

KEY DATES

TERM DATES

- Term 1 – Monday 19 September – Friday 9 December 2016
- Term 2 – Monday 9 January – Friday 31 March 2017
- Term 3 – Monday 1 May – Friday 16 June 2017

BUCS DATES

- BUCS Competition – Monday 19 September – Friday 9 December 2016

Championship knockout fixtures

- Quarter Final – 1 / 8 March 2017
- Semi Final – 8 / 15 March 2017
- Final – 22 March 2017

Trophy knockout fixtures

- Quarter Final – 15 / 22 February / 1 March 2017
- Semi Final – 1 / 8 March 2017
- Final – 22 March 2017

EXAM WEEKS

- January Exams – Monday 9 January – Saturday 14 January 2017
- May Exams – Monday 8 May – Friday 2 June 2017
- Referred/Deferred Exams – Monday 14 August – Saturday 19 August 2017

VARSITIES

- Football Varsity – Wednesday 12 October 2016
- Rugby Union National League Highlight Fixture – Wednesday 15 February 2017

“ My coach is supportive in everything I do, manages my training well between Exeter Chiefs and the University and is always very supportive about achieving a good degree. ”



HIGH PERFORMANCE ATHLETE HANDBOOK



High Performance Unit 01392 723759 Email: sportscholarships@exeter.ac.uk
www.exeter.ac.uk/sport/studentsport/performanceport

WELCOME TO THE HIGH PERFORMANCE PROGRAMME

ALISON DAVIDSON, DIRECTOR OF SPORT



The University of Exeter's High Performance Programme (HPP) has a reputation for encouraging and developing some of the best young sports men and women in the country. It organises the development of our elite sporting infrastructure including the management of our Focus Sports and Sports Scholarship Scheme.

Over 300 student athletes benefit from the HPP every year, including up to 50 sports scholars alongside individually supported high performance bursars.

The programme offers a comprehensive package of services including state-of-the-art training facilities, expert coaching, strength and conditioning, physiotherapy, sports massage, sports science services and video analysis.

We hope that your sporting progress continues and we look forward to welcoming you to the High Performance Programme at the University of Exeter to further your sporting and academic ambitions.

SUPPORT SERVICES – WHO'S WHO?

HPP CORE STAFF

- **Charlotte Hale** – High Performance Manager (Sport) – Scholarships, Lifestyle and Support Services.
- **Craig Townsend** – High Performance Manager (Sport) and Performance Golf Manager.
- **Nicky Savill** – High Performance Coordinator (Sport) – day to day running of the High Performance Programme.

OCEAN PHYSIO

- **Opposite the sports hall**
- **Physio triage** – 10 min assessment of an injury/niggle.
 - Two weekly drop in sessions (Tuesday 4.30 – 5.30pm and Thursday 4 – 5pm).
 - Additional Tuesday 1.30pm – 2.30pm drop in during the BUCS season.
 - Email sportsperformance@exeter.ac.uk to book in.
- **Physio rehab** – Referral to these sessions via a physio following assessment in physio triage.
- **Appointments** – Book online via www.oceanphysio.com.
 - Keep receipt and collect a physio reimbursement form from the student sport office.
 - Reimbursement of 50% of the cost per appointment for up to three appointments for the same injury.

“The high performance environment has really helped me to improve as an athlete and achieve goals that I wouldn't have achieved this year without it.”



Strength and Conditioning

- **Alan Pope** – Performance Coach (Strength and Conditioning)
Working with Netball, Tennis, Hockey, Rugby Union
- **Wayne Pattinson** – Performance Coach (Strength and Conditioning)
Working with Rugby Union, Lacrosse, Rowing
- **Andy Adams** – Performance Coach (Strength and Conditioning)
Working with Rugby Union, Cricket, Sailing
- **Lee Kirk** – Performance Coach (Strength and Conditioning)
Working with Golf, Hockey, Rowing, Rugby Union





NUTRITION, LIFESTYLE AND SPORTS PSYCHOLOGY

NUTRITION

RENEE MCGREGOR

- Registered sports dietician and nutritionist.
- Sports specific workshops as requested by coaches and directors.
- Practical workshops including meal preparation, cooking and budgeting.
- Nutrition triage — two times per term.
- One-to-one specialist support on a needs basis.

