Full Secondary Programme

Training Schedule: 2-3 days/week

Competition Schedule: Local Competitions

Athletic Requirements: 9-18



TRAINING AND COACHING

PROGRAMME 1 ELITE

P1

DEVELOPMENT

The **Elite Programme** is primarily intended for golfers who are seeking a college scholarship in the US or UK, and are focused on developing into high performing golfers.

PROGRAMME 2

DEVELOPMENT

P2

DEVELOPMENT

The **Development Programme** is intended for players who want to develop their golf game alongside their studies at SAGE College. Our goal is to provide a natural pathway for developing players to access Elite Programme.



PROGRAMME 1 ELITE

14-18 YEARS



OUR *Golf* PROGRAMMES

The **Elite Programme** is primarily intended for golfers who are seeking a college scholarship in the US or UK, and are focused on developing into high performing golfers.

We expect the player to be driven, self-motivated and focused, with good time management. Players will be expected to practice extensively outside of the programme hours to support their own development, and will also have the opportunity to compete representing the College.



Intended for serious players with handicaps from 8 to below scratch

- Students will train and play a minimum of 4 days per week. S&C and movement sessions will be held at least twice weekly.
- Squad performance coaching sessions will be conducted in the afternoons, after class times
- Athletes will have a minimum of one 1:1 session per week.
- SAGE College will be represented at 2-3 international events, predominantly in the spring and to coincide with school holidays. We will also seek appropriate competition opportunities within Spain and Portugal during the school year.
- Statistical analysis and player locker for communications.
- 3D Biomechanical analysis (swing, short game and putting) using industry leading Bull 3D software.
- Trackman club and ball data, practice sessions, appropriate technical intervention.
- Bespoke training plans, individual training session plans and appropriate tasks
- Unlimited practice balls
- Unlimited gym access
- Strength & Conditioning coaching plans and testing
- Personal goal setting and mentoring
- Tournament preparation and support
- Nutrition planning and advice
- Access to three Championship golf courses and practice facilities: Sherry Golf, Barcelo Montecastillo Golf and Spa Resort, Costa Ballena Golf & Ocean Club
- Clothing and equipment package: SAGE College personalised Golf Bag, jacket, Sweater, shirts, hats



PROGRAMME 2 DEVELOPMENT



OUR *Golf* PROGRAMMES

9-18 YEARS

Intended for players with handicaps from 9 to 18

The **Development Programme** is intended for players who want to develop their golf game alongside their studies at Sage College. Training and practice will not be as intense as the Elite squad, however we will encourage Development Programme players to practice alongside the Elite squad during the season. Development Programme players will have the opportunity to compete and represent SAGE College, and our goal is to provide a natural pathway for developing players to access Elite Programme support.

- Students will train and play a minimum of 2 days per week. S&C and movement sessions will be held at least once weekly.
- Squad performance coaching sessions will be conducted in the afternoons, after class times.
- Athletes will have a minimum of one 1:1 session every two weeks.
- Statistical analysis and player locker for communications
- 3D Biomechanical analysis (swing and putting) using industry leading Bull 3D software
- Trackman club and ball data, practice sessions, appropriate technical intervention
- Bespoke training plans, individual training session plans and appropriate tasks
- Strength & Conditioning coaching plans and testing
- Personal goal setting and mentoring
- Unlimited gym access
- Tournament preparation and support
- Nutrition planning and advice
- Monthly internal tournaments
- Access to three Championship golf courses and practice facilities: Sherry Golf, Barcelo Montecastillo Golf and Spa Resort, Costa Ballena Golf & Ocean Club
- Clothing and equipment: SAGE College personalised Sweater, shirts, hat.



OUR *Golf* COACHES

The PAR Programme's coaches have the highest levels of collegiate, professional and Olympic Games experience and regularly communicate with both student-athletes and families regarding an individual's progress and improvement. As such, PAR can be seen as a mini national team programme, with a holistic development team. Coaches will work with student-athletes on the following core competencies throughout the year:

- Psychological wellbeing and self understanding (self-reflection, journaling, understanding challenges of competitive golf)
- Goal setting (career planning, being a student-athlete, time management)
- Values and beliefs (limiting beliefs, things which require no talent)
- Golf skills (shot making ability, swing effectiveness & injury prevention, skill development, performance benchmarking)
- Strategy (course planning and strategy, preparation, diet, nutrition)
- Physical (strength, power, speed, stability, flexibility, coordination)



OUR *Golf* COURSES



-SHERRY GOLF-

Designed by Stirling & Martin (Global Golf Company) it is an accessible course for amateurs and demanding for professionals only 80 metres away from Sage College.

The course is characterised by being one of the longest courses in Spain.

- 18-hole course: 6572 metres, Par 72.
- 9-hole course: 911 metres, Par 3.

Sherry Golf is in line with the new design concepts of American courses: safe in play. It has movement and interest, without having steep slopes that make the game heavy. The wide fairways and large greens give Sherry Golf the category of a luxury course. The practice course is considered one of the best in the south of Spain.



-BARCELÓ MONTECASTILLO GOLF-

Venue of the Volvo Masters, a Scoring Event for the European Tour for 5 consecutive years, Montecastillo Golf is one of the best courses in the world. Designed by the legendary player Jack Nicklaus, it has been the venue for numerous championships, including the Volvo Masters, which it hosted from 1997 to 2001. It is situated only 9 kilometres from Jerez and its views are spectacular. According to its designer, the course is relatively gentle, although it has some considerable climbs, which makes it accessible to any player. The 18th hole, which is located forty metres above fairway level and ends in a lake that surrounds the green, is spectacular.



-COSTA BALLENA GOLF CLUB-

With 27 championship holes, 9 Par 3 holes and the best practice area in Europe, according to the Swedish Professional Golfers' Association (PGA). These are just some of the characteristics that describe Costa Ballena Ocean Golf Club. The secret of its success lies in the perfect balance between leisure, training and sport.

A magnificent design by Olazábal, demanding with the lowest handicaps and benevolent for players of a lower level. It is a flat course, with some holes running parallel to the beach, and others defended by strategically placed bunkers and lakes. It is par 72, SSS 72; and 0 slope. 6.036m. for men and 5.155 for ladies.



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:



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

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

SAGE COLLEGE
Calle Alemania, 2
11408 Jerez de la Frontera
SPAIN

CONTACT WITH US
admissions@sagecollege.eu
+34 956 92 91 00

We are proud members of:

