



Cardiff and Vale College
Coleg Caerdydd a'r Fro

CAVVC SPORT

Balancing your
chosen sport
with your learning.
Succeed in both.



This guide is available in Welsh





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WHY US?



Cardiff and Vale College (CAVC) is a leading college for sport. Alongside gaining a high-quality education, whatever course you choose, you can benefit from an inspirational environment to develop in and enjoy your chosen sport.



As one of the largest colleges in the UK, we offer a huge range of courses and are committed to ensuring that your education is the number one priority. We are also serious about sport and invest in the best facilities, coaching, contacts and wrap-around support to help you achieve your sporting goal.

Whatever course you choose, whether A Levels or a vocational programme, we work with you to fit training and competing around your learning. You will be provided with a carefully constructed timetable that allows you to learn, train and play, so you can excel in all aspects of your life.

So, whether you join one of our academies, or you continue to pursue your individual sporting goal, you can reach your potential on and off the field.

#TeamCAVC#JoinUs



The right balance

We work with you, your teachers and coaches to ensure your studies and your sports commitments don't conflict. We create the right balance for you to reach your potential in both.

A track record of success

The success of our students speaks for itself, with our students gaining professional and semi-professional contracts, and going on to represent their country as athletes while progressing to university and into careers alongside their sport.

Outstanding facilities

Cardiff International Sports Campus (CISC) is our dedicated home for CAVCSport. This large facility includes grass, 3G and desso pitches, full size athletics track and stadium, large gym and analysis suite.

Our City Centre Campus, also has top class facilities including a state-of-the-art sports dome with Multi Use Games Areas, 3G pitch, and a performance strength and conditioning gym recognised as one of the best of its kind.

Our academies are also partnered with the top professional clubs in the region, so learners access their facilities to train or play during the season at Cardiff Arms Park, Sophia Gardens and Cardiff City House of Sport among others.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly integrate into Cardiff life.

Specialist academies

We offer specialist academies in sports including Rugby, Football, Netball, Cricket and Basketball. Each academy is led by experts and partnered with the region's leading professional and semi-professional teams.

Professional expert coaching

Each of the CAVC sports academies is led by professional coaching staff, with a network of contacts and significant experience in competing, coaching, developing and progressing future talent in that sport.

Professional strength and conditioning and wraparound support

We have a dedicated team providing you access to expert personalised support whatever your sport, including professional Strength and Conditioning coaches, Performance Analysis, Nutrition, Physiotherapy and more.

Competitive fixtures

All our academies play in regional and Welsh Colleges Leagues and compete against some of the best competition in the country and beyond. Each academy also competes in high profile Welsh and UK competitions and tours in the UK and overseas.

Professional partnerships

We work in close partnership with the leading sports teams in our region including Cardiff Rugby, Cardiff City FC and Glamorgan Cricket. We have a vast network of contacts with sports governing bodies, universities and others to access expertise and support your development and progression.

One #TeamCAVC

We are proud of our sporting talent at CAVC. Partnered with Macron, we provide access to our renowned kit packages, so you become recognised as a member of CAVCSport. You also have the staff and students of the biggest college in Wales right behind you, supporting you as a member of #TeamCAVC.

OUTSTANDING FACILITIES



We invest in top class sports facilities for our students and the community.

Cardiff International Sports Campus (CISC)

