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Elite Athlete Support Programme

2009/2010

For athletes that receive the Pursuit of Excellence Card





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Introduction

Welcome to the *Active St Albans* Elite Athlete Support Programme 2009-2010. Following consultation, the programme has been designed to support the needs of local athletes that currently receive the 'Pursuit of Excellence Card'. It includes a variety of workshops that aim to build the knowledge, skills and confidence around a number of key subject areas in sport.

Within this document you will find a schedule of high-quality workshops all of which are delivered by qualified and/or experienced tutors and trainers. Each workshop has been fully subsidised by St Albans City and District Council and *Active St Albans* to ensure you have access to the right courses – **FREE!** A deposit will be required for each workshop but won't be banked if the attendee attends the workshop. Should, however, the attendee not attend the course, the deposit will be banked by *Active St Albans*. Deposits for workshops can **ONLY** be made by cheque, and made payable to 'Active St Albans'. **Please note: we require a separate cheque for each course. So if someone wants to attend more than 1 workshop, we will require more than 1 deposit!** If you are booked on a course and find yourself unable to attend, *Active St Albans* will happily discard your deposit as long as you let us know no later than 7 days prior to the workshop date. Past this time, Active St Albans will be unable to discard your deposit and the deposit will be banked.

The programme has been specifically designed to benefit athletes from all sporting backgrounds, and we therefore can't offer any sport-specific courses. To see a list of sport-specific coaching courses on offer in Hertfordshire, visit the Herts Sports Partnership website at www.sportinherts.org.uk or call them on 01707 281204.

Each athlete will be able to bring with them a maximum of 1 person to each workshop/course – perhaps a parent or coach. However, only the athlete will be able to take part in any practical sessions. Please also note that places are limited and will be allocated on a first come, first served basis.

If you're interested in attending any of the workshops outlined in this programme, please complete the accompanying booking form (one form per athlete) and send back to us, along with the appropriate deposit, at: **Active St Albans, London Colney Recreation Centre, Perham Way, London Colney, Herts, AL2 1LB**. Bookings can only be confirmed once both the completed form and deposit have been received. Bookings will be confirmed by email and so please ensure your email address is stated clearly on the booking form. If you don't have access to email please contact us and we will confirm attendance via post.

Active St Albans reserves the right to cancel or postpone workshops if minimum numbers aren't booked onto the course by the deadline of 3 days prior to courses commencement.

All attendees on workshops will receive a Certificate of Attendance either from the delivering body, or from *Active St Albans*.

If you'd like to access any of these workshops, and aren't currently a member of the 'Pursuit of Excellence Card', please visit the 'Elite Performance' section of our website – www.activestalbans.com - for details of how to join.

If you need further information on any of the workshops please contact us on tom@activestalbans.com or call **01727 827667**.

Active St Albans, London Colney Recreation Centre, Perham Way, London Colney, Herts, AL2 1LB

Email: info@activestalbans.com

Tel: 01727 827667

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Elite Athlete Funding and Support



Have you ever found it difficult to find funding or support as an elite athlete? This workshop will outline 2 funding bodies that can offer you grants to help with costs, as well as further support available.

By the end of this workshop attendees will:

- Have a better understanding of the different grants available
- Know who to contact for support and advice
- Know where and how to make a successful application

| Venue | Date | Time | Deposit |
|------------------------------------|--------------------------------|-------|---------|
| St Albans District Council Offices | Mon 22 nd June 2009 | 7-8pm | £10 |

This workshop will be delivered by representatives from the two grant funding bodies who have the expertise and knowledge to help your club/activity apply for the right amount, through the right organisation and at the right time.

Introduction to Performance Nutrition



Ever wondered if you or your son/daughter is eating and drinking the right things before, during and after sport? This workshop will introduce attendees to performance-related nutrition and enable them to understand how an athletes' performance can be improved through their diet.

By the end of this workshop attendees will:

- How performance nutrition can impact upon performance
- Macronutrients and their role in the human body
- Structuring a training diet
- Theory and practical strategies on preparation/fuelling for training
- Theory and practical strategies surrounding recovery

| Venue | Date | Time | Deposit |
|----------------------|--------------------------------|-------------|---------|
| Francis Bacon School | Tues 7 th July 2009 | 6.30-8.30pm | £10 |

This workshop will be delivered by James Collins, a Performance Nutritionist for the English Institute of Sport (EIS). This includes 'Team GB' Olympic medalists and finalists at the Beijing 2008 Olympic Games, now working towards London 2012. James has gained the International Olympic Committee's (IOC) Diploma in Sport and Exercise Nutrition and was nutrition lead at a Premiership Football Club. He also advises many other elite athletes across the world.



