



Loughborough College Triathlon



Welcome to the talent factory.

WHERE HISTORY BEGINS.

We are proud of our world renowned reputation for sport at Loughborough College.

Whether you are on course to be the next household name or want to try out a new sport, there are plenty of opportunities to get involved whilst studying at Loughborough College.



WHY LOUGHBOROUGH COLLEGE?

90%

of learners said staff valued student's views and opinions about their study programme

94%

of learners said the College campus provides a safe environment

91%

of learners said that teachers had high expectations that they would succeed on their study programme

Over 100 years ago Loughborough College Principal, Herbert Schofield, made educating the mind and the body central to his student welfare philosophy.

Now, Loughborough College plays host to many of the highest performing athletes in the country allowing learners the chance to enjoy an unrivalled sporting education offer, that is so positive it's life shaping!

If Loughborough College was a nation at the 2018 Commonwealth Games we would have finished 6th in the medal table! That is above Scotland, Nigeria, Jamaica, Malaysia, Pakistan, Singapore, Kenya and Loughborough University. Loughborough College learners and alumni brought home 29 medals, including 15 gold. 50 athletes from Loughborough College competed across 13 sports including para events and claimed an outstanding 15 gold, 4 silver and 10 bronze medals.



LOUGHBOROUGH PROGRAMME



THE PROGRAMME

Loughborough Triathlon provides a high-level training environment for aspiring 16-18yr old triathletes who are looking to balance their studies and sporting excellence. Students can expect to learn and develop from a performance team that inspires and supports their sporting ambitions. The programme also provides a great insight into the World-Class triathlon training centre at Loughborough University.

The Loughborough programme allows you to complete your academics (via Loughborough College or Loughborough Schools Foundation) and join the Loughborough Triathlon programme. There are varying costs to the programme that can be discussed when you get in touch. The programme provides Sports science support from sports nutritionist, sports psychologist, strength & conditioning and video analysis.



TRAINING

Athletes based in Loughborough will be supported with an extensive training schedule and individualised programmes wrapped around their education programme. Typically having 10-12 sessions a week with a breakdown of 4/5 swims, 3 key run and 3 key bike sessions as well as S&C sessions. Using the Loughborough College, Loughborough University and Loughborough Schools Foundation facilities training is easily fitted in with studies.

WARM WEATHER TRAINING

Alongside the training in Loughborough there is the opportunity for warm weather training camps at Best Centre Sport in Mallorca. The purpose of these camps will be to train with some of the best international age relevant athletes in a new environment, to familiarise athletes with training in warm weather conditions. We also want students to experience a different triathlon culture.



PROGRESSION ROUTES FOR ATHLETES

The Loughborough Triathlon programme is well positioned to support athletes graduating from the BTEC course or A-Levels into their next steps, whether that be UK university Triathlon programmes, European higher education or scholarships in the USA.

MALLORCA PROGRAMME

THE PROGRAMME

Athletes based in Colonia Sant Jordi, Mallorca will be supported with an extensive training schedule and individualised programmes. The education programme is provided in English by Loughborough College **(You have to study Level 3 BTEC Sports Coaching & Development in Mallorca)**. Scholarships (up to 50% off fees) are available for the Mallorca offer only.

Further information here - <https://sport-majorca.loucoll.ac.uk/training/triathlon/>

Athletes based in Colonia Sant Jordi will be supported with an extensive training schedule and individualised programmes wrapped around their BTEC Sports Coaching & Development education programme. Typically having 10-12 sessions a week with a breakdown of 5/6 swims, 3 key run and 3 key bike sessions as well as S&C sessions based at the BEST Centre in Mallorca. At the BEST Centre athletes will be able to make the most of the outdoor 50m pool, open water swimming, running track, soft running trails and excellent cycling terrain.

PROGRESSION ROUTES FOR ATHLETES

The Mallorca Triathlon programme is well positioned to support athletes graduating from the BTEC course into their next steps, whether that be UK university Triathlon programmes, European higher education or scholarships in the USA.



BTEC Level 3 National Extended Diploma in **SPORT AND EXERCISE SCIENCES**



FEATURES/BENEFITS

There are a range of trips and team-building activities included throughout this course and you will also have the opportunity to study towards additional awards. As a student on a vocational course, we will encourage you to gain as many additional qualifications as possible in order to support your applications for Higher Education or employment in the sector.

ENTRY REQUIREMENTS

- Five GCSEs at grade 5 or above, including English Language, Maths, and a Science subject (Biology, Chemistry or Physics).
- Mature students will be considered based on their previous qualifications and/or relevant work experience.

The BTEC embody a fundamentally learner-centred approach to the curriculum, with a flexible, unit-based structure and knowledge applied in project-based assessments. They focus on the holistic development of the practical, interpersonal and thinking skills required to be able to succeed in employment and higher education within Sport & Exercise Science.

