



BRITISH ROWING

Diploma in Sporting Excellence



Photo: All Mark One

'supporting talented young athletes to combine sport and education so that they have the skills, knowledge and competence to pursue sporting excellence alongside a career'

TEAMWORK | OPEN TO ALL | COMMITMENT



How does the Diploma in Sporting Excellence (DiSE) work?

The Diploma in Sporting Excellence programme provides an education programme aimed at supporting young athletes to develop and achieve their full potential as well as gaining an additional qualification. It covers subjects such as career planning and sports ethics to technique and psychology. The programme supports the key messages which all potential GB team athletes are required to understand. It is also aligned to other areas of education such as Clean Sport and Safety – with athletes having access to all online education resources. British Rowing's Rower Development Guide is also aligned to the DiSE learning programme through its key pillars.

The programme is designed to be delivered alongside the athletes' chosen higher education studies, such as A levels or BTech, which must be completed at a state-funded school. Athletes must be aged 16 – 18 years or aged 19 – 24 years for those who have an Education, Health and Care (EHC) plan.

What happens when you complete the programme?

At the end of the two-year DiSE programme athletes will receive the **Diploma** as well as **64 UCAS points**. The programme helps prepare athletes who have demonstrated the competence required and who show clear potential, to progress to the U23 trials system aiming for GB representation. Alternatively, an athlete could use the DiSE Programme and Diploma as a foundation to continue within the sport of rowing in an alternative career such as:

- Coaching
- Club Development
- Sports Science Specialist Support

Am I eligible?

To apply athletes must be aspiring to perform at national or international level. Applications can only be accepted from rowers attending a state-funded school and be between ages 16 – 18 years. For those who have an Education, Health and Care (EHC) plan we accept applications from athletes aged 19 – 24 years.

What do I need to be able to apply?

To complete the application form you will be asked to complete some personal information about yourself and your rowing achievements to date, including a 2k PB and some anthropometric information. You will also need to have your British Rowing membership number and national insurance number available to complete the form.

How do I apply?

Applications for the 2022 Season are open and will close at the end of July, click the link below to complete an application form.

[Diploma in Sporting Excellence Application form](#)

If you have any questions about the programme, please contact Loretta Williams, Programme Manager for DiSE (Loretta.williams@britishrowing.org)