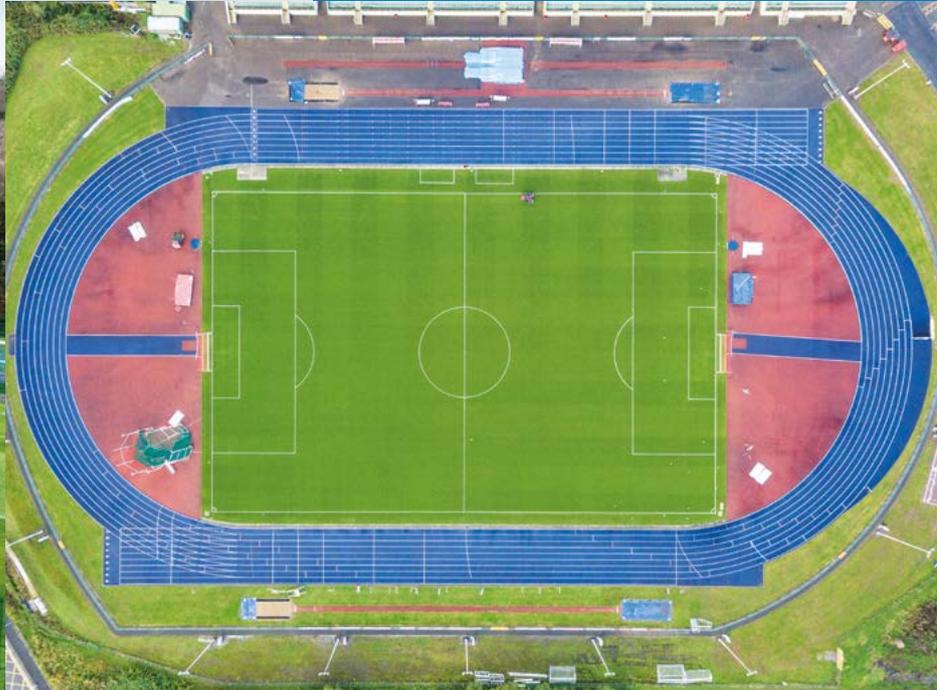
- Grass, 3G and desso pitches with spectator stands
- Full size athletics track and stadium
- Large gym
- Analysis suite

City Centre Campus

- State-of-the-art sports dome with Multi Use Games Areas
- 3G pitch with spectator stand
- Performance strength and conditioning gym



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MEN'S RUGBY ACADEMY

CAVC Rugby Academy provides the perfect platform for talented rugby players aged 16-19 who have an interest in performance and elite level rugby.

As the official college partner of Cardiff Rugby we provide the facilities, coaching, contacts and unrivalled wrap-around support that enables you to reach your potential.

CAVC Rugby Academy has won national competitions and developed a reputation and track record for growing and developing talent for the region and Wales.

The academy has both male and female pathways.



FIND OUT MORE

To find out more or contact our team go to www.cavc.ac.uk/rugbyacademy



Ben Thomas

Former CAVC Rugby Captain & now Cardiff Rugby and capped Welsh Rugby player

A Levels

After leaving Cardiff and Vale College I progressed to Cardiff University to study History. This allowed me to stay in Cardiff to build on my academic and rugby development at a Regional Academy Level, gain my U20's Welsh cap and play in the Premiership and the Regional A squad. I now play professionally with Cardiff Rugby and have been capped for Wales.

CAVC and the Rugby Academy in particular have really helped me progress not just academically but my rugby career to where I am today. As a Cardiff boy, it has been a lifelong ambition to represent the Region and this allowed me to do this.



The right balance

Your teachers and coaches work together to ensure your studies and your sports commitments don't conflict. We create the right balance for you to reach your potential in both.

A track record of success

- CAVC Rugby Academy are winners of the Welsh Schools and Colleges Cup, winning their final at the Principality Stadium.
- Since establishment in 2016, 28 students have gone on to play internationally in teams such as the Welsh U18s and the Welsh Senior 7s.
- Over 100 students have represented the Cardiff Blues Region from under 18 to senior squad level.
- Many former CAVC players have progressed to leading sports universities and are now representing teams including Cardiff University, Cardiff Metropolitan University, Loughborough University and Exeter University.

Outstanding facilities

- Cardiff Arms Park: the heart of regional rugby and high-profile location for some home fixtures during the season.
- Gethin Jenkins High Performance Gym at our City Centre Campus: one of the best facilities if its kind for developing strength and conditioning.
- Cardiff International Sports Campus (CISC) & Canal Park at City Centre Campus: with top class pitches and sports domes ensuring training and matches can take place throughout the year.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Professional rugby coaching each week.
- Top class coaching team including Level 4 Director of Rugby and a team of specialist coaches including current professional rugby players.

Professional strength and conditioning and wraparound support

- Strength and Conditioning Coach, ensuring an individualised programme of development for each player.
- Access to weekly physiotherapy sessions and a range of sport science support such as nutrition, psychology and performance analysis.

Competitive fixtures

- Up to 20 fixtures in the Welsh and British Colleges League each season.
- Participation in high profile tournaments including Rosslyn Park 7's.
- International Tour: the most recent being to Japan, when CAVC was chosen to represent Wales in the SANIX Youth World Cup.

Professional partnerships

- CAVC is the Official College Partner of Cardiff Rugby: benefiting player profile and progression opportunities.
- Established progression pathways including to Cardiff Rugby, Cardiff RFC, leading sports universities and national squads.
- A supportive environment that allows you to continue playing domestic rugby with your chosen club.

