



**HIGH  
SCHOOL**  
OF DUNDEE

**Real  
World  
Ready**



# High Performance Sport Programme

Support for ambitious young athletes  
to thrive in school and in sport



**Sport can be all-consuming. Our High Performance Sport programme supports talented young athletes to navigate school and the teenage years, while maximising their sporting potential.**

Students learn the high-performance habits and behaviours that underpin success — not just in their sport, but in life. Our tutors bring real-world experience from a range of professional sporting backgrounds.

The programme is led by ex-Scotland rugby internationalist Phil Godman, supported by top coaches including Linda Anderson (former Scottish women's hockey captain) and Gavin Byers (international hockey player). It is designed for aspiring athletes in any sport.

Places are limited and application is required. In senior year 3 (S3), successful applicants take the programme in place of a National 5 subject. In S5 and S6, the programme runs during enrichment time, therefore retaining all elements of the curriculum.

## Benefits

- Personalised strength & conditioning programme
- 1:1 mentoring and performance planning
- Physiotherapy support and injury rehabilitation guidance
- Nutrition advice for training and competition
- Access to a well-equipped gym
- Sports science testing and performance tracking
- Video analysis and highlight-reel support
- Sports psychology and mindset coaching
- Guest speakers and links with external sporting organisations



**Scan the QR code to learn more or email**  
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