COURSE CONTENT

The course consists of 13 units which explore a variety of different areas, including:

- Sports Physiology
- Applied Sport and Exercise Psychology
- Functional Anatomy
- Nutrition for Sport and Exercise Performance
- Coaching for Performance and Fitness
- Research Methods

The course is delivered in a predominantly vocational manner, with assessments ranging from written reports, portfolios, posters to verbal assessments, presentations, and practical observations. There are four external examinations to be completed for this course.



**of our Level 3 learners went
to university last year, gaining
places at Loughborough,
Durham and Exeter.**

BTEC Level 3 National Extended Diploma in **SPORTS COACHING AND DEVELOPMENT**

The BTEC allows the flexibility for you to be able to balance your training alongside your academic programme. If you like the idea of helping sports people of all abilities to improve their performance, whether in a specific sport or a variety, a career in coaching could be ideal for you.

This vocational course explores different areas of employment within the sports sector, allowing you to experience a variety of options and giving you a broader knowledge base to benefit your career.

COURSE CONTENT

The course consists of 13 units which explore a variety of different areas, including:

- Health, Wellbeing and Sport
- Sports Development
- Anatomy and Physiology in Sport
- Developing Coaching Skills
- Careers in Sport & Active Leisure Industry
- Sports Psychology
- Sporting Injuries
- Fitness Training

The course is delivered in a vocational manner, with assessments ranging from written reports, portfolios and posters to verbal assessments, presentations, and practical observations. There are no examinations for this course.



FEATURES/BENEFITS

There are a range of trips and team-building activities included throughout this course and you will also have the opportunity to study towards additional awards.

As a student on a vocational course, we will encourage you to gain as many additional qualifications as possible in order to support your applications for Higher Education or employment in the sector.

ENTRY REQUIREMENTS

- Five GCSEs at grade C/4 or above, including English Language and Maths.
- Mature students will be considered based on their previous qualifications and/or relevant work experience.

A LEVEL COURSES



Many students who have studied on our A Level courses have secured places at top universities both in the UK and abroad. In 2016, 98% of students passed and 71% of our students achieved grades A*-C, with 14% achieving grades A*-A.

Should you choose to enrol with us and become part of our success story, you will have the opportunity to choose from a variety of academic courses designed to equip you with the skills needed for higher education and employment. The majority of students taking A Levels study three subjects.

In your second year of studying A Level courses with us, you will have the opportunity to study for an Extended Project Qualification. Our Russell Group Club is also available if you have ambitions to join one of the world's leading universities such as Oxford or Cambridge.

THE FOLLOWING A LEVEL COURSES CAN BE STUDIED:

- Accounting
- Art (fine art)
- Biology
- Business Studies
- Chemistry
- Computer Science
- Economics
- English Language
- English Literature
- Environmental Science
- Film Studies
- Further Mathematics
- Geography
- History
- Law
- Mathematics
- Media Studies
- Photography
- Physics
- Politics
- Psychology
- Religious Studies
- Sociology
- Space Engineering (Enhanced A Level Programme)
- Criminology (Level 3 Applied Diploma)
- Applied Law (Level 3 Certificate)
- Financial Studies (Level 3 Certificate)
- Applied Science (Level 3 C-Tec)

ENTRY REQUIREMENTS

Each A Level has its own entry requirements, please check individual subjects here:

www.loucoll.ac.uk/courses/a-levels

FIVE YEAR PATHWAY

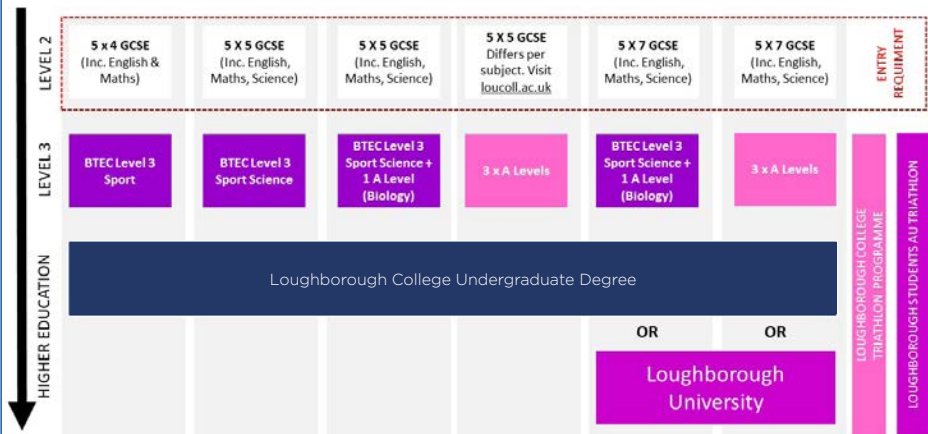


Loughborough Students Triathlon and Loughborough College have worked on a programme that will allow you to stay with Loughborough College for five years, completing your BTEC or A Level programme for two years and then completing a degree programme at the college validated by Loughborough University.