Evan Lloyd

A Levels

My brother played for Cardiff and Vale College as part of his Regional Academy agreement and watching him develop his game made a huge impression on me. The decision to leave school and join CAVC was an easy one based my brother's development and experiences.

The level of coaching, facilities and resources are as good as if not better than any facilities across the country. The focus of the Academy is development based, with a learning first focus in the classroom with all rugby activities planned to take place outside of the learning day.

The Academy provided me with a shop window to showcase my talents and since being here I have been selected at U18 Regional level for two years and represented Wales U18, selected for Wales U19 and gained a three-year Regional Academy contract this season. The learning taken from the experience at CAVC will benefit me for many years to come.



WOMEN'S RUGBY ACADEMY

The CAVC Women's Rugby Academy provides the perfect platform for talented female rugby players aged 16-19 who have an interest in performance and elite level rugby.

Academy members play regular fixtures within the AoC leagues and Welsh Rugby Union Colleges and WRU Events. With outstanding facilities, coaching, contacts and unrivalled wrap-around support that enables you to reach your potential. We've an excellent track record for success with several players being selected to represent Wales on the Six Nations stage.



Gabby Healan

Studying Public Services

Playing for the first ever Wales u18's was the best experience, but it wasn't easy, the training and lifestyle may have been a challenge at times which gave me a real insight of what my rugby career could look like. Studying at Cardiff and Vale College supplies professionalism within training and off field gym sessions, it has helped me achieve and get to where I am now and to see what my future could hold.

FIND OUT MORE

To find out more or contact our team go to
www.cavc.ac.uk/womensrugbyacademy

The right balance

Your teachers and coaches work together to ensure your studies and your sports commitments don't conflict. We create the right balance for you to reach your potential in both.

A track record of success

- Several players were selected to take part in the first ever U18s Women's Six Nations Tournament in Scotland.
- In its first year, the Women's Rugby Academy at CAVC has seen 13 players involved in regional U18s teams, six players in the Weider National Squad, and two players will go on to represent Wales in the European Touch Championships.



Outstanding facilities

- Cardiff Arms Park: the heart of regional rugby and high-profile location for some home fixtures during the season.
- Gethin Jenkins High Performance Gym at our City Centre Campus: one of the best facilities if its kind for developing strength and conditioning.
- Cardiff International Sports Campus (CISC) & Canal Park at City Centre Campus: with top class pitches and sports domes ensuring training and matches can take place throughout the year.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Professional rugby coaching each week.
- Top class coaching team including Level 2 Women's Rugby Coach with over 6 year's experience and a team of specialist coaches

Professional strength and conditioning and wraparound support

- Strength and Conditioning Coach, ensuring an individualised programme of development for each player.
- Access to weekly physiotherapy sessions and a range of sport science support such as nutrition, psychology and performance analysis.

Competitive fixtures

- Up to 20 fixtures in the Welsh and British Colleges League each season.
- Participation in high profile tournaments.
- CAVC is the Official College Partner of Cardiff Rugby: benefiting player profile and progression opportunities.
- A supportive environment that allows you to continue playing domestic rugby with your chosen club.

Carly Lloyd

Studying Public Services

Being involved in the academy has changed the way I see the game. I feel like I've learnt a lot more being involved in the women's academy developing my scrummaging and game play, the excellent coaching has helped me and my team mates, provided opportunities in England, 7's events and regular fixtures including a chance to play at the Principality Stadium. It's also helped me get selected for Cardiff U18's team alongside my team mates. I've found studying and playing for the College fantastic as my tutors are supportive when it comes to training and games.





ТОБАЛ





FOOTBALL ACADEMY

CAVC Football Academy offers talented footballers aged 16-19 a comprehensive player development programme that develops skills both on and off the pitch, in an environment that mirrors the professional game.

Awarded FAW Focus College Status, for maintaining the highest standards of football provision, the CAVC Football Academy benefits from state-of-the-art FIFA approved training facilities, expert coaching and support.

CAVC Football Academy has developed a reputation for success, playing in the highest league possible and against some of the top colleges in England and Wales. It also has a track record for developing talent, with players progressing to university, gaining international football scholarships, developing careers in football and gaining contracts with clubs across the country.

