

Welcome to the inaugural newsletter from the Hi Performance Centre at the University of Birmingham.

We're aiming to inform you of our services, and keep you up-to-date with the latest training information to help you achieve your sporting goals.

Team News

We're proud to have appointed [Luke Gunn](#) as our Sports Scholarship Manager and [Jennifer Savage](#) in a part-time Management and Sport Psychology role. Luke is the back to back national steeplechase champion, and has represented Great Britain and England on numerous occasions including at the 2006 Commonwealths and has his eyes firmly set on the Games again this year, in Delhi. His job is all about mentoring and managing our talented student athletes, nurturing them onto Senior international success.

Jennifer, a keen Gaelic player, joins us fresh out of her Masters from Bangor University and is a real coup for the team – as she will be able to offer a whole new branch to our support services as a sport psychologist.



[Eleanor Jones](#), Senior Sport Scientist has graduated for the internationally acclaimed IOC Diploma in Sports Nutrition. The globally recognised course ensures UBSPORT is using the most up-to-date and advanced knowledge in sports nutrition. This information can be tailored and applied to help UBSPORT athletes and clients, perform to their absolute highest standard.

To access any of our services phone or email us using the details below!

Sports Medicine

The Hi Performance Centre has expanded its services even further to incorporate a comprehensive Sports Medicine service for our clients. Dr Mark Gillett, a specialist sports doctor will be running a clinic on a fortnightly basis at the Munrow Sports Centre. Dr Gillett is currently team physician at Chelsea Football Club and has also been Chief Medical Officer at the Commonwealth Games.

Dr Gillett is registered with most insurance companies for referrals, and is also available to self-finding patients and scholarship athletes. Appointments can be made by contacting Physiokinetic on 0121 440 7736.



Price List 2010

We've updated our price structure as of April 2010; key details can be found here or you can call us for a quote. Note that we offer discounts for groups of 2+ athletes and also repeated testing visits (see voucher).

	External Clients	UoB Students
Sports Nutritionist or Psychology Consultation	£40	£20
Sub maximal Fitness Assessment (Cycling, Running, Rowing, Swimming).	£125 - £145	£55 - £75
VO2 max (Maximal Oxygen Uptake) Assessment (Cycling, Running, Rowing).	£90	£45

Feedback!

This summer sees us shift our focus a little to working on what services our external clients want to see. In the past our services have been an extension of what we do on a daily basis, but we think there's room for improvement.

We'd like you to email us your ideas and feedback – what would you like us to do for you? Would you like a coaching programme? One-off testing or a consultation? Workshops? Are we reasonably priced? Polite? Welcoming or intimidating?

We'll be offering a £50 voucher to anyone with a banging idea.

Feature – Sprint Training for Endurance Gains

For those of you who training for marathons or long distance cycling events, sprint training probably doesn't feature too much in your training plan, but research from a Canadian University suggests that sprint training may have some hidden gains for endurance athletes. **Eleanor Jones**, BASES accredited physiologist, explains further.

These researchers compared 10 hours of long steady distance training to 27 minutes sprint training over 2 weeks – and surprisingly found that the sprint training protocol increased the aerobic capacity of the muscle, and increased endurance capacity by 100%.

The good news is that for those of us that squeeze training around work and family commitments, sometimes more isn't better. Adding some intensity into shorter sessions can be just as good. This study used 30 seconds all-out sprinting with 4 minutes recovery but you could also try alternating one minute on, one minute off for 10 minutes.