PERFORMANCE PREPARATION AND LIFESTYLE SKILLS

ANNIE VERNON

- Olympic silver medallist and two time World Champion rower.
- Sports specific workshops as requested by coaches and directors.
- Mentoring of 1st team captains and individual bursars.

MENTAL SKILLS TRAINING AND SPORTS PSYCHOLOGY

OLI WHITTON

- Current University of Exeter Sports Psychology PhD student focusing on the area of mental toughness.
- HPP workshops as requested by coaches and directors.

DR MARK WILSON

- Associate professor in experimental psychology and human movement science.
- Works specifically with the HPP golf squad, delivering both team and one-to-one sessions.

DR BARRY CRIPPS

- Chartered and Registered Psychologist and a Fellow of the British Psychological Society.
- One-to-one sports psychology support for athletes on a needs basis.



oceanphysio.com

**Sports Injuries
Back and Neck Pain
Longstanding Injuries**

**Sports Park
Streatham Campus**

Call 01395 239455 or book online





HIGH PERFORMANCE UNIT

PERFORMANCE LIFESTYLE MENTORING

- All sports scholars will automatically be provided with a lifestyle mentor who is a member of the High Performance team.
- Any HPP athlete is welcome to arrange a meeting with HPU staff to discuss any concerns including academic flexibility.
- If any HPP athletes would like to have support from a lifestyle mentor please contact sportsperformance@exeter.ac.uk.

SUPPORT IN SPORT PEER MENTORING SCHEME

- 1st year sports scholars and any interested HPP athletes or individual bursars paired up with 3rd year scholars and HPP athletes.
- Opportunity for 1st years to meet athletes from other sports.
- 3rd year scholars and HPP athletes to share experiences of being a student athlete and help signpost to support services as appropriate.

TIMETABLE CLASHES

If you have any timetable clashes with lectures and training or Wednesday matches you need to:

- Make contact with the module leader for the module you have clashes.
- Speak to the college office.
- Arrange a meeting with your personal tutor (we strongly recommend all HPP athletes meet with their personal tutor asap and make them aware they are on the High Performance Programme).
- Contact the High Performance team if you have any issues.



COFFEE MORNINGS

FRIDAYS 8.30 – 10AM (TRAINING ROOM) DURING TERM TIME

- Weekly drop in for all HPP athletes to catch up with other athletes and HPP staff.
- Opportunity to ask any questions, with some sessions having a particular focus e.g. injury, exams and timetabling.
- Chance for mentors and mentees from the Support in Sport Peer Mentoring Scheme to meet for an informal chat.

HPP LIBRARY BOOK SECTION

A selection of sports books available in the library including:

- Legacy-James Kerr
- League of denial – Mark Fainaru-Wada and Steve Fainaru
- The strength and conditioning bible – Nick Grantham
- The talent code – Daniel Coyle
- Choke – Sian Beilock
- Just do it – Donald Katz
- Black box thinking – Matthew Syed
- Moneyball – Michael Lewis
- The score takes care of itself – Bill Walsh, Steve Jamison and Craig Walsh
- Training Food – Renee McGregor



HPP ATHLETE AGREEMENT

As a member of the University of Exeter High Performance Programme, an athlete and club will commit to:

1. Improving individual performance.
2. A year-round training programme as specified by their Director or High Performance Coach.
3. Making use of the Athlete Development Centre (ADC) appropriately in accordance with each sports specific overall high performance training programme.
4. Representing the University in all BUCS and related activities at the discretion of the relevant Director of Sport/High Performance Coach.
5. Competing for a team with whom the University has a recognised partnership or agreement in conjunction with the relevant Director of Sport/High Performance Coach.
6. Attending training camps or competing for the University in vacation time when required.
7. Attending representative trials or individual championships as appropriate for their chosen sport at the discretion of the relevant Director of Sport/High Performance Coach.
8. Working effectively with all approved coaches in the sports specific support infrastructure.
9. Playing a role in the running, organisation and development of their chosen club.
10. Not engaging in any entrepreneurial activities which will result in personal gain or have a detrimental effect on agreed University sponsors or those associated with the programme.
11. Attending HPP workshops as appropriate.

