

A SPORTING VISION FOR THE
CHAMPIONS

AND THE
CHALLENGERS

UPPINGHAM

1584 Forward

THROUGH NURTURING HEARTS,
BODIES AND MINDS WE CREATE
AN ENVIRONMENT WHERE ALL PUPILS CAN
ACHIEVE EXCELLENCE IN SPORT

WELCOME

Our role is to give young people the skills, confidence and capacities to navigate their own paths through life – and the unshakeable sense of self they need to influence the world around them.

The following pages set out the future direction for Uppingham Sport. However, before we look ahead, it is important to connect with our past and understand where we have come from – 1584 forward. Uppingham School was founded by Archdeacon Robert Johnson in 1584 as a small-town grammar school, offering free education to local boys from poor families.

Later, the School was home to the innovation and courage of the Reverend Edward Thring, who changed the landscape of education during his 34 years as Headmaster. He turned Uppingham from an insignificant country boarding school into one of the great

progressive schools of late-Victorian England – and sport was at the heart of this transformation.

Thring believed that education must be concerned with the whole of life, embracing the mental, physical, moral and spiritual wellbeing of the individual. During Thring's time, Uppingham opened the first gymnasium in an English school and had one of the first heated pools. It was part of Thring's vision that every school should have these amenities, alongside a library, a workshop, a museum and a wealth of other sports facilities. His belief was that every child has their talent, and it is our job to help them discover it.

Through relocation to Wales in 1876 to escape a typhoid outbreak, and through two world wars, the School continued to adapt, innovate and break down educational barriers. Headmaster John Wolfenden later shifted the focus away from a didactic education to one in which pupils were encouraged to argue, debate and think for themselves.

Now it is our time in the sun. It is important that we honour our founding principles and under the leadership of Dr Maloney take the innovation, autonomy, resilience and generosity of the past into our future.

It is our turn to create our legacy.

It is our turn
to create our
legacy





OUR PURPOSE

At Uppingham, we aim to transform lives and change the world through coaching, providing sporting experiences that build skills for a lifetime of achievement, enjoyment and wellbeing.

We want to make a memorable difference to the life of every pupil. Every child is unique and characterised by subtle shades of meaning or expression.

Through our coaching and sports programmes, we will nurture pupils' lifelong relationship with sport, and support those who are progressing with their respective elite level pathways.

By encouraging every child to develop their individual talents, we help them become the best version of themselves.

Through sport, pupils develop skills and aptitudes – from adaptability and resilience to leadership and mental agility – that will help them achieve excellence in all future endeavours.

We share the belief that our lives are measured by the impact we have on others and we strive to make all our interactions positive.

We want to change the world but will settle for changing the world for each individual we encounter.

We nurture pupils' lifelong relationship with sport



OUR MISSIONS

If we are to meet the needs of all individuals in our community, we believe school sport must have multiple goals. That is why we have three missions – focusing on participation, performance, and personal development.

MISSION:

1

Participation

To ignite a passion for sport that lasts a lifetime

Sport is for everyone, and we want to create an environment where all pupils can enjoy and play sport and achieve personal excellence. Sport is hugely beneficial for physical and emotional wellbeing, and by instilling a love of sport at school, we hope their enjoyment lasts a lifetime.

MISSION:

2

Performance

To provide the world's leading sports programme for talent development

Our aim is to become a leading authority on personal, athletic and talent development. We will not only engage with and reflect on the latest and best evidence-informed practice but will also pursue our own path in creating world-leading practice in the field.

MISSION:

3

Personal development

To create resilient, adaptable, compassionate leaders

We care deeply about sport but care more about who our pupils become through sport. We recognise that most pupils will not go on to play professional sport, but we want to ensure that whatever they do in life, we equip them with the adaptability, resilience and problem-solving skills to enable them to perform at the highest level.

Pupils are given
autonomy in
preparation for
life after school



OUR VALUES

We care deeply about sport, but we care more about who pupils can become through sport. That is why each programme is values-driven and modelled by our staff.

Our values inspire us to be...

