

UBS Club Development – GENERAL CLUB SUPPORT Programme 2012-13

The support programme for 2012-13 is designed to enhance the performance of our teams in BUCS through the provision of additional training, recovery sessions and advice. The programme offers a full range of services which are **open** to all **1st team players** and free to all Club members.

Breakdown of General Support Programme

Support Area	Breakdown
Triage Access to physiotherapy twice weekly advice & assessment clinic. <ul style="list-style-type: none"> - Mon 11-1pm, - Thu 11-1pm 	2 clinics (2hrs) a week during term 1 & 2 with 1 clinic (2hrs) Term 3. There are 6 slots per clinic. Athletes need to sign up the morning of the clinic (from 8.30am). The clinic is designed for acute injuries sustained through training or match within the previous few days of the clinic session.
Sports Doctor Referrals	Athletes who are injured and not responding to physiotherapy or underperformance through overtraining/overreaching can be referred to see the Sports Medic within the HiPC unit. These clinics are run on a fortnightly basis.
Pool Recovery session – <ul style="list-style-type: none"> - Thu am (1hr) 	Term 1 & 2 & 3 (30 weeks), 1hr session in the pool, run & coached by HiPC team. Providing recovery drills & rehab session.
Yoga Focus on Prehab/mobility. <ul style="list-style-type: none"> - Mon 7am 	Term 1 & 2 weekly 1hr session in Slater Hall. Additional session run by scholarship programme which continues in term 3. Term 3 - Open to those athletes who have attended throughout the yr but not on scholarship prog if space.
Circuits Focus on strength & endurance & general conditioning. <ul style="list-style-type: none"> - Tue am - Thu pm 	Term 1, 2, 3 (30 weeks) Twice weekly 1hr sessions in Old Gym staffed by HiPC S&C coach. Focusing on strength endurance. <i>Time of session will be forwarded once confirmed.</i>
Team Sports Conditioning training <ul style="list-style-type: none"> - Fri am 	Term 1, 2 & 3 w Weekly (1hr) pitch based conditioning sessions targeting strength, speed & agility.
Running Drills/Foot drills Targeting sports such as athletics, triathlon	Term 1 & 2 Twice weekly (1hr) session focusing on prehab routines. Term 3 1 session/week for the first 6wks will be run.
Pitchside support BUCS matches	High Risk contact sports provided with 2 qualified (Sports First Aid qualified) 3 rd year physio students at BUCS home matches & where possible away matches. They are also trained in strapping & will provide pre match strapping &

	encourages to attend & support 1 training session/wk.
Workshops – series of small group workshops targeting specific sports.	Series of workshops targeting categories of sports (endurance/teams etc) on for example Psych/nutrition topics. Workshop delivered during term 1 & 2 in the lecture theatre
	70% of Budget