



Aspirational - Purposeful - International

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LANGUAGE & INTERNATIONAL SUPPORT FOR ATHLETES

Perform. Communicate. Belong.

Personalised language, educational and international support for ambitious young athletes training, competing or pursuing opportunities abroad.

API Horizons helps young athletes develop the communication skills, educational confidence and international readiness they need to thrive beyond their familiar environment.

Alex Iltchev

Founder, API Horizons

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A stylized, handwritten signature in black ink, likely belonging to Alex Iltchev.

When sporting ambition becomes international

For many young athletes, progress in sport increasingly means **operating internationally**. They may travel to tournaments, **train with overseas coaches**, attend camps or academies, join an international team, or consider a longer-term move abroad.

Sporting ability alone does not necessarily prepare a young person for the communication, educational and cultural demands that come with those opportunities. A language learned for school examinations can feel very different when an **athlete needs to understand a coach quickly**, discuss tactics, deal with an injury, organise transport, speak to teammates or manage daily life independently.

Who we support

API Horizons is designed for **aspiring and competitive young athletes** whose sporting ambitions are beginning to take them beyond their familiar environment. Support can be useful **before a first international experience** or as part of a longer-term pathway.

THE INTERNATIONAL COMPETITOR

A young athlete increasingly travelling to French- or Spanish-speaking countries who **wants to communicate more independently at tournaments**, camps and training sessions.

THE OVERSEAS ACADEMY ATHLETE

A teenager preparing for an extended period of training abroad who needs practical, **sport-specific language and preparation for daily life** rather than a conventional classroom course.

THE STUDENT-ATHLETE

A young person balancing demanding training and competition with school qualifications **who needs flexible, high-level language tuition** that works **around the sporting calendar**.

THE INTERNATIONAL ATHLETE IN THE UK

An athlete arriving in Britain who needs English support to communicate effectively, integrate into a sporting environment and continue developing academically.

How API Horizons can help

API Horizons brings together language education, sporting experience and international programme expertise. Support is personalised around the athlete rather than built around a standard language course.

Language that reflects the athlete's world

A programme can move well beyond generic vocabulary. Depending on the sport and destination, sessions might include understanding coaching feedback, describing technique and movement, **discussing match or race strategy**, communicating pain or injury, arranging training, speaking to officials, **handling travel situations**, or **developing the confidence to build relationships** with teammates and host families.

Why API Horizons?

API Horizons sits at the **intersection of education, languages, sport and international experience**. Its founder brings more than 16 years of experience in language education, including leadership and examining, alongside **experience as a Head of Squash and Year Group coordinator for Tennis at Eton College**.

The founder of API Horizons is a competitive sportsman and **organiser of international work experience immersion programmes for young people**, including sports **tours to Spain for squash and tennis**.

This combination matters because sport is not simply added to a conventional language lesson. The athlete's training schedule, competition calendar, coaching relationships, educational commitments and future ambitions can all shape the programme.

Athlete Programmes: Illustrated

TENNIS — PREPARING TO TRAIN IN SPAIN

A 15-year-old competitive player preparing for two weeks at a Spanish academy.

- **6 × 45-minute sessions before departure + 2 online check-ins in Spain.**
- Focus on understanding coaching instructions, tennis-specific language, discussing tactics and performance, communicating about injury and recovery, and managing everyday situations independently.

STUDENT-ATHLETE — FRENCH GCSE AROUND COMPETITION

A 16-year-old athlete balancing GCSE French with a demanding training and competition schedule.

- **Weekly 45-minute tuition + flexible independent study.**
- Specification-focused academic support adapted around competitions and travel, with personalised speaking and writing work linked where possible to sport, health, travel and future ambitions.

INTERNATIONAL ATHLETE — MOVING TO THE UK

A 17-year-old athlete preparing to join a UK sporting and educational environment.

- **2 × 45-minute sessions per week for an initial 8 weeks.**
- Practical English for understanding coaches, communicating with teammates and support staff, discussing injury and performance, managing everyday situations and adapting confidently to life in the UK.

The programme fits around the athlete.

Possible areas of support

- French, Spanish and English language development
- **Sport-specific vocabulary** and communication
- **Preparation** for camps, tournaments and training abroad
- Communication with coaches, teammates, officials and host families
- Everyday language and cultural preparation for living abroad
- **GCSE, IGCSE, International A Level and A Level language support** around busy sporting schedules
- **Short, intensive preparation** before an international opportunity
- **Longer-term language development** linked to an athlete's pathway

A personalised pathway – proposed next steps

Every athlete's circumstances are different. Support therefore **begins with a conversation with the athlete and their family**. This allows API Horizons to understand both the immediate need and the wider pathway.

1 Initial consultation

Sport, age, current language level, educational commitments, training schedule, destinations and future ambitions.

2 Athlete profile

Identify situations in which language and international preparation will have the greatest practical value.

3 Personalised programme

Agree priorities, format and frequency. This might range from regular tuition to intensive preparation ahead of a specific trip or transition.

4 Flexible delivery

Online support designed to accommodate training, competition and travel wherever reasonably possible.

5 Review and adapt

As sporting and educational priorities change, the programme can change with them.

Start with a conversation

Every athlete's pathway is different. API Horizons begins with a conversation with the athlete and their family to understand their sporting, linguistic and educational goals. From there, we identify where targeted support could make the greatest difference and develop a personalised programme around the opportunities ahead.