



Barton Peveril  
Sixth Form College



# TASS DUAL CAREER CENTRE AT BARTON PEVERIL

**TASS is an exciting programme designed to help, advise and support elite sportspeople manage their academic studies alongside their sporting commitments.**

Students will have a TASS session added to their timetable which will be used for a variety of activities, talks and practical sessions designed to help them continue to perform at their best at college and on the sports field.

## How does it work?

TASS sessions include some lifestyle coaching on topics such as sports psychology, injury prevention, resilience and nutrition. The TASS programme also allows student athletes free access to our fitness suite and 1:2:1 mentor sessions with the Dual career coordinator. There is also heavy emphasis on supporting the students onto the next step of career planning and university applications. We work closely with the Hampshire TAS programme helping to source funding and offering parent workshops.

## Who can join?

The programme is aimed at students who are competing at International or National level in their sport. Places on the course are limited so places will be offered to selected applicants after an interview with the dual career coordinator at enrolment.

## Why should I join?

This is a critical point in a young person's journey of being a student athlete. Academic pressure is increasing with examinations and the pressures of beginning to make decisions for the future, at the same time sporting commitments are increasing as they move up age groups, sometimes a big move from junior to senior competition and it can all seem a bit overwhelming. This programme is here to help student athletes manage both and be able to perform at their full potential. To help them become more independent and plan for successful futures.

## Who runs the programme?

Alix Christopher is the Dual Career Coordinator.

## Who do I contact for more information?

Alix Christopher, TASS Dual Career Coordinator  
[ALC@barton.ac.uk](mailto:ALC@barton.ac.uk)

Luke Hampton, Director of Sport and PE  
[LFH@barton.ac.uk](mailto:LFH@barton.ac.uk)

DUAL CAREER  
ACCREDITED  
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## What sports have other students competed in on the course?

We have previously accepted students in the following sports:

Athletics, Badminton, Boxing, Cycling, Football, Gymnastics, Golf, Hockey, Horseball, Kayaking, Netball, Para Equestrian, Sailing, Swimming, Triathlon, Table Tennis and Wheelchair basketball.

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