Athletes must adopt a lifestyle that is conducive to high performance sport at a University. This will include:

1. Acting as an ambassador for the University at all times, including appropriate dress code on and off the field.
2. Balancing academic, sporting and social commitments appropriately.
3. Meeting all compulsory academic commitments and working with the appropriate staff to agree how to meet missed academic commitments.
4. Informing their allocated lifestyle mentor if they are involved in a University Disciplinary Procedure or a Health Wellbeing and Fitness to Study Procedure.
5. Not drinking alcohol to a level that will affect health, fitness or sporting performance. Including drinking responsibly and consuming zero alcohol 48 hours prior to any performance related activity.
6. Not condoning or partaking in any type of initiation or peer group led social event.
7. No use or attempted use of a prohibited substance, or an athlete being found in possession of prohibited substances.
8. Using social media responsibly.
9. Informing the High Performance Unit if you do not give photographic consent for images to be used in news stories and promotional material.
10. Abiding by all the rules that govern your chosen club and the relevant facilities in which sport is undertaken.
11. Supporting all teams on the High Performance Programme where appropriate.
12. Reading and subsequently adhering to Athletic Union Club Code of Conduct.
13. Abiding by and fulfilling all of the University of Exeter Sport health and safety requirements, and ensuring that, as an individual athlete, an appropriate level of personal injury insurance is in place.

Please ensure you read the full HPP Athlete Agreement which you will receive via email.



CONTACTS

USEFUL CONTACTS

HEALTH AND WELLBEING

- **Student Health Centre** – Daily morning and afternoon surgeries with an online booking system for appointments.

Reed Mews Student Health Centre, University of Exeter, Streatham Drive, Exeter EX4 4QP

Tel: 01392 676606 Email: studenthealth@exeter.ac.uk

WELLBEING CENTRE

- **Wellbeing Centre** – Support with stress, relationships, mental health, settling into University and homesickness.

Reed Mews Wellbeing Centre, University of Exeter, Streatham Drive, Exeter EX4 4QP

Email: wellbeing@exeter.ac.uk

“Sport at Exeter University is up there with the best in the country. The opportunities we have are like no other and my performance is massively down to HPP. Sport here has made my University experience better than I could have ever imagined.”



CAREERS

CAREER ZONE

Provides support to help students become more employable, make career choices, find opportunities and be successful with applications and at interview.

University of Exeter Forum, Stocker Road, Exeter EX4 4SZ
Tel: 01392 72 4493 Email: careers@exeter.ac.uk



GENERAL INFORMATION

■ SID-Student Information Desk

Reception desk located in the forum

Online log in to log enquiries
www.exeter.ac.uk/students/services/sid

Call: 0300 555 0444

Phone lines open 8am-8pm in term time

■ X-keys Student Guild Information Point

Information desk located at St Luke's



CHECKLIST

HPP INDUCTION CHECKLIST

- Pay £70 HPP membership fee
- Book HPP induction
- Fingerprint access for the ADC with the S&C team
- Return HPP medical consent form
- Read and agree to HPP Athlete Agreement

CHECKLIST

HPP 1ST TEAM CAPTAINS CHECKLIST

- Attend HPP 1st team captains briefing
- Submit HPP squad list to sportsperformance@exeter.ac.uk
- Distribute ADC timetable and physio triage times to your HPP squad
- Make contact and arrange to meet the High Performance Manager of your sport



“ It is essential that I have full support from the University [High Performance Unit] which has proven to be very helpful this year when applying to spend time away from University and applying for mitigation. ”