

Unlocking athletic potential

Welcome Pack



***Athlete
Discovery***

Coaching philosophy and framework

Becoming a successful athlete requires a multi-faceted approach to training. Technically you need to be highly proficient, psychologically you need to be driven, emotionally you need to be resilient and physically you need to be strong. Some aspects of success are natural but others must be cultivated within the right environment to ‘unlock athletic potential’.

Athlete Discovery attempts to create an environment where education creates opportunity, by engaging and inspiring athletes to