FIND OUT MORE

To find out more or contact our team go to
www.cavc.ac.uk/footballacademy

Jack Pascoe

BTEC Extended Diploma in Sport and Excellence

Before coming to CAVC I knew the football academy play at a high standard and that it is really competitive. That is what made me want to come here. The coaches here are amazing.

I was overwhelmed when I was offered the captaincy at CAVC, and over the two years here have also played for Barry Town development squad and Welsh Schools U18s. I have made so many friends since studying here, it has been a great experience and I would recommend to anyone who wants to pursue their education and football together.

I'd applied for universities here but was offered a full scholarship for Casper College in the USA to study a Business Management degree and play for their soccer team. It was such a great opportunity I couldn't turn down!



A track record for success

- Finalists for consecutive years in the Welsh Schools FA Cup Final, and Cardiff and Vale Schools Cup. AOC Cat 2 League Champions.
- Many players also play or gain contracts with senior Welsh premier league teams including Barry Town, Penybont and Taff's Well.
- Players have represented their country, playing for Welsh Schools Under 18s and Welsh Colleges.
- Many former players have progressed to leading sports universities and are developing careers in football, often returning as intern staff to support the coaching and development of CAVC Football Academy.

The right balance

Your teachers and coaches work together to ensure your studies and your sports commitments don't conflict. We create the right balance for you to reach your potential in both.

Outstanding facilities

- Cardiff International Sports Campus (CISC) is a complete performance hub with top class grass, 3G and 4G pitches, a large gym ensuring training and matches can take place through the year.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Professional football coaching every week.
- Head of football has a UEFA Pro licence and 3 coaches have the UEFA A Licence.

Professional strength and conditioning and wraparound support

- Strength and Conditioning Coach supporting an individualised programme of development for each player.
- Advice on nutrition and psychology.
- Team and individual performance analysis.

Competitive fixtures

- High standard competitive fixtures, with the Football Academy squad playing in the top division, against leading colleges in Wales and England.
- Participation in tournaments through the year including Cardiff and Vale Schools and the Welsh Schools FA Cup.

Professional partnerships

- A strong partnership with the Football Association of Wales, working in partnership with Cardiff City House of Sport, sharing facilities at Cardiff International Sports Campus.
- Overlooking Cardiff City FC and working in collaboration on a number of programmes.
- Established link with Benfica FC, providing the opportunity for the CAVC Football Academy to attend an annual two-week warm weather training camp in this world-renowned club.
- A supportive environment that allows you to continue playing domestic football with your chosen club.

David Adams

Technical Director, Football Association of Wales



The learning environment at CAVC Football Academy is at the core of its fundamentals and allows all the students an opportunity to develop, challenge and achieve whether that is on the pitch or in the classroom. The combination of education with the driving influence of football is an impactful mix which allows any aspiring football player to reach their potential both academically and in football. CAVC is one of the founding colleges of the Focus College programme and it remains at the forefront in terms of coaching, facilities, games programme and education.

Rio Malpas-Brown

BTEC Extended Diploma in Sport (Bilingual)

I have always played football and have played for Barry Town from U13s to U16s, and now for their U19s. Our coach is very good and being part of CAVC Football Academy has massively improved me as a player.

I went to a Welsh medium school and have studied my course here bilingually. I'm hoping to go to uni after finishing the course.

CAVC is such a good experience, there is so much to offer. If you enjoy sport it is one of the best places to come.

NETBALL





NETBALL ACADEMY

CAVC Netball Academy offers talented female netballers aged 16-19 a comprehensive player development programme that develops skills both on and off the court.

The CAVC Netball Academy benefits from state-of-the-art training facilities, expert coaching and support, preparing players for club, semi-professional and national netball.

The Academy has a track record for developing talent, with players progressing to university, gaining contracts with semi-professional netball teams, and playing netball for their region and country.

FIND OUT MORE

To find out more or contact our team go to
www.cavc.ac.uk/netballacademy

Seren Evans

A Levels

I had played netball throughout school and the opportunity to study alongside becoming a member of the Netball Academy attracted me to the College. The programme allows us to train 3 times a week, play and do strength and conditioning to make our netball performance better. Our coach is really inspirational. I've had so many opportunities and trialled for Wales. It has also helped me make friends from across the college, with all of us studying different courses. This year I'm progressing to Cardiff Metropolitan University to study Sport and Exercise Science where they also have a great Netball set up so I can continue to progress.