FIVE YEAR PATHWAY

This means that you can stay for 5 years on the Loughborough Triathlon pathway whilst obtaining a degree from Loughborough University.

The diagram below shows the options and routes available to you on the five year programme.



Year 1 BTEC Level 3 Year 1 or A Level Year 1

Year 2 BTEC Level 3 Year 2 or A Level Year 2

Year 3 Year 1 of Undergraduate Degree

Year 4 Year 2 of Undergraduate Degree

Year 5 Year 3 of Undergraduate Degree

Higher Education

LIFE IN LOUGHBOROUGH / MALLORCA



LOUGHBOROUGH

Loughborough is in the borough of Charnwood, in the county of Leicestershire, a busy market town with a vibrant history. It is the largest town in the county and has a population of over 55,000.

The town provides the student essentials, with plenty of open space, gardens, shopping and entertainment. The location is also ideal for exploring the cities of Nottingham, Leicester and Derby, as well as being close to a variety of tourist attractions such as the Peak District, Sherwood Forest and the National Space Centre.



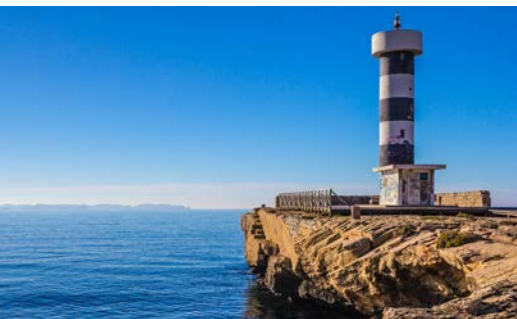
The town is close to some fantastic countryside. Charnwood gets its name from the rocky Charnwood Forest to the west, which was recently replanted to create the heart of the National Forest. It contains some of the oldest rocks and fossils in Britain.

USEFUL LINKS FOR FURTHER INFORMATION

www.visitleicester.info/visitleicester

loveloughborough.co.uk

www.goleicestershire.com



MALLORCA

Colònia Sant Jordi. The small town, nestling in the south east corner of the island in the municipality of Ses Salinas, is renowned for its golden sand, crystal water and peaceful setting. Colonia Sant Jordi is has everything you need to make your time in Mallorca a success: the town is neither too large nor too small; a short walk along the port you will find plenty of cafes and restaurants, among them, according to the national press, the best Paella not just on the island, but in all of Spain!



The port is the main hub of the town. Here you can relax in a cafe and gaze out across the boats and beaches of Es Dolc and Es Carbo. There are restaurants, gift shops, banks, tourist information and your departure point for trips to the island of Cabrera. A little tourist train runs around the town and surrounding area if you are keen to explore the small town during your programme.

USEFUL LINKS FOR FURTHER INFORMATION

<https://www.seemallorca.com/colonia-de-sant-jordi>

<https://www.abc-mallorca.com/colonia-sant-jordi>

ACCOMMODATION IN LOUGHBOROUGH

All residents have full access to communal areas complete with TV, Xbox and outdoor spaces for picnics and BBQs. Halls are non-smoking and we ask that you smoke in the designated areas provided.

Layouts range from six person units with a shared shower, toilet and kitchen to five/ six bedroom units with en-suite bathrooms. We also have rooms adapted for disabled students and all study bedrooms have access to wi-fi. Shared kitchen amenities include cookers, microwaves, fridge/ freezers, kettles and storage space. You will be expected to provide your own utensils, crockery and cutlery.

Our accommodation has everything you'll ever need to feel happy and settled whilst studying at Loughborough College. We have experience helping thousands of students who choose to move away from home and our Accommodation Team are on call 24 hours a day.

Our halls of residence are a five minute walk from the College, Students' Union and town centre making student living easy and convenient. Situated on campus, all halls are self-catering. We are able to offer a total of 187 single bedrooms in purpose-built, modern halls, including a block specifically designed for under-18s.

The **Elite Athlete Performance Centre (EAPC)** is a beautifully restored, listed building that provides a total of 17 en-suite rooms for elite sports students under the age of 18.

Refurbished to allow for student living, facilities include an expansive living space, shared kitchen, and free laundry amenities.

Room sizes range from standard to large, with costs varying accordingly, and you will have access to the communal student areas based on the grounds.