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Strength and Conditioning – Core Stability



Two part workshop broken down into theory and practice. The workshop will begin with an outline to the science behind Core Stability and an explanation of different types of exercises. There will then be a chance to practice these exercises in a workshop.

By the end of this workshop attendees will:

- Understand how muscles of the core work, and how they can be strengthened
- Recognise the application of how core stability helps sports performance
- Have an understanding of strength training methods for core stability and sport
- Be able to perform a range of core stability exercises to support individual performance

| Age Range | Venue | Date | Time | Deposit |
|--------------|----------------------|--------------------------------|-------|---------|
| 15 and Under | Francis Bacon School | Thurs 3 rd Sept 09 | 6-8pm | £10 |
| 16 and Over | Francis Bacon School | Thurs 10 th Sept 09 | 6-8pm | £10 |

Strength and Conditioning – Speed and Agility



Two part workshop broken down into theory and practice. In this workshop we will teach some basic speed and agility drills to help athletes move more efficiently when playing sport. This will include, sprinting, turning, acceleration and deceleration.

By the end of this workshop attendees will:

- Understand the demands of good movement on the body
- Understand how to move efficiently when turning
- Understand technical components needed for good speed and agility
- Be able to perform a range of agility exercises to support individual performance

| Age Range | Venue | Date | Time | Deposit |
|--------------|----------------------|-------------------------------|-------|---------|
| 15 and Under | Francis Bacon School | Thurs 8 th Oct 09 | 6-8pm | £10 |
| 16 and Over | Francis Bacon School | Thurs 15 th Oct 09 | 6-8pm | £10 |

These workshops will be delivered by Tony Sephton, Head of Performance at the University of Hertfordshire. Tony is: S&C Coach for the EIS East Region; S&C Consultant for the English Golf Union U18's; Lead S&C coach for England Badminton World Futures Programme; Lead S&C coach for Batchwood Tennis High Performance Centre; Lead East Region (TASS - Talented Athlete Support Scheme) S&C Coach. Tony also has twelve years experience working in a variety of sports including, tennis, golf, badminton, football, Rowing, Judo and squash.

Effective use of Goal Setting in Sport (Sports Psychology)



Effective goal setting is utilized by all top performers. Athletes who set goals typically feel more confident, experience less anxiety, and are more able to understand the nature of their performance. Above all, if utilized correctly, it is a powerful motivator for all athletes.

By the end of this workshop attendees will:

- Become aware of how to effectively use goal setting in sport
- Understand the importance of setting different types of goals
- Recognise how goal setting impacts upon performance
- Know how to set goals that are specific, measurable and realistic
- Understand how to monitor goals over a set period of time

| Venue | Date | Time | Deposit |
|------------------------------------|---------------------------------|-------------|---------|
| St Albans District Council Offices | Thurs 12 th Nov 2009 | 6.45-8.45pm | £10 |

This workshop will be delivered by Senior Lecturer in Sport and Exercise Psychology, Sion Thomas - BSc, MSc, BASES Accredited Sport Psychologist. Clients include the F.A, Kent County Cricket Club, Wimbledon Tennis Academy, National Race Drivers Association and sports including Archery, Netball, Swimming, Judo, Boxing, Wrestling and Taekwondo.

Sports Therapy Treatment



As part of this programme each athlete is entitled to receive a subsidised 1-hour sports therapy treatment from Colin Bailey Sports Therapy. This session may include the following:

- Injury Assessment, Management and Rehabilitation
- Posture / Movement Assessment and Correction
- Soft Tissue Treatment
- Sports and Remedial Massage
- Myofascial Release
- Joint Pain Assessment and Treatment
- Sports Specific Training / Periodised Programmes / Sporting Performance

Active St Albans will subsidise the session meaning you **only pay £10!** Colin Bailey Sports Therapy will also provide discounted treatment to all athletes with a Pursuit of Excellence Card following this session - please ask for details. Book early to avoid disappointment. Sessions subject to availability. All subsidised treatments must take place before 31st March 2010.

To book your session with Colin Bailey Sports Therapy, contact Colin directly either via email on colin@colinbaileysportstherapy.co.uk or by phone on 07974 723786. You can also find out more about Colin and his treatments at www.colinbaileysportstherapy.co.uk.