

EMERGING ATHLETE PROGRAMME

General Information



Emerging Athlete Programme (EAP)

Working in partnership with the Gannochy Trust, local clubs and national governing bodies, the Emerging Athlete Programme has been designed to create a holistic approach to athlete development which provides athletes competing at Regional, National and International level with the training that is needed for each individual to perform at their best.

The Emerging Athlete Programme is delivered from our state-of-the-art Strength and Conditioning suite at Bell's Sports Centre and we provide the following for each athlete:

- Personalised S&C Programme created by S&C specialist Gil Stevenson
- 2 x coached S&C training sessions per week
- Titan Sensor Training App for athlete passport training log
- Titan Sensor Daily Readiness Questionnaire
- 1:1 Athlete Lifestyle
- 1:1 Athlete/Coach Meetings
- Athlete Life Nutrition
- Athlete Life Psychology
- TAS Membership (free access to all Live Active Leisure, gym's, facilities & pools).

The Programme

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.

The 50 weeks is split into 3 blocks with each block costing 50.00 per athlete per block.

Our aim is to provide each athlete with a solid foundation that will allow transition to Regional SIS or National SIS programmes as smooth as possible.

	Payment Due Date	Payment (£)
Block 1	by 1st April	50
Block 2	by 1st August	50
Block 3	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



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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 Stevie Baxter.
Find out how in the General Information section above.**

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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