For further information & accommodation fees:
www.loughborough.ac.uk/student-services/accommodation

FEES

The fees for the programme vary depending on your own personal circumstances, whether you need accommodation or not and the sports training programme you wish to pursue. There are payment plans available to spread the cost out over the year if needed. Please use the contact details on the next page to request further information on the fees that will apply to you.



ACCOMMODATION IN MALLORCA



There are 7 rooms of between 2 and 6 beds, to accommodate up to 35 students. The large 6 bed rooms are divided into smaller spaces of 2-3 beds. There is a large communal room/ dining room, smaller study room, kitchen and small dining room and outside spaces in front and behind the “residencia” building with outside furniture. There is also a washing machine and drying area.

The residence will have its own live-in house manager to run the property and look after the students. The house manager is a person separate from the Loughborough College teachers and BEST Centre coaches with whom the students can talk safely and in confidence.

The provision meets all UK guidelines for residential care of students as well as Spanish requirements. All students on the programme are registered with a local GP and dentist whilst also remaining registered with their doctor at home for holiday periods. There is a designated person responsible for student welfare at all times.



HOW TO APPLY

STEP 1

Complete your online application or apply via **PS16**. You can apply via PS16 if you are studying in **Year 11** at a **Leicester or Leicestershire school** that is using the PS16 system.

NEED HELP WITH YOUR APPLICATION?

Contact our **Student Recruitment Team** on [01509 618375](tel:01509618375) or make a quick enquiry.

STEP 2

Once you make an application, we'll invite you to an **Online/Digital applicant event**. You will need to log in and attend one of these events in order to receive a course offer.

STEP 3

Once you have accepted your course offer, you will be invited to log in and attend an **Online/Digital Pre-programme Experience taster event** in July 2021

STEP 4

Finally you will be invited to complete your **Online/Digital Registration** in early August. You will need to provide us with your **GCSE grades** on or soon after the national results day, following this one of the tutors from your chosen programme area will contact you to complete the sign up process onto the appropriate course and level of study with Loughborough College.

STEP 5

Welcome to Loughborough College!

FURTHER INFORMATION

If you require any further information about the **Loughborough Triathlon** offer, please contact:

academysport@loughcoll.ac.uk and in the subject title, please put in "FAO Triathlon"

FAQ SECTION

I COME FROM ONE OF THE INDIVIDUAL DISCIPLINE SPORTS, BUT I'M KEEN TO EXCEL IN TRIATHLON?

We welcome those who may have a very strong background in one of the individual disciplines and are looking to convert to triathlon. We expect to help many young athletes who are looking to transition and provide the correct training for their individual needs.

ARE THERE COSTS INVOLVED?

There are costs involved to be in the programme and can be paid in full or we can look at payment plans (e.g. 10 x instalments spread over an academic year). For costs of the programme, please do get in touch. The contributions go towards the running costs of the programme (coaching, facilities, equipment, local travel, insurance, kit, administrative costs, etc) and the college heavily supplement the additional costs involved to run such a wide and diverse sport academy programme.

CAN LEARNERS STILL BE PART OF OTHER CLUBS AND REGIONAL ACADEMIES ALONGSIDE THE PROGRAMME?

Yes, they can as long as they are managing their time and ensuring they are not being overloaded. Coaches will monitor this and speak to club/regional/national coaches to ensure learners are managing everything including their academics.

ARE THERE MANY RUN/RIDE ROUTES IN LOUGHBOROUGH?

We are very fortunate in Loughborough to be surrounded by great run routes and trails on our doorsteps with a mixture of hills and flats. Similar for cycling, within 5 minutes you're outside of the town and onto quiet country roads in the surrounding Charnwood Forest and Soar Valley. We mix up many of our ride and run routes to get the best out of the local surroundings.

CAN LEARNERS ACCESS PHYSIOTHERAPY VIA THE PROGRAMME?

All of our coaches are first aid trained by their specific sports national governing body. All learners are insured in training and college sanctioned competitions. We would love to provide physiotherapy for all learners but we have to balance this with financial restraints we have in further education. Learners can access physiotherapy but at an added cost and at their own discretion (coaches will not refer learners). Response Physiotherapy is based in the Radmoor Fitness Centre which is onsite but is an external business to the college. For further information on Response Physiotherapy please see here - www.responsephysio.com/



Loughborough COLLEGE est. 1909

Loughborough College
Radmoor Road
Loughborough
Leicestershire
LE11 3BT

01509 618375
info@loucoll.ac.uk
www.loucoll.ac.uk

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 **[@loucollsport](https://www.instagram.com/loucollsport)**

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Disclaimer:

Information provided is correct at the time of print and the college accepts no liability for errors or omissions.

Details can be subject to change without notice, including the provision of courses, times, and dates, and fees and charges can be levied.

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