

Welcome to the monthly newsletter from the Hi Performance Centre!

Team News



Junior Athlete Education Scheme

The Hi Performance Centre and the School of Education have entered into an agreement to pilot a new Youth Sport Trust initiative.

The Junior Athlete Education scheme will bring high school athletes (15-17) into the HPC to access our services. Staff from the HPC will work with final year students to deliver sports science workshops, education sessions and practicals to help bridge the gap to world class performance!

Watch this space to see if you / your child / team mate is invited!

Online Shop

Our online shop is getting bigger and bigger. This month sees the first of our pay-as-you-go training plans – ideal if you don't want a coach or are looking for an easy introduction to a sport.

<http://www.bhamonlineshop.co.uk/browse/department.asp?compid=1&modid=1&deptid=24>

Also available are our 1-1 sports nutrition and sports psychology consultations at £40. These sessions are face to face or we can use skype to meet online!



Upcoming Events

Our next workshop dates are set for June

- **Ask a sports nutritionist:** 8th June, 1830. Munrow Sports Centre.
- **Riding a sportive:** 14th June, 1830. Munrow Sports Centre.

£5/£3 tickets available in advance [online](#).

Aimed at regular exercisers through to competitive athletes the sessions are suitable for all backgrounds. Questions are encouraged so come prepared!

TASS Training Event – Mentoring and Lifestyle

Talented Athletes Scholarship Scheme (TASS) is a government funded programme for FE/HE athletes. As the West Midlands hub, the University of Birmingham is responsible for the administration and delivery of scholarships up to a value of £3,500.

One of the key services we provide to these talented athletes is mentoring and lifestyle support – how to balance academic and sporting demands, applying for jobs, mitigating circumstances, personal issues... The 23rd May saw [Luke Gunn](#), sports Scholarship Manager and [Jennifer Savage](#), our Sports Psychologist and Lifestyle Advisor attending the 2nd annual lifestyle CPD event.

The event provides an excellent opportunity to develop their awareness of key issues and network with practitioners from other hubs. Some of the topics covered include athlete transitions, the IOC's Athlete Career Programme and social media.

Love All!

It's that time of year again when we get treated to courtside renditions of 'Singing in the Rain', strawberries and clotted cream and the odd grunt or two!

Yes ladies and gentleman, that bastion of the British sporting calendar is nearly on us again and Jen Savage shares a few mental tips and tricks from the tennis world.

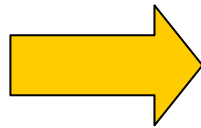
An athlete can be in peak condition but fail to deliver on competition day – a phenomenon known as 'choking' that seems to affect every British tennis player! Both elite and amateur athletes prepare for the physical demands of their sport but **the mental aspects are often over looked.**



It may start with thinking; 'it's not my day,' followed by **self doubts** and **nerves**, until the pressure becomes too much that **their mental changes are negatively affecting their physical performance.**

This is how an athlete's thought process can affect how they feel and subsequently how they behave:

THOUGHTS



FEELINGS



BEHAVIOUR



By developing appropriate mental skills an athlete can positively affect their behaviour.

This ability alone can offer athletes confidence that they are in control of their performance. For tennis players this could be pivotal in maintaining or regain **game presence**, **breaking serve** or winning a **tie breaker.**

Of course an athlete can't be 100% focused all the time – the key to success is being focused at all the key time. So you may see the players regrouping throughout the game – an example being bouncing the ball 19 times before serving (Nadal!). This is often in response to distractions like the crowd reaction, umpire, opponents, ball boy/girl or a stalker ;-)

Wimbledon kicks off for qualifying on the 13th June with the main draw beginning on the 20th. Coverage is on the BBC and tickets are available from the All England Club.