



ELLESMERE PORT CATHOLIC HIGH SCHOOL

'I have come so that they may have life and have it to the full' John 10.10



October 2018

Dear Parent/Guardian,

Inspired Through Sport, are dedicated to supporting British Athletes and inspiring the next generation of sporting heroes! Helping GB's best on their journey to success through #GIVINGBACK athlete support programme.

Why athletes need support:

Although athletes work and train hard, many rely solely on sponsorship from charities and families in order to reach their dreams and represent their country. Whilst very high-profile athletes will often be sponsored by large companies such as Nike and Adidas, many others struggle to raise enough funds to continue in their sport.

What Inspired Through Sport do & how they do it:

The #GIVINGBACK athlete support programme provides over 300 GB athletes with funding, as well as access to a number of services that help them on their journey to GOLD.

These services include:

- Physiotherapists
- Nutritionists
- Chiropractors
- Athlete Mentors
- Holistic Healers
- Our Creative Media Team
- Career advisors
- International Competition Travel
- Performance Analysts

Inspired Through Sport fund the #GIVINGBACK athlete support programme through either paid or sponsored visits from GB Athletes to schools.

What happens when they come in?

In the lead up to the 2020 Tokyo Olympics, Inspired Through Sport will send a GB athlete to visit school on **Monday 22nd October 2018.**

The day will start with an inspiring assembly led by the athlete where they will share their sporting journey with the students, allowing them to understand the hard work and dedication needed in order to achieve success. Some year groups will complete a challenging fitness circuit with the athlete and have the opportunity for a meet & greet. During this time, they will also learn about healthy living and the importance of developing a growth mind-set.

We look forward to a fun and inspiring day for your children. Thank you in advance for your support!

Yours sincerely,

Mr C Jones
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