



SPORT CAREER  
DEVELOPMENT PROGRAMME

DISCOVER YOUR ATHLETIC  
POTENTIAL

# Kickstart your sports journey, choose the Sports Career Development Programme!



# Kickstart Your Sport Career

## Sports-Specific Training Content:

- Training to improve performance in specific sports (e.g., football, swimming, dance, gymnastics, basketball etc.).

## Core Fitness

- Core fitness exercises to build strength, flexibility, and endurance.



# What is the Sports Career Development Programme (SCDP)?

- Supports students in developing athletic skills alongside education.
- Emphasises sports skill development and healthy living.
- Offers guidance for careers in the sports industry.

# Unlock Your Future in Sports Today



## Balancing Education & Sports

- Support to ensure that all students continue excelling in school while focusing on their sports development.
- Time management skills to balance both commitments effectively.

Join us to discover exciting **sports career opportunities!**

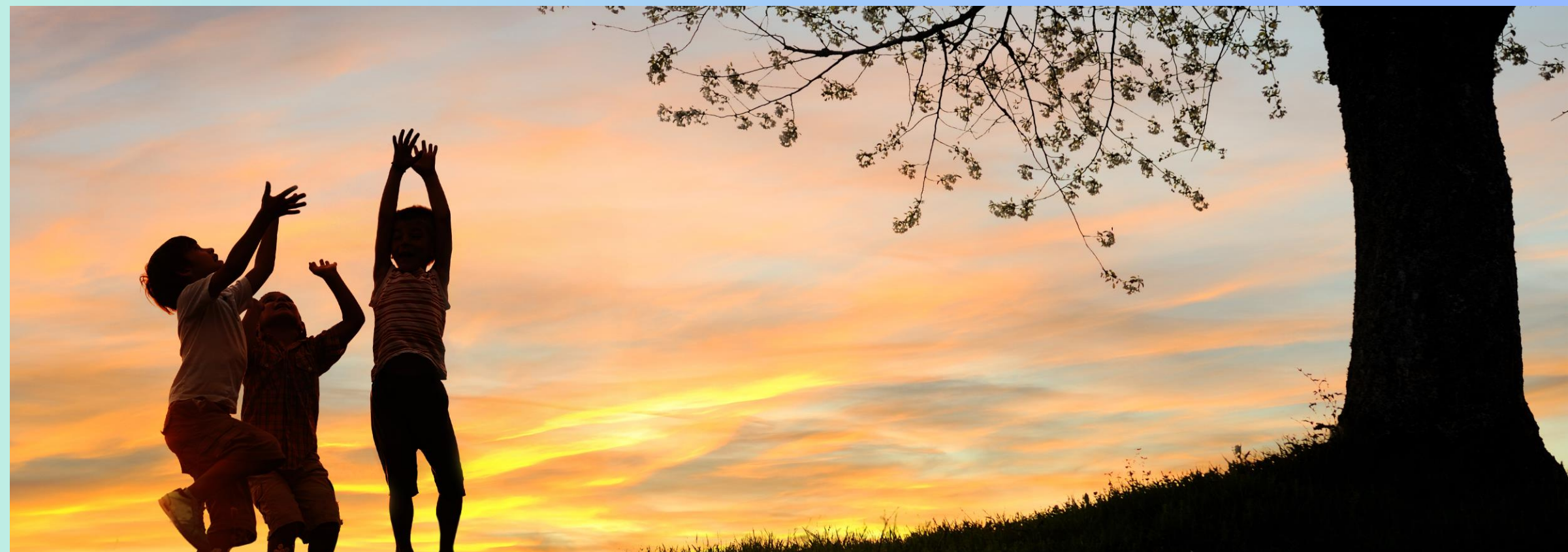
# Launch Your **Sports Career** Today!



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When chosen at Year 7 it is offered instead of Art, Design & Technology, Home Economics and Music while from Year 9 onwards it may be chosen as an Option Subject.





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# Sports Available as per College

Gozo College -Victoria Middle School: **Athletics, Basketball, Football, Dance, Swimming & Shooting.**

Maria Regina College - Naxxar Middle School: **Basketball & Football.**

St Nicholas College - Rabat Middle School: **Basketball, Dance & Football.**

St Clare College - Pembroke Middle School: **Football & Judo.**

St Theresa College- B'Kara Middle School: **Dance & Football.**

St Gorg Preca College- Blata l-Blata Middle School: **Basketball & Football.**

St Ignatius College- Handaq Middle School: **Athletics, Dance & Football.**

St Benedict College- Kirkop Middle School: **Football & Artistic Gymnastics.**

St Thomas More College-Zejtun Middle School: **Athletics & Football.**

St Thomas More College-Tarxien Middle School: **Football.**

St Margaret College - Cospicua Middle School: **Football & Swimming.**



# Prepare to explore these and other exciting topics:

- **Competitions & Opportunities**

Participate in organised leagues, sports competitions, performances in case of dance.

- **Rules & Officiating**

Learn the rules of various sports.

Understand the role of referees and officials at sports events.

- **First Aid & Injury Prevention**

Basic first aid training for sports injuries.

Learn injury prevention techniques.

- **Nutrition for Athletes**

Understand how nutrition improves performance.

Learn which foods enhance training results.

- **Anti-Doping Awareness**

Learn about doping dangers and the importance of fair play.

Understand the harm doping causes to athletes and sports.

# Unleash Your Potential in Sports

Join us for exciting sports adventures today!



# Kickstart Your Sports Career Today Choose SCDP!

Information on  
how to apply will  
be provided to  
you shortly!