Ambitious

To show a strong desire and determination to succeed – whatever success looks like to you.

Brave
Creative
Determined

Authentic

To be true to yourself. To be genuine, open and honest and know that you belong.

Trustworthy
Honest
Virtuous

Altruistic

To be defined by your kindness and compassion towards others – putting the team first.

Respectful
Generous
Kind



ALL PUPILS ARE SUPPORTED AND
CHALLENGED TO DEVELOP THEIR
TALENTS AT WHATEVER LEVEL THEY
WISH TO PARTICIPATE



ACHIEVING EXCELLENCE: A BALANCED APPROACH

We provide appropriate levels of variability and challenge to stretch our pupils, give them the space to grow, and support them to optimise their talents.

With *too much* coaching and guidance, pupils will not develop the self-reliance they need to adapt to challenges in the real world. With *too little*, their progress may be inhibited.

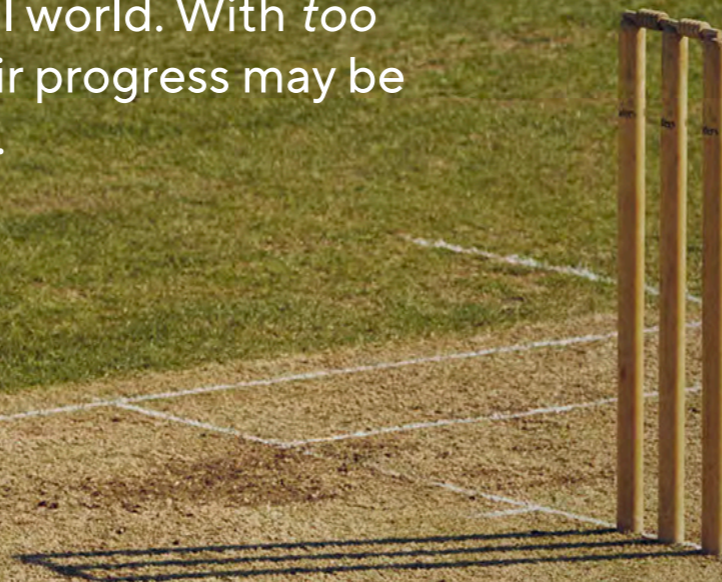
At Uppingham, we aim to get the support *just right*, by providing the guide rails within which pupils can experiment and adapt on their way to achieving excellence.

We provide the guide rails in four areas:

1 Performance Behaviours

These are the behaviours we expect every pupil to develop. They provide the foundations for high performance and are modelled by the staff:

- Accountability – taking responsibility for actions and circumstances.
- Commitment – doing what it takes to succeed; being self-motivated, eating, sleeping and recovering properly.
- Effort – never giving up, being resilient and always striving to improve.
- Courage – embracing and seeking challenge, responding positively to pressure and setbacks, and influencing others to do the same.
- Altruism – putting the team first, providing positive energy to others, showing kindness and compassion.





2 Psychological Performance Skills

From the moment pupils arrive at Uppingham, we begin to teach them the psychological skills they will need to perform in all areas of life. We help them to understand and hone a broad range of skills, including:

- Focus and distraction-control.
- Goal setting and self-reward.
- Seeking and using support networks.
- Self-regulation under pressure.
- Performance evaluation.
- Planning and organisation.

3 Sporting Environment

Children do not become adaptable, compassionate, and resilient by being told to do so, but by being nurtured in an environment which encourages and rewards these values.

