



The Hertfordshire Talented Athlete Programme

Introduction

The Hertfordshire Talented Athlete Programme is funded by the University of Hertfordshire, Lee Valley Regional Park Authority and Hertfordshire County Council. It is also supported by the English Institute of Sport (EIS).

We have up to 25 places available for elite junior athletes to receive a range of sports science support services FREE of charge.

Each athlete is assessed on an individual basis therefore services may vary slightly from those listed:

Services
Postural and movement screening with a Physiotherapist and Strength and Conditioning Coach Up to 24 individual 1 hour training sessions with a Strength and Conditioning Coach Access to Performance Hertfordshire strength and conditioning group sessions Physiotherapy allowance 100% Me Anti-Doping and drugs awareness workshop Nutrition workshop Sports psychology goal settings workshop Injury prevention workshop Core stability workshop Allowance for 1 individual workshop follow up Annual Health and Fitness membership to Hertfordshire Sports Village (applicants over 16 years only. Under 16's will be eligible for a swim membership)
<i>Up to 25 places available</i>

Eligibility

Athletes must:

- live in Hertfordshire
- be aged 13 – 18 yrs on the 1st September 2012
- be currently representing England / Great Britain or part of an England / GB development squad or attended an England / GB 'potential talent' training camp within the last 12 months
- be able to attend training sessions at the Hertfordshire Sports Village 3 - 4 times per month from September 2012 – August 2013
- not be receiving similar support services already and thus applying to duplicate support services

Athletes will be asked to agree to the following:

- The use of name and photographs for publicity and profile where appropriate
- Formal signed agreement between the athlete and The Hertfordshire Talented Athlete Programme to commit to attend all sessions.
- Agree to give monthly feedback on their sporting achievements.
- To pay £30 for each session missed if 24 hours prior notice has not been given.

Application Process

Please only apply if you meet ALL the eligibility criteria. Athletes who do not meet all the criteria will not be considered. Athletes can apply for a place on this programme on an annual basis. Returning athletes will need to complete an application form and return to Sarah Grybowicz. It is your responsibility to ensure your coach has completed their section of the form and returned it to us.

We reserve the right to change the number of places available for each package. We may need to increase or decrease the places available per package according to the standard of applications received.