The right balance

- Your teachers and coaches work together to ensure your studies and your sports commitment don't conflict. We create the right balance for you to reach your potential in both.
- Fantastic stepping stone between school and university, as well as semi-professional level netball.

A track record of success

- Previous winners of national tournaments.
- Current and former players have been selected for Wales age grade netball; Welsh Colleges; Cardiff and Vale County; and for Netball Superleague team the Celtic Dragons U17 and U19 squads.
- Former players have also progressed to leading sports universities, with some returning as intern staff to support the coaching and development of CAVC Netball Academy.

Outstanding facilities

- Cardiff International Sports Campus (CISC) and Canal Park at City Centre Campus – offering top class indoor facilities so training and matches can take place throughout the year.
- Gym facilities at CISC and City Centre Campus to support personal training

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Professional netball coaching every week.
- Expert coach with significant playing and coaching experience.

Professional strength and conditioning and wraparound support

- Strength and Conditioning Coach supporting an individualised programme of development for each player.
- Advice on nutrition and psychology.
- Team and individual performance analysis.

Fantastic fixtures

- High standard competitive fixtures, playing in the national colleges league.
- Participation in tournaments across the region and Wales.

Professional partnerships

- A supportive environment that allows you to continue playing for regional clubs and leagues, with most players playing in Division 1 and 2 in the Cardiff and Vale District Netball league alongside the CAVC Netball Academy.
- Strong links with Welsh Netball and leading sports universities enabling learners to continue their netball.

Kathryn Titley **BTEC Extended Diploma in Sport (Bilingual)**

Choosing Cardiff and Vale College meant I could study and keep playing netball. Our coach at CAVC is an international player so the training is of such a high standard. I play for Central Netball Club as well and last year I was selected in the Welsh U17s set up. It was great to have a coach that knows first-hand how we should train for that level. I hope to trial for the U21's in the future. I have always studied in Welsh so it was good to be able to continue this in college and to learn bilingually has worked well for me. I would definitely recommend CAVC to anyone wanting to study and keep developing their netball.



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CRICKET ACADEMY

CAVC Cricket Academy provides the perfect platform for talented cricketers aged 16-19 who have an interest in performance and elite level cricket.

Partnered with Glamorgan Cricket, our CAVC Cricket Academy provides the facilities, coaching, contacts and unrivalled wrap-around support to enable you to reach your potential.

The academy has developed a reputation and track record for growing and developing cricket talent in Glamorgan and Wales as well as supporting members to achieve academically.

FIND OUT MORE

To find out more or contact our team go to
www.cavc.ac.uk/cricketacademy

Nathan Berry

BTEC Extended Diploma in Sport (Cricket)

I first heard about the cricket academy through some friends at my cricket club who were already part of it.

I've always had a passion for sport and cricket and studying my course has allowed me to study what I enjoy and it allows me to progress to university. I can also train and develop my cricket in some of the best cricketing facilities in the world, as well as giving me the opportunity to use some of the best equipment available. Also, the level of teaching, coaching and support you receive is second to none.

I am now progressing onto Cardiff Metropolitan University to study Sport and Exercise Science.





The right balance

- Your teachers and coaches work together to ensure your studies and your sports commitment don't conflict. We create the right balance for you to reach your potential in both.

A track record of success

- Many current and former players have been selected for Wales age grade cricket and Welsh Colleges. The Cricket Academy also has an excellent track record of members progressing to university to continue their study and sport.
- We have had 6 college students selected for the Welsh colleges team.

Outstanding facilities

- Sophia Gardens, one of the UK's most prestigious test match grounds is home to Glamorgan Cricket and is the base for our Academy.
- Gethin Jenkins High Performance Gym at our City Centre Campus is one of the best facilities of its kind for developing strength and conditioning.
- Cardiff International Sports Campus (CISC): top class facilities including an extensive gym to support training all year round.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Professional cricket coaching every week.
- Expert coach including Level 3 Head of Cricket with over 10 years' experience in a professional cricketing environment.

Professional strength and conditioning and wraparound support

- Strength and Conditioning Coach supporting an individualised programme of development for each player.
- Advice on nutrition and psychology.
- Team and individual performance analysis.

Fantastic fixtures

- Competitive fixtures, playing teams from colleges and schools across Wales and England.
- Participation in tournaments and indoor leagues, including the Welsh Colleges' Indoor League.