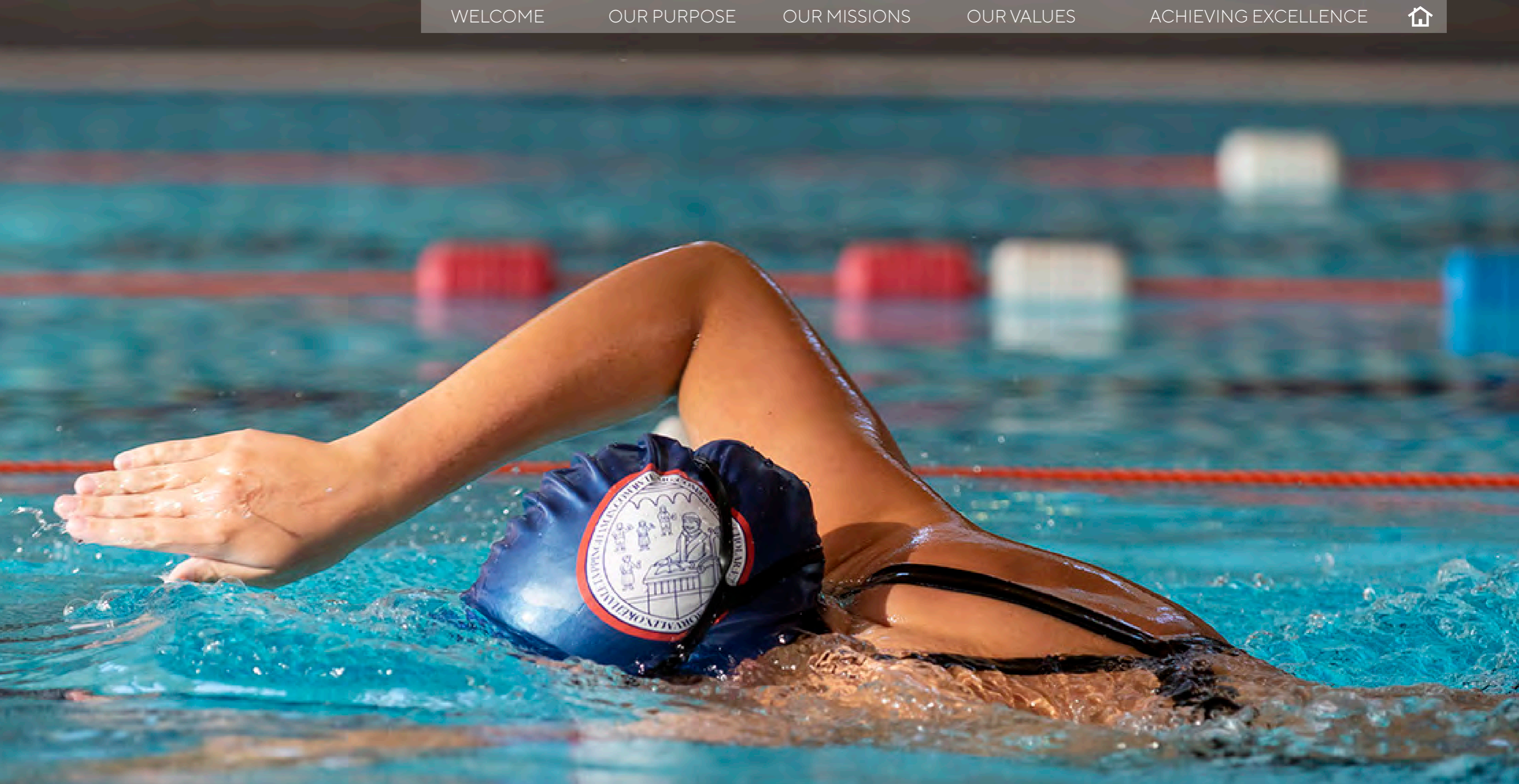
At Uppingham, our coaches create an environment that is safe, stretching, and self-determined. One where everyone feels able to speak up, to challenge themselves and to take risks.

Our coaches involve the players in their journey, giving them autonomy to make decisions and therefore be better prepared for life after school.

4 Champions' Programme

To stretch and challenge our most able athletes, we have a comprehensive and fully integrated Champions' Programme. It helps our elite performers delve deeper into psychological performance skills, and learn how to eat, sleep, and recover effectively. We provide contact with top-level athletes and coaches to help pupils discover who they are and where their strengths lie.

By introducing innovations and competition we push our athletes to the next level. With support from pupil mentors, our high performers create individual development plans to help steer their progress. They learn to be more outward facing, developing leadership skills within School to equip them for high-performance environments beyond Uppingham.



UPPINGHAM

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