

# ELITE RUGBY PERFORMANCE

*The Elite Rugby Performance Programme is designed to support the very best student rugby players who are aspiring to achieve their optimum rugby level whilst gaining one of the best academic degrees in the country.*

WE AIM TO GIVE A PROFESSIONAL RUGBY EXPERIENCE

## Services available within the Elite Rugby Performance Programme include:

- Full time professional coaching support
- Performance and individual technique video analysis (Performance Squad only)
- Personalised Sports specific strength and conditioning programmes and fitness support
- Access to sport psychology support
- Access to an on-site doctor
- Enhanced access to Connect Physical Health Centre injury and injury prevention support and beyond or seeking to secure a professional playing contract upon graduation.
- Access to a comprehensive pre-winter season, post-Christmas and pre-summer season training programme
- Enhanced lifestyle and time management support / mentoring for selected athletes
- Support in attaining sporting concessions where the performer is in good academic standing
- Access to development workshops in areas such as:- Working with the media- Planning for life beyond sport- Dealing with the pressures of being an elite athlete and Academic work- Healthy cooking / Personalised nutritional guidance seminars and additional nutritional information

We are continuously researching new ways to improve both our methods and facilities

### **About Our Coaches**

Alex Keay – Head Coach / Former Saracens Captain / England Squad Member / Barbarians / RFU Senior Coach

Si Culley

Paul Baty - England Students Manager

*'Allowing exceptional people to do exceptional things'*

### CONTACT

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