Professional partnerships

- The only academy of its kind partnered with Glamorgan Cricket, benefiting player profile, opportunities and progression.
- Established progression pathways including to leading sports universities, representing high profile university teams nationally.
- A supportive environment that allows you to continue playing domestic cricket with your chosen club.



GLAMORGAN

Adam Lyons

BTEC Extended Diploma in Sport (Cricket)

I really enjoy coming to college every day. The opportunities the Cricket Academy provides you with are unique. Alongside studying, the facilities are amazing, and you are training next to Glamorgan Cricket professionals on a regular basis. Having Sophia Gardens as our base I find inspirational: often there is a game on whilst we are there during the summer term!

It's a great experience and a great opportunity to enhance and develop your cricket skills and improve fitness while getting an excellent qualification. Going into my final year, I am looking forward to carrying out some work experience with Glamorgan's Performance Analyst which will give me a good start before applying and progressing on to Cardiff Metropolitan University to study Performance Analysis.





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BASKETBALL ACADEMY

CAVC Basketball Academy offers talented basketball players aged 16-19 a comprehensive player development programme that develops skills both on and off the court.

Providing a performance basketball environment for players in Wales with state-of-the-art training facilities, professional coaching and sports science support that enables you to reach your potential.

CAVC Basketball has won national competitions and developed a reputation for growing and developing talent.

