

CLUB SUPPORT PROGRAMME 2011-12

The focus of the club support programme is to assist in the overall performance of our teams in the BUCS leagues and championships through the development of the players. As the level of performance of the teams varies significantly and the diversity of sports covered, the Club Support Programme has been split providing two pathways of support: open/general support sessions open to all club members and sport specific support targeting key priority/focus sports.

The club support programme delivered by the HiPC is free of charge to all club members and is in addition to the main club membership packages. A budget of £20,000 from Sport Development contributes to the support provided.

1. Open/General Sessions

This year the programme is offering a broader range of services ranging from re-habilitation, yoga, circuits, recovery sessions and track sessions. The aim of these is to help the all round development of an athlete rather than just focusing on the gym work. Subsequently, there are still as many S&C sessions, however there is a greater range of opportunities. IN addition there are the twice weekly triage sessions and the workshop series offer to club members.

Following table summarises the open/general support provided.

- **Prehab – Rehab Sessions** – 2 session/week
- **Sports Yoga** – 1 session per week
- **Conditioning Circuits** – 2 session per week
- **Pool Recovery Sessions** – 1 session per week
- **Track Sprint/Agility Sessions** – 1 session per week
- **Triage** – physio & sports science advice (S&C/Nutrition/Psychology/recovery) - 2 sessions per week
- **Workshops** – Lucozade series - 4 workshops over the course of term 1 & 2

Information about the support provided this year has been distributed to the clubs as well as uploaded on the webpages www.sport/bham/ac/uk and on the HiPC notice boards. For reference the detailed breakdown of the sport specific packages is on the shared drive under HPC/performance sport.

Pre/Rehab Yoga (Slater hall)

These sessions can be attended by all UBS club members by booking through HiPC. They are aimed at athletes trying to avoid or recover from injury. The pre/re-hab sessions contain lots of foot and ankle drills so excellent for any sports involving running.

- Monday: Pre/Re-hab 7am (Yoga 7:30-8:30)
- Thursday: Pre/Re-hab 7-8:30am
- Friday: Yoga 7:30-8:30am

Conditioning Circuits

These are strength and conditioning circuit based sessions for sport specific conditioning. The session is designed and delivered by the HiPC S&C team. Open to all club members.

- Tuesday: 7:30-8:30am
- Thursday: 3-4pm

Pool recovery

This is a pool based recovery session that all club members can access. It is overseen by a member of the HiPC team providing advice and support on drills and routines which can be completed within the pool environment. This can also be used for injured athletes wanting to train without putting load through their body.

- Thursday: 10am

Track/Sprint session

This presents an opportunity to work on speed, agility, learn new drills or introduce plyometrics into athletes' training. The session is designed and coached by HiPC sprint coach. Open to all club members.

- Friday 11am

A support timetable outlining the weekly planned sessions has been produced and currently uploaded on the web under athlete support and on the HiPC notice boards. The sessions are run every week during term-time. In addition there are sport specific S&C training for the following sports; Athletics (endurance/cross-country and speed & power), Badminton, Hockey, Rowing, Rugby, Squash and Swimming.

Triage

Triage provides is a twice weekly programme which provides access to physiotherapy assessment as well as advice and guidance from the sport science team. The aim of the triage sessions is to provide rapid access to physiotherapy assessment where club members have picked up an injury in the previous week – either through training or competition. Club members have to sign up to appointment times which are available in the HPC office on the morning (9am) of the Triage session. In addition free Sport Science Advice from experts in nutrition, strength & conditioning, recovery, optimally training and sport psychology. It is best to book any of these sessions in advance by contacting Jen.

- Monday: 11-1pm
- Thursday: 11-1pm

*Times may vary but the sign-up sheet will always be in the HPC office from 9am

Workshops

A series of four educational workshops (term 1 & 2) have been designed and will be delivered by the Lucozade sports science team. These sessions are open to all. The focus of these is from a nutrition and recovery perspective.

- 28th October Fuelling
- 29th November Hydration
- 24th January Recovery
- 28th February Supplements

Medical Support

Pitch side Support

UBSport Hi Performance Centre

Pitch side support is provided by 3rd year physiotherapy student interns for all home based BUCS matches and where possible away matches. Hockey (M&W), Rugby (M&W), lacrosse (W) and Rugby league (M) are all supported through this programme. Other non priority sports have the opportunity to buy into this programme but currently have declined. Each intern is funded through the sports trauma management course and has had additional training in strapping prior to the start of year. They can provide immediate sports first aid, pre match strapping and assist with post match recovery. They report back into the triage clinic of all injuries which have incurred. They are also encouraged to attend and support 1 training session per week with their allocated sport.

Sport Doctor

All club members have access to the HiPC sports doctor for advice/consultation. They must be referred via the HiPC physiotherapists to make an appointment.

2. Sport Specific Support

Seven of the priority/focus sports have an annual package of support which is designed and agreed in conjunction with the Head Coaches. The packages are linked to the scholarship support packages to ensure the integration of these key players within the teams. Each sport now has a HiPC lead that is responsible for each sports support packages.

Sports/Teams

- Athletics (endurance)
- Athletics (power/sprints)
- Badminton
- Squash
- Hockey M&W
- Rugby M
- Rowing
- Swimming

The following summary outlines the support areas for each of the focus/priority sports.

Athletics (Endurance) Lead EJ

- Injury prevention session within Slater hall via open programme
- Educational conditioning session on track – circuits & drills
- Physiology – laboratory testing up to 3 times a year for identified squad athletes
- Biomechanical – gait analysis of identified risk athletes
- Psychology & nutrition – via observational sessions & small group sessions
- Observational support at key competitions

Athletics (Power/sprint) Lead AMcG

- Weekly S&C Gym based sessions & monitoring
- Performance profiling/monitoring 3-4 x year
- Monitoring – timing analysis and video feedback
- Psychology – focus on coach relationship and athlete buy-in

An additional package of support is currently being agreed as part of the Team scholarship Award

Badminton Lead EJ

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- In court weekly conditioning sessions
- Weekly observational & monitoring of training load at court session - focus on warm up and recovery.
- Match observations and feedback.

Squash Lead AMcG

- On court conditioning sessions (weekly) focusing on developing warm up patterns and movement skills
- Monitoring at weekly on court sessions – focus is to develop monitoring protocols with coach
- Psychology/Nutrition – via attendance at training session – focus on coach development
- Attendance at key competitions – observation tactical/psych support

Hockey (M) Lead DWF

- Gym based conditioning session (Weekly) focus on injury prevention and movement patterns
- Pitch based weekly speed/RSA session linked with NPC support
- Pool based recovery sessions linked with NPC athletes.
- Monitoring/performance testing (Conditioning) via pitch based sessions
- Match observations
- Psychology – focus on communication and attitudes, with small group sessions.
- Pitch side support at BUCS matches
- Additional match analysis via SSinPP module.

Hockey (W) Lead DWF

- Gym based conditioning session (Weekly) focus on injury prevention and movement patterns
- Pitch based weekly speed/RSA session linked with NPC support
- Pool based recovery sessions linked with NPC athletes.
- Monitoring/performance testing (Conditioning) via pitch based sessions
- Match observations
- Psychology –focus on coach relationship, gal setting & profiling
- Pitch side support at BUCS matches
- Additional match analysis via SSinPP module.

Rowing Lead AJ

- Gym based conditioning session weekly
- Monitoring training – physiological responses – Bla/HR/power
- Psychology & Nutrition – where required via small group sessions

Rugby (M) Lead DWF

- Pitch based conditioning session (weekly)
- Pitch side support at BUCS matches

Swimming Lead AMcG

- Land based conditioning sessions (weekly)
- Poolside band sessions
- Monitoring session (2 x week) linked with poolside conditioning session – focus on HE/BLa and training volume.
- Video analysis – pool based – technical analysis/data for coach

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- Psychology – focus on attendance training and competition prep/strategies
- Competition observations
- Additional video analysis via SSinPP module

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