



# Sub - Emerging Athlete Programme

General information and  
application form

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# SUB - EMERGING ATHLETE PROGRAMME General Information



## Sub - Emerging Athlete Programme (EAP)

The Sub - Emerging Athlete Programme is also delivered from our state-of-the-art Gym at Dewars Centre and we provide the following for each athlete:

- Group Strength & Conditioning Programme created by S&C specialist Gordon Mowat
- 1 x coached group S&C training session per week
- Online Compete with Character modules via online platform Freshlearn
- Athlete Life Nutrition Workshop
- Athlete Life Psychology Workshop
- \*Talented Athlete Scheme Membership (free access to all Live Active Leisure, gym's, facilities & pools) \*terms and conditions apply for Sub - EAP athletes

## Staff & Specialists

- Stevie Baxter - Programme Lead
- Gordon Mowat- S&C Lead
- Elanor Cormack Sports Psychologist
- Chrystal Matthan - S&C Coach
- Gregor Miller - S&C Coach

The Programme operates 50 weeks of the year with a 2 week break over festive holidays.

The 50 weeks is split into 2 blocks with each block costing £37.50 per athlete per block.

Our aim is to provide each athlete with a solid foundation that will allow transition to Regional Sport Specific programmes as smoothly as possible.

For more information on the EAP and Sub - EAP Programmes, please get in touch with Stevie Baxter [sbaxter@liveactive.co.uk](mailto:sbaxter@liveactive.co.uk)





## Photography

Press/promotional photographs may be taken to be used in print, digital and social media publications. Consent is requested in the application form.

## Contact Details

If you need any further information, please contact:

Stevie Baxter  
Performance Sport Lead Officer

**T:** 07549175460

**E:** sbaxter@liveactive.co.uk

## Application forms must be:

- Emailed to sbaxter@liveactive.co.uk



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# SUB-EMERGING ATHLETE PROGRAMME Application Form



**Athlete Name:**

**Sport:**

**Club:**

**Address:**

**Email:**

**Phone:**

**1. What is your previous experience of Strength and Conditioning?**

**2. Please state the goals that you are working towards in your sport**

Within the next year:

Long term:

**3. How could strength and Conditioning benefit your overall sporting goals?**

**4. What is your current commitment to your sport?** Number of sessions per week etc. and level (club/squad). Please provide a recent copy of one week's training diary.

## Please confirm the following by ticking the appropriate box

I can confirm I have spoken to my coach about participating in the programme:

I can confirm I am not currently being supported by the Scottish Institute of Sport:

I can confirm I am a member of Live Active Leisure's Talented Athlete Scheme or my National Governing Body supports my application:

I hereby give permission for my / my child's image to be taken by Live Active Leisure (LAL) including: photography and video. Images will be used by LAL only and will not be used to advertise any other third parties or sold as stock photography. They may be used by LAL for the following:

•Social Media • LAL Website • Local Press / Newsletters • Printed Material •Digital Communications • Outdoor advertising such as Billboards and Buses

Please provide us with the contact details below for your coach:

**Name:**

**Phone:**

**Email:**

**Athlete Signature:**

**Name:**

**Date:**

**Signature:**

**Email:**

**Phone:**

Parental Signature (only if athlete is under the age of 16):

**Name:**

**Date:**

**Signature:**

**Email:**

**Phone:**

**Please return this form to Stevie Baxter via  
sbaxter@liveactive.co.uk**

### Data Protection:

The information provided by you will be used only for the purpose stated. In terms of the Data Protection Act 1998 and General Data Protection Regulations (GDPR) 2016 and you are entitled to know what personal information Live Active Leisure Ltd hold about you. Application should be made to: Data Protection Officer, Live Active Leisure, Caledonia House, Hay Street, Perth, PH1 5HS.