



# TALENTED ATHLETE SUPPORT PROGRAMME

Team Leicestershire Talent aims to support young talented athletes across Leicestershire, Leicester City and Rutland to achieve their potential through the delivery of a bespoke annual programme of workshops. Covering subjects such as Strength & Conditioning, Sports Psychology, Nutrition for Sport and Mental Fitness.



## WHO IS ELIGIBLE TO APPLY?

The programme is open to all young aspiring athletes (aged 11-23 years), whether they are already performing at Regional, National or International level, or still at the start of their sporting journey locally. Aiming to "be the best they can be", either as an individual or as part of a team, through talent pathways and performance programmes.

For more information and how to apply visit:  
[teambleicestershire.org/talent](http://teambleicestershire.org/talent)

