

## Sports Science Workshops for athletes, coaches and parents

These workshops can be tailored for swimmers of any age group, as well as coaches and parents. Particularly for young swimmers the workshops for parents can be very beneficial.

### Physiology

#### Physiology Assessments

We can deliver the 7 x 200m test as used by British Swimming. This test provides an objective measure of the aerobic endurance fitness of a swimmer. The test involves swimming 7 x 200m at increasing speeds, whilst heart rate and blood lactate responses to the increasing swimming speeds are measured. Each swimmer will receive a detailed written report explaining their results, which can be used to prescribe training speeds and intensities.

### Psychology

#### *Introduction to sport psychology*

This session introduces coaches and athletes to the field of sport psychology and how sport psychology can be used to facilitate development, enjoyment and performance in sport. Interactive group discussions, video clips and stories from professional sport are used to show how and why sport psychology is an important addition to traditional sports programmes.

#### *Team building*

This session builds upon the introduction session by highlighting the importance of team cohesion in sport. This is an interactive workshop in which participants work interactively to develop their teamwork skills.

#### *Goal Setting*

This session supplements the introduction to sport psychology by demonstrating the significance of effective goal setting in both sport and life in general. In addition to the scientific foundations that underpin the use of goal setting, the critical elements of effective goal setting are presented using fun, hand-on activities.

### *Imagery*

This introductory session to imagery in sport demonstrates how imagery can be used to facilitate mental toughness and sport performance. Essentials of effective imagery are presented using video clips and interactive activities and then practiced and refined during the later stages of the session.

### *Managing nerves and stress*

This workshop develops the skills and strategies needed for sports people to manage the nerves and stress associated with sports performance. A range of techniques are presented and participants are given the opportunity to experiment with different skills and strategies.

### *Building confidence*

This workshop integrates elements of other workshops to help participants build their confidence in sport. Participants are given the opportunity to learn about how confidence is built and maintained; furthermore interactive games are used to put these ideas into practice.

### *Introduction to psychology for coaches*

This workshop aimed at coaches, PE teachers and youth sport workers demonstrates the significance of how psychology can be used to get the most out coaching, and more importantly how to get the most out of the people you coach. The scientific foundations of effective coaching are presented, furthermore coaches are given the opportunity to share examples of best practice.

### *Life skills*

This workshops shows how sport can be used as a vehicle to promote positive development in young people. In addition to the skills needed for sport performance many skills learned in sport can be transferred into other life domains such as school, the workplace and interpersonal relationships. Participants are given the opportunity to learn selected life skills through interactive group activities and are guided through a process of understanding which skills they have learned and how they can be used in other life domains.

## Nutrition

Good nutrition is vital for swimmers to fuel training sessions and competition and to promote recovery from training. Long or early training hours can affect a swimmer's opportunity to eat healthily, and choosing the appropriate foods when travelling for training or competition can be an issue.

### *Introduction to sports nutrition*

Covers energy balance and the different nutrient groups and the importance of each for health and sport. Participants learn how to identify the food groups in different meals. Covers what to eat before, during and after training and competition. Participants will learn how to develop a nutrition plan for a typical day of training or competition. Also looks at hydration and dehydration and their effects, as well as the different types of sports drinks available and which are most suitable for different athletes and situations.

### *Practical Cooking sessions (max 4 people)*

Quick and easy cooking ideas and simple recipes for the competitive athlete. Tailored to suit the skill of the athlete – from basic cooking/kitchen skills to more advanced cooking skills.

> - nutritious, tasty recipes that can be prepared by anyone with a busy lifestyle

> - recipes with nutritional breakdown including carbohydrate, fat, protein and energy content.

### *Planning a healthy menu*

For those athletes who prepare their own food – meal and snack ideas for training and competition. How to read food labels and combine different foods and nutrients for an optimal diet.

### *Supermarket/ Shopping Tour*

A trip to the supermarket with a registered sports nutritionist. Tips and suggestions for shopping sensibly on a budget for sport

*100%ME*

UK Sport's athlete-centred programme aims to increase understanding of drug-free sport amongst the whole sporting community through providing high quality, relevant information on anti-doping, and promoting the positive attitudes and values of sportsmen and women in the UK who have competed successfully in sport drug-free.

**For more information or to book contact  
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**Cost for 1 hour workshop: £195. Physiology assessment cost depends on  
number of swimmers.**