

# Improving Performance

Making the changes you need to reach higher than you ever have before



# Who are the Hi Performance Centre?



Eleanor Jones – Nutrition

Jennifer Savage – Psychology

Darran Fowler – S&C

Ray Jakeman – S&C

Rob Norman – S&C

Alex McGregor – Physiology



# So what do you offer me?

*Free Physio  
assessment &  
discounted  
treatment*

Cameras & Video  
Analysis Suite

***CIRCUIT  
SESSIONS***

*Speed Development*

Re-habilitation

*Yoga*

**Pool  
Recovery**

Running  
Drills

Games  
Conditioning

**ALL AU MEMBERS CAN ACCESS EVERYTHING ABOVE**

# Triage



**Thursday and Monday @ 11-1pm in 15-min slots. Sign up from 8:30am. FREE!!!!!!**

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

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

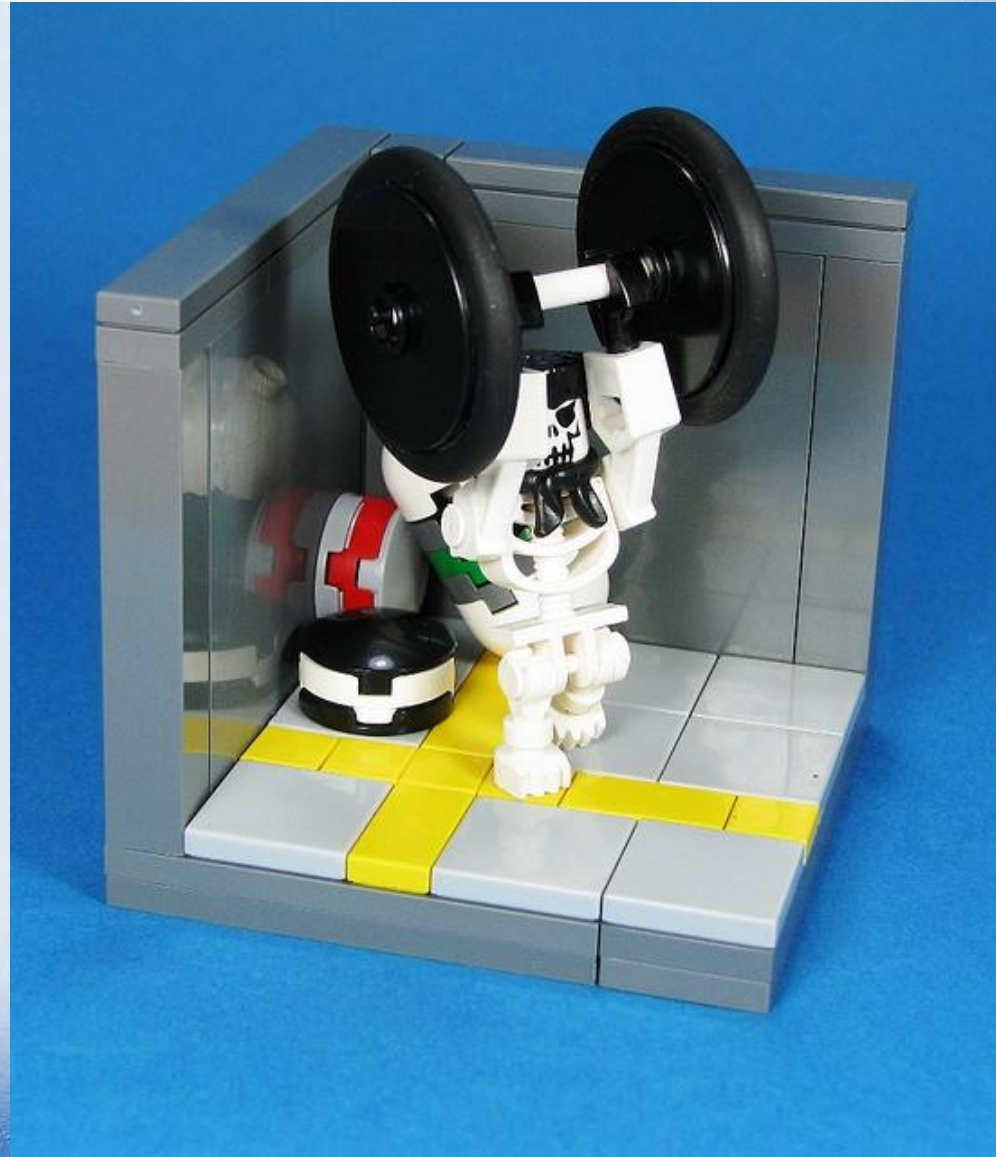
During the triage time slots the HPC doors are open. Drop in and ask us your questions!

# Circuits



**Tuesday @ 7:30am &  
Thursday @3:00pm**

If you want to bring a group down from your club then let us know in advance and we shall try to make the session **specific to your needs.**



# Yoga

**Monday @  
8:30am**



Start the week as you  
mean to go on!



**This is a very popular session so please sign up in the Hi  
Performance Centre in advance**

# Recovery

Thursday @ 10:00am

Munrow Pool

Tough training week?

Need to recover?

Want to train off your feet?

**Come join us for a recovery, aquajogging and splash session!**



# (P)Re-habilitation & Drills



**Monday 7-7.30am (before YOGA!!) and  
Thursday 7-9am**

Injured or injury prone?

There will be bare foot drills aimed at injury prevention on in the Slater Hall twice per week.

**Be there or be injured!**

# Speed and Fitness



**Friday 10:30am**

Not get enough fitness from club training alone?

Come down to the Bournbrook 3G pitch for some games specific speed, agility and fitness training.

As always, if you're coming down in a big group then let us know so we can cater for your needs.

**Give me more!**

**Do your club want to go above and beyond?**

**Extra S&C**

**Testing sessions**

**Nutrition Workshops**

**Sport Psychology**



# What do I do now?



- Plan what you wish to do in your clubs
- Decide if you want to buy in to extra support
- Get it signed off by Chris Anthony
- Book it in with the HPC!

**ALL OUR SESSION WILL BE BOOKED FIRST  
COME FIRST SERVED**

# Hi Performance Centre



There are more ways than  
you think to improve your  
results