

# ATHLETE SUPPORT PROGRAMME

## Application Form

### PERSONAL DETAILS

First Name \_\_\_\_\_

Surname \_\_\_\_\_

Date of Birth \_\_\_\_\_

Gender Male / Female *delete as appropriate*

Student No: \_\_\_\_\_

### NEXT OF KIN

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

### CONTACT DETAILS

Home Address \_\_\_\_\_

Term Time Address \_\_\_\_\_

Post Code \_\_\_\_\_

Post Code \_\_\_\_\_

Telephone \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

### COURSE DETAILS

Course \_\_\_\_\_

Base Campus \_\_\_\_\_

Year of Study \_\_\_\_\_

Postgraduate / Undergraduate

### CATEGORY OF SUPPORT APPLIED FOR

Development

Performance

Excellence

### HOW DID YOU HEAR ABOUT ATHLETE SUPPORT PROGRAMME?

### SUPPORTING YOUR APPLICATION

Please give details to support your application including sport, level you are currently competing at, and recent successes. Please attach a separate sheet with this information.

Reference to be completed by Coach / Team Manager or equivalent.

Please attach a separate sheet with this information.

*Tick boxes to indicate you have attached this information with your application*

I apply to register on the Middlesex University Athlete Support Programme and agree if accepted onto the scheme, to abide by the terms and conditions of the membership.

Name (block capitals) \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_



London Sport Institute  
at Middlesex University



# ATHLETE SUPPORT PROGRAMME

*Montell Douglas  
100m & 4 x 100m relay.  
Olympic Athlete and  
Middlesex University Student*

A SUPPORT PROGRAMME FOR TALENTED ATHLETES  
AT MIDDLESEX UNIVERSITY



*Callum Priestly  
110m Hurdles  
GB Athlete and  
Middlesex University Student*

## ATHLETE SUPPORT PROGRAMME

The London Sport Institute at Middlesex University is committed to supporting the development of athletes in their chosen sports, in order to help reach their optimum performance level.

The programme supports individual athletes, but groups of athletes and sometimes their coaches may be eligible to access the support services. Enquiries for groups/coaches should be addressed in the first instance to:

**Stella Sipple, Deputy Head of Sport, on 020 8411 4651 or [s.sipple@mdx.ac.uk](mailto:s.sipple@mdx.ac.uk)**

## ELIGIBILITY CRITERIA

The ASP offers three levels of support on offer, which relates directly to the level of performance of the athlete. The level of support will increase with the athletes performance. We welcome applications from talented athletes who compete at the following level.

### •Development Level

Including County or Senior Club Level

### •Performance Level

Regional, National Age Group, World Potential

### •Excellence Level

International, World Class

## REGISTRATION

Athletes should complete an application form (found on back page of this booklet) returned with a supporting reference from a team manager or coach and return it to: **Stella Sipple, Deputy Head of Sport, Middlesex University, The Burroughs, Hendon, London NW4 4BT.**

All applicants will receive an initial response and may be invited to an informal interview. Successful applicants will be allocated support to one of the three levels depending on their current level of performance.

Athletes who are in receipt of a Middlesex University Sports Scholarship will automatically gain entry onto the scheme so do not need to apply.

BENEFIT	DEVELOPMENT LEVEL	PERFORMANCE LEVEL	EXCELLENCE LEVEL
Sport Membership	50% Discount	75% Discount	Free Membership
Sports Massage	Negotiated Discount	Negotiated Discount	Negotiated Discount
Sports Science Support	Available by Appointment	Available by Appointment	Available by Appointment
Sports Rehabilitation	Negotiated Discount	Negotiated Discount	Negotiated Discount
Coaching / Officiating Courses	50% Discount	75% Discount	Relevant Courses Free
Sports Insurance	Free	Free	Free
Mentoring	Free	Free	Free
Access to Sports Science Seminars	Free	Free	Free

## SUPPORT SERVICES AVAILABLE

### SPORTS SCIENCE TESTING

The Human Performance Laboratory at Archway campus is equipped with a comprehensive range of testing equipment to undertake all the standard biomechanical, kinanthropometric and psychological tests, as well as providing individualised support. Field testing is also available. Access to this service is available to all members of the ASP by appointment.

### SPORTS REHABILITATION

All members of the scheme have discounted access privileges to sports rehabilitation treatment at the university.

### SPORTS SCIENCE SEMINARS

The London Sport Institute at Middlesex University host a series of sports workshops covering areas such as

lifestyle management, nutrition, and sports sciences. Some of the talks are based on the UKI's Athlete, Career, Education (ACE) programme.

### STRENGTH & CONDITIONING

Programmes available from UKSCA accredited practitioners and are individually tailored to meet the demands of the individual and their sport

### SPORTS MASSAGE

Sports Massage is available at Hendon and Trent Park campuses. There are standard discount rates for students; ASP members receive an additional discount.

### INSURANCE

All members of the programme are automatically covered by the sports service insurance policy, which provides cover in the event of an injury incurred while training or competing for the University.

### COACHING PROGRAMME

The Sports Development team run a variety of coach education programmes enabling individuals to undertake nationally recognised coaching and officiating courses. In addition to these we are involved in hosting various workshops as part of the Sportscoach UK, London Active Partnership, and Running Sport development.

### TRAINING KIT

All members of the scheme will receive a free Sport Development training top.

### MENTORING

ASP Performance and Excellence Level members are allocated a personal mentor. Mentors are members of staff who meet regularly with the athlete and offer support and advice and assisting them to balance their academic, sporting, social and family lives.