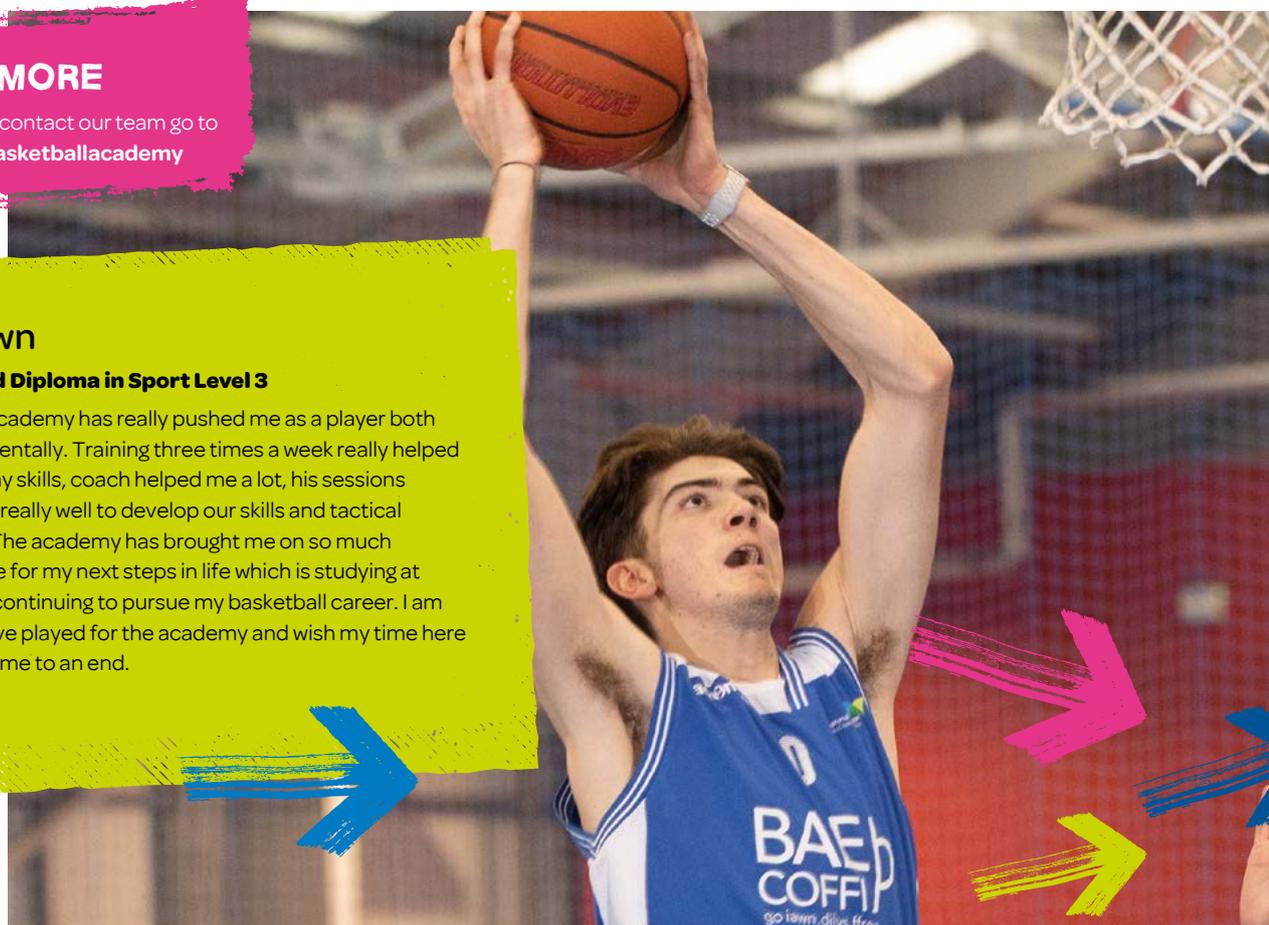
FIND OUT MORE

To find out more or contact our team go to
www.cavc.ac.uk/basketballacademy

Josh Brown

BTEC Extended Diploma in Sport Level 3

The basketball academy has really pushed me as a player both physically and mentally. Training three times a week really helped me to develop my skills, coach helped me a lot, his sessions are put together really well to develop our skills and tactical understanding. The academy has brought me on so much and prepared me for my next steps in life which is studying at university while continuing to pursue my basketball career. I am so grateful to have played for the academy and wish my time here didn't have to come to an end.





Steve Keuni

Hospitality and Catering Level 2

The basketball academy has been very helpful for me as I have been able to pursue my basketball career while I work towards my education doing my catering course which is my interest away from basketball. I have enjoyed the academy a lot, we get very high-quality coaching, coach has helped us develop a lot and we had an exciting challenge of competing at the AOC national championships this year. I'm looking forward to my second year with the academy as we look to build on this year and compete in a higher-level of competition!

The right balance

- Your teachers and coaches work together to ensure your studies and your sports commitment don't conflict. We create the right balance for you to reach your potential in both.
- Fantastic stepping stone between school and university, as well as semi-professional level basketball.

A track record of success

- CAVC Basketball Academy are no strangers to being Welsh champions having won the 2021-22 Welsh colleges championship and the AOC Welsh league, their third championship in recent years.
- CAVC Basketball Academy has an excellent track record of learners progressing to university to continue their studies and basketball.
- Current and former players have represented Wales age group national teams, alongside being signed to professional contracts.

Outstanding facilities

Cardiff International Sports Campus (CISC) and partnership with House of Sport: with top class indoor courts and large gym, ensuring training and matches can take place through the year. Players can benefit from both basketball and strength and conditioning facilities on both CISC and City Centre campus.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional expert coaching

- Head of Basketball with extensive international experience as a player and coach earning 65 international caps, representing Wales and Great Britain at 5 FIBA European Championships.
- Extensive knowledge of technical and tactical aspect of the game informing player development.
- Detail performance analysis to develop understanding, game application and identifying strengths and areas of improvement.

Professional partnerships

- Established progression pathways including Vale Vipers and Cardiff City Basketball Club to allow for player development into senior basketball.
- Working in partnership with Cardiff City House of Sport, sharing facilities at Cardiff International Sports Campus.
- A supportive environment that allows you to continue playing domestic basketball with your chosen club.

Fantastic fixtures

- High standard competitive fixtures playing in the AOC national colleges league and Cardiff and Vale schools league.
- Strong links to clubs that compete in the Basketball England NBL junior and senior leagues and in the SWBA senior men's league.
- Participation in regional and national tournaments, CAVC Basketball Academy are representing Wales in the upcoming British championships.





ELITE SPORT

Supporting you to reach your potential.
At Cardiff and Vale College we are
serious about sport.

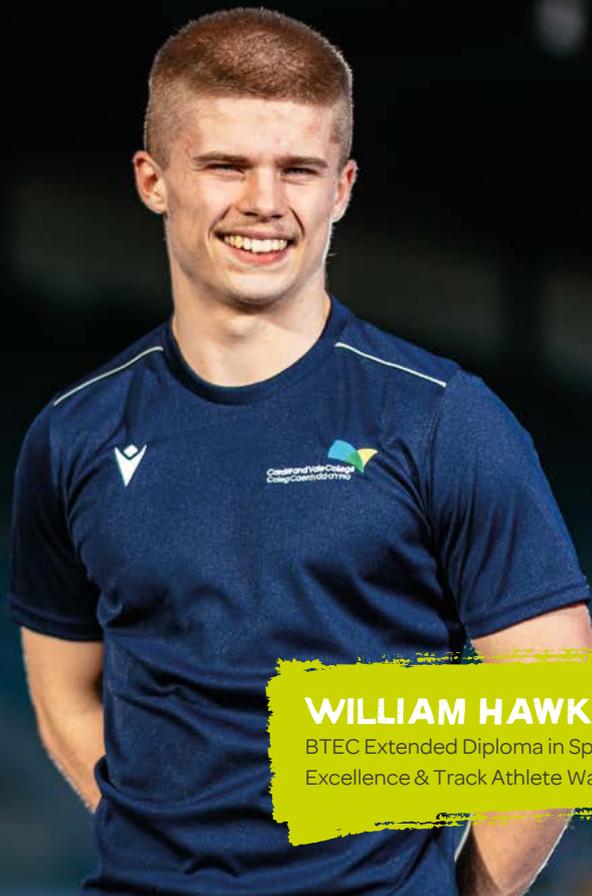


Whatever your sporting goal, we are committed to supporting you to reach your potential on and off the field.

Each year, we work with individual students with elite sporting ambitions in a range of sports to balance their study with training and competitions. We help your teachers to work with you to ensure your studies and your sports commitments work together, creating the right balance for you to reach your potential in both.

We have supported students who are training and competing at a national level in sports including Cross Country, Judo, Golf, Water Polo, Tennis and Hockey to name a few. We have also supported these students to achieve their qualifications and progress onto university or a range of careers.

#TeamCAVC#JoinUs



WILLIAM HAWKER

BTEC Extended Diploma in Sport and Excellence & Track Athlete Wales U20

The right balance

We work with you and your teachers to ensure your studies and your sports commitments have the right balance for you to reach your potential in both.

A track record for success

We have seen students represent their region and country in a range of sports whilst progressing and achieving in their studies.

Outstanding facilities

Where beneficial to your training schedule you can access our Gethin Jenkins High Performance Gym at our City Centre Campus: one of the best facilities if its kind for developing strength and conditioning. You can also benefit from facilities at our home for sport, Cardiff International Sports Campus (CISC) and Canal Park and City Centre Campus, with top class grass, 3G, 4G pitches, large gym and sports domes.

Accommodation

We welcome applications from across the UK and around the world. CAVC has established partnerships with a range of accommodation providers to suit all ages and budgets. We offer homestay, where you can live with a host who will provide a private room, meals, washing facilities and the opportunity to smoothly intergrate into Cardiff life.

Professional support and expertise

- Alongside the coaching and support you receive outside college in your chosen sport, you can choose to benefit from our support and expertise. This includes Strength and Conditioning Coaches who can support your individualised training programme.
- You are also able to access a range of sport science support such as nutrition, psychology and performance analysis.

Opportunities to compete in college leagues or represent Welsh Colleges

Alongside your current competition programme, you may wish to take up opportunities to compete against other colleges in Wales or be chosen to represent Welsh Colleges in your chosen sport in UK competitions each year.

Professional partnerships

As a college we have a vast network of professional partnerships in sport. From sports governing bodies, to leading sports universities, the college's contacts can help to add value to your pathway and progression.

Dedicated BTEC for Elite Athletes

The National Extended Certificate - Sporting Performance & Excellence is intended for post-16 learners who want to continue their academic studies alongside their regional/elite sports performance commitments. Successful completion of this course will ensure learners' gain greater knowledge and understanding into what's required to become an elite sport performer, whilst also having a direct and positive impact on their own performance.

FIND OUT MORE

To find out more or contact our team go to www.cavc.ac.uk/elitesport



Providing opportunities
for all students to engage
with sport and active
well-being

SPORT FOR ALL

At Cardiff and Vale College we are passionate about the health and well-being of all our staff, students and community. Throughout the year, we provide a programme of sports and active well-being activities and opportunities available for all.

Sport for all opportunities can vary each year, depending on what students wish to see. Previous opportunities have included pathways for female and inclusive football; one day tournaments, for example 5-a-side football or netball tournaments; running clubs; yoga sessions and more.

We also have on-campus gyms across a number of sites as well as dance studios and 3G and 4G pitches.

To find out more about what is on offer when you become a student of CAVC: go to the Student Portal or CAVC App and click on Active Wellbeing.

#TeamCAVC#JoinUs