



## Course Overview

DiSE is a 2-year programme that runs within the BWL Performance Pathway. Athletes who enrol onto the DiSE programme have the opportunity to take part in residential training camps, online workshops and 1:1 sessions with programme specialists.

The residential training camps are held in Loughborough throughout the 2-year programme. Training camps are organised to avoid competition clashes and busy exam periods and take place in school holidays and at weekends.

The programme is designed to support progression either to further / higher education or gain employment within a related field.

## What is DiSE?

DiSE stands for Diploma in Sporting Excellence, a programme which British Weight Lifting have run in partnership with Loughborough College since 2019. DiSE has been designed to meet the needs of young athletes aged between 16-18 who have the potential to progress within the sport of weightlifting.

## Entry Requirements

- Aged 16 -18 (born between 01/09/2007 - 31/08/2008/about to enter Year 12)
- Be in full time education (or approved part time study), but not an apprenticeship
- Be a current participant of a regional development squad or enrolling onto the talent pathway programme
- Be prepared to sign up to a 2-year programme
- Commitment to complete the learning programme
- Be a current resident in England

## You Will Achieve

Upon completion of DiSE, learners will receive a certificate and 64 UCAS points.

## Are all the camps residential?

The national camps are residential with athletes generally allocated twin rooms with en-suite facilities. Athletes are catered for during the camps.

## Course Content

Across the two years, athletes need to complete a series of modules to successfully achieve the Diploma in Sporting Excellence qualification, including:

- Technical, physical and tactical development in weightlifting
- Injury management
- Psychological skills
- Nutrition
- Lifestyle
- Career and financial planning
- Communication and media
- Anti-doping (Lift Clean Awareness)
- Health and safety
- Culture, values and behaviours

Evidence of completion for the qualification is mainly by e-portfolios, which are completed on camp and at home.

## Who delivers the DiSE programme?

The DiSE programme is delivered in partnership between British Weight Lifting and Loughborough College. Loughborough College work with several other National Governing Bodies, developing a range of bespoke delivery models across those sports.

## What level of commitment is required from selected DiSE athletes?

Athletes will be expected to attend the national camps and complete a small amount of portfolio work outside of camps. Athletes will also attend online workshops and complete e-

learning modules as part of their qualification. Athletes will have a progress review every 8 weeks with their dedicated Loughborough College tutor. These progress reviews are designed to support athletes' needs as they work through the qualification.

### Why choose DiSE?

Benefits include:

1. Mentoring and support
2. A programme which aims to equip athletes with the necessary skills, behaviours and abilities to progress in weightlifting and in life
3. Opportunity to attend camps and train in a high-performance setting
4. Objective feedback on technical and physical development
5. Opportunities for 1:1 sessions with specialist support staff
6. Upon completion 64 UCAS points are available (currently equivalent to BTEC extended Dip at Merit, Pass, Pass and 2 x A levels at Cs)

If you are interested in being part of the programme please complete the expression of interest form on the BWL website: <https://britishweightlifting.org/about/bwl-college>.

