

- PROGRAMME FOR ELITE ATHLETES -



# Sage College

The British International School of Jerez



# SAILING ACADEMY



# Welcome

FROM OUR SAILING DIRECTOR

*Welcome to the Sage College Sailing Academy!*

*As the Head Coach, I am thrilled to invite you to embark on an incredible journey of skill, teamwork, and passion for the sport. Our Sailing Academy fosters a nurturing environment where students can develop their sailing prowess while nurturing their love for the open waters. With state-of-the-art facilities, experienced instructors, and a comprehensive curriculum, we aim to mold champions both on and off the water. Join our tight-knit community and experience the thrill of competitive sailing while forging lifelong friendships. Get ready to set sail and let your dreams reach new horizons at the Sage College Sailing Academy!*

Anton Garrote

**Director of the Sage PAR Sailing Academy**



# 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
- Full sailing **knowledge**
- Strength and conditioning + sailing physical needs/improvement
- Balances diet and **nutritional advice**
- **Physiotherapy** support
- Competitions and **events**
- Links with **professional clubs**
- Career guidance and orientation
- Other **sailing activities**: big boat, surfing, foil.





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.





# OUR *Team*



Anton Garrote  
**Head Coach**

Olympic coach  
Norwegian and Finnish  
national sailing teams.

National Coach  
Development Team

7 x Olympic Games



Alexander  
Wickham  
**Director**

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.



# Where WE ARE



## -JEREZ DE LA FRONTERA-

Jerez de la Frontera, in the **province of Cádiz**, 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 330 days of sunshine in the year**, invite visitors to just want to stay here.



*Where*  
WE SAIL

PUERTO  
SHERRY



*"Puerto Sherry, one of the best sports harbours in Europe."*

**Puerto Sherry is situated in El Puerto de Santa María (Cádiz),** on the southern Atlantic coast of Spain. Its location is unbeatable, as it is a **mandatory crossing point for crossing the Strait of Gibraltar.**

Our **good climate** makes any time of the year a good time to visit Puerto Sherry. It is a mild climate, with **330 days of sunshine** a year and an average temperature of 21°C. The prevailing winds are the Levante and the Poniente, which are very necessary for practicing water sports. In addition, **Puerto Sherry** stands out for its facilities. Among them, we can highlight the **asphalt ramp, which at 167 linear meters** is one of the largest in the world.

If we add to all the natural conditions of the area the infrastructures and services offered in the marina, **Puerto Sherry** becomes one of the best areas in the world for nautical training throughout the year.

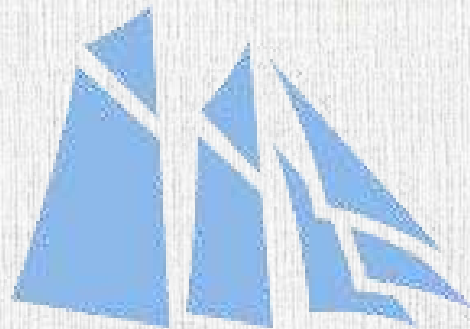
***Europe's preferred winter training destination for Olympic teams***

[www.sagecollege.eu](http://www.sagecollege.eu)





Where  
WE SAIL



# PUERTO SHERRY

**167M**  
SLIPWAY

**12-18**  
MIDDLE WIND  
KNOTS

**330**  
SUNNY DAYS  
PER YEAR

**21°C**  
AVERAGE  
TEMPERATURE



1. Restaurants area
2. Gas station
3. Supermarket
4. Pharmacy
5. Suites
6. Restaurants area
7. Hotel
8. Padel courts
9. Gym
10. Parking
11. Slipway
12. Andalusian Sailing Federation
13. Sail maker
14. Boat store
15. Nautical shops
16. Crane





# Where WE SAIL

***Cádiz is considered one of the best places for nautical training due to several factors.***

The wind conditions in the Bay of Cádiz are very favorable for sailing, especially during the summer months when the prevailing winds are from the east, known as the Levante. This wind tends to be stronger in the afternoons and can create challenging sailing conditions, making it a great place for sailors to practice and improve their skills.

During the winter months, the prevailing winds are from the west, known as the Poniente, which tend to be milder and offer more relaxed sailing conditions. In general, the Bay of Cádiz offers a diverse range of wind and weather conditions, making it an excellent location for a wide variety of nautical sports such as sailing, windsurfing, kiteboarding, and more.

Furthermore, Cádiz's climate, with its mild temperatures and frequent sunshine, allows for year-round training opportunities, and the prevailing winds in the area provide ideal conditions for sailing and other water sports.

**Overall, the combination of its location, wind, specialised training facilities, and favorable climate make Cádiz an ideal destination for nautical training.**





# 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



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



# 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

Sailing

PROGRAM



**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:** Federation





# PROGRAMME ELITE

14-18 YEARS



The **ELITE PROGRAMME** is primarily intended for sailing athlete who are seeking a college scholarship in the US or UK, and are focused on developing into high performing competition.

We expect the sailor to be **driven, self-motivated and focused, with good time management**. Sailors 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 school.





# OUR *Sailing* 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 sailing)
- **Goal setting** (career planning, being a student-athlete, time management)
- **Values and beliefs** (limiting beliefs, things which require no talent)
- **Sailing skills** (injury prevention, skill development, performance benchmarking)
- **Strategy** (Race planning and strategy, preparation, diet, nutrition)
- **Physical** (strength, power, speed, stability, flexibility, coordination)



# 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:



University of Essex



UNIVERSIDAD  
COMPLUTENSE  
MADRID



Utrecht University



Universidad  
Europea Madrid  
LAUREATE INTERNATIONAL UNIVERSITIES



# 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 enroll 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

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We are proud members of:

