

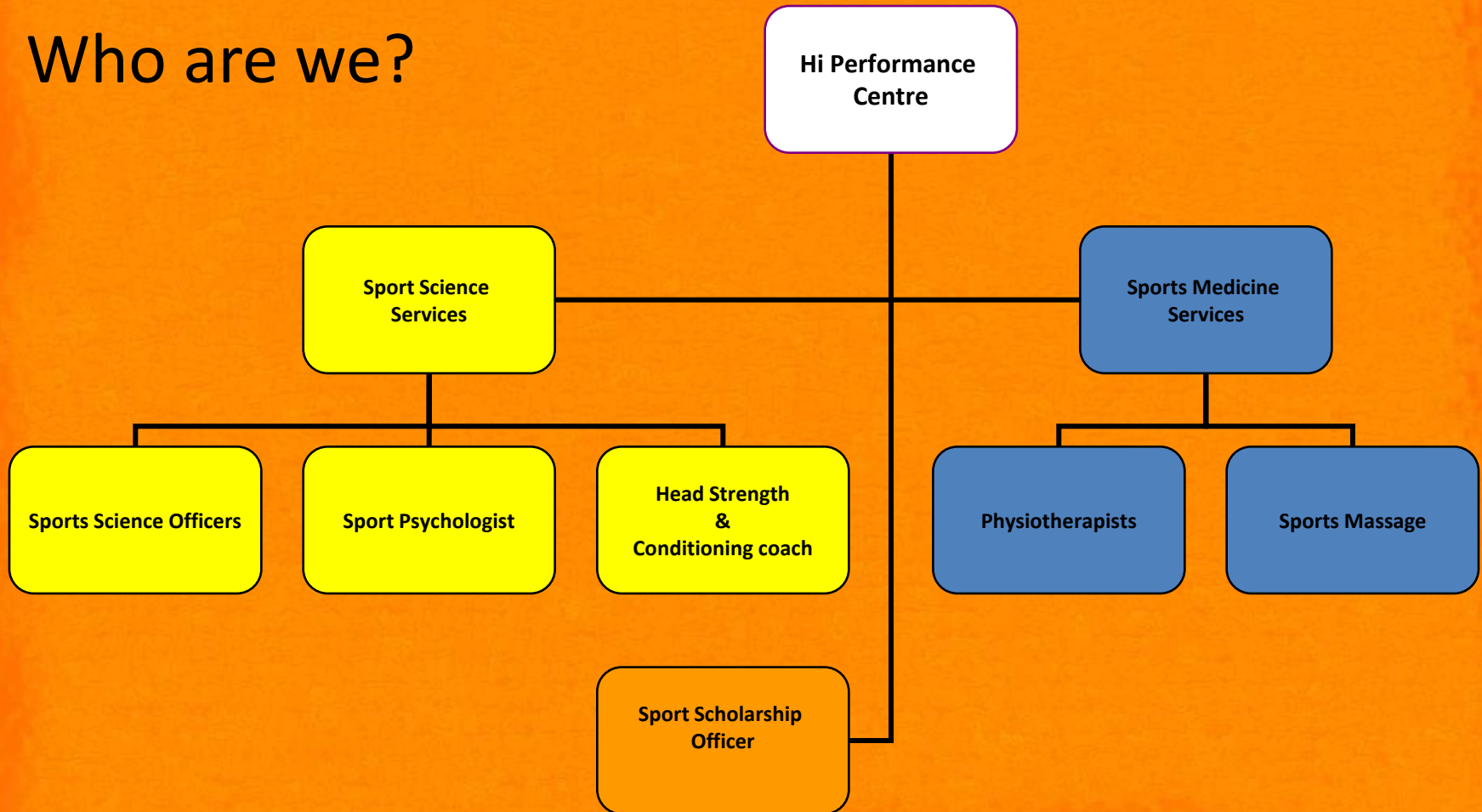


# Club Conference 2011: Enhancing Club Performance

Strengthening, conditioning,  
identifying talent and being  
the best you can be.

# Hi Performance Centre

## Who are we?



# What can you get from us?



Themed  
Workshops

physio assessment

**Re-hab and pre-hab  
sessions**

Discounted Physiotherapy

Advice on  
Training, Recovery,  
Nutrition

*Sport Specific circuit sessions*

**Club  
Testing**

**Pool  
Recovery**

Sport Psychology  
Tips

*Video Analysis*

strength & conditioning programming

# Triage



## ***Free Physio Assessment!***

Thursday and Monday 11-1pm in 15-min slots.  
Sign up on the morning.

If you need further treatment then the first two sessions are discounted by £10.

## ***Want to get more from your training?***

During the triage time slots the HPC doors are open. Drop in and ask us your questions!

# What can I do every week?

***Rehab and Pre-hab*** – sessions run in the gymnastics hall by a S&C coach aimed at getting and keeping you injury free

***Recovery*** – pool based session aimed at helping you recovery from training and matches

***Strength and Conditioning*** – every week there will be the opportunity to attend circuit based strength and conditioning sessions

# How else can you help my club?



***Fitness Testing*** - Twice per term there will be an opportunity to test your team's fitness, strength and speed. Make sure you book your club in!

***Programming*** - After being tested you will be able to access fitness programmes to help you work on your weaknesses.

***Video Analysis*** - We have cameras. We have an analysis suite. Get yourselves booked in and get more from your team!

# What if I want more?

Committed club?

Extra gym session?

Want to develop speed?

Need more recovery?

**Let us know if you want more of our services –  
extra sessions for your club from £15 per hour**

# Keep me up to date!



All our services and the latest events on.....

Our website: [www.sport.bham.ac.uk/hpc](http://www.sport.bham.ac.uk/hpc)

And on facebook: UBS Hi Performance Centre



# Club Conference 2011: Scholarships & Recruitment

How can you bring the  
best talent to your club?

**Luke Gunn**

Sports Scholarships Manager

# Scholarships Overview

- 40 current UBS Scholars.
- 20 further TASS scholars compete for UBS.
- Scholars split over 20+ sports.
- All have at least performed at a junior international level in their discipline.



- *Scholar presence can indirectly have positive influence on the rest of the club, e.g. via vicarious experience.*

# Scholar Expectations

- All scholars must compete in every BUCS competition/league they are eligible for.
- They must engage on at least 2 supplemental sessions a week (most of which are early morning).
- Required to do at least 2 day PR appearances through year.
- Individuals expected to at least earn a BUCS medal per year.



# How can you recruit for your club?



Attend youth sports event

Highlight prospect

Give contact details to prospect

(of Club Coach and/or Scholarship Manager)

Prospect initiates contact with coach and  
scholarships department



# What else is available?



Lionheart Award

Team Scholarship

Workshop Series

Young Stars Camp

# Questions???

- Luke Gunn:
  - [l.s.gunn@bham.ac.uk](mailto:l.s.gunn@bham.ac.uk)
  - Located in Hi Performance Office, Munrow Sports Centre.

Chris's Final Thought:  
What do you need to take  
you to the next level?

