

# STRENGTH AND CONDITIONING PERFORMANCE ATHLETE SQUAD

## General Information



### What is included in Squad sessions?

The sessions are largely based around Strength and Conditioning, but will also branch into the wider discipline of Physical Preparation. Overall, the sessions will focus on developing the strength and movement competency to ensure that athletes will best mitigate the potential for injury and optimise their potential for performance improvement in their sport. Modalities used will be strength and power training via multi muscle multi joint weightlifting movements, bodyweight and gymnastics, medicine ball work low impact plyometrics, speed and agility work and metabolic conditioning. Training will be specific to the biological age and stage of development and ability of the athlete.

### Squad Outcome

The main focus of this squad will be on long term development, injury prevention and performance enhancement.

The programme will be delivered by Gil Stevenson. Gil is an Honorary Fellow of the United Kingdom Strength and Conditioning Association for which he is an accredited member, Coach Educator and Assessor. Gil has over thirty years' experience as a physical educator, sports coach and strength and conditioning coach.

### Selection

The squad will be limited to 24 secondary school aged athletes from a variety of different sports and selection will be made from the information given in your application form. The squad athletes will be selected by Gil Stevenson and his decision will be final.

### The Squad Programme

From the 25th March the programme will run continuously for 50 weeks over the year, with a 2 week break over Christmas. This equals 100 sessions of strength and conditioning.

	Payment Due Date	Payment (£)
<b>Block 1</b>	by 1st April	50
<b>Block 2</b>	by 1st August	50
<b>Block 3</b>	by 1st December	50

Sessions will take place at Bell's Sport Centre in the Strength & Conditioning gym at the following time:

Group 1	Group 2
16:30 - 17:30	17:30 - 18:30
Monday & Wednesday	Monday & Wednesday

Athletes **MUST** commit to attending every session. Missed sessions must be agreed in advance with the strength & conditioning coach. Multiple missed sessions may result in the athlete losing their place in the squad.

## Evaluation

Evaluation of the squad will determine how successful it is, and whether it will continue in the future. All athletes will be required to participate in the evaluation activity.

## Personal Information

Personal information will be required to ensure the safety, health and well-being of all participants.

## 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  
Community Sports Officer

**T:** 01738 454633

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

## Application forms must be either:

- Posted to or handed into:  
FAO: Stevie Baxter  
Live Active Leisure  
Company Head Office  
Caledonia House, Hay Street  
Perth, PH1 5HS
- Scanned and emailed to sbaxter@liveactive.co.uk.



[www.liveactive.co.uk](http://www.liveactive.co.uk)



# STRENGTH AND CONDITIONING PERFORMANCE SQUAD

## 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

Gil Stevenson may wish to contact your coach/NGB at the application stage to discuss any information that you have included in your form. If you are successful in your application, Gil will also need to discuss your training requirements with your coach/NGB, so that your strength and conditioning programme enhances your own independent training programme. Please provide us with the contact details below for your coach:

**Name:** \_\_\_\_\_ **Tel:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Athlete Signature:**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

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

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please return this form to Hazel Donaldson by the 3rd March 19.  
Find out how in the General Information section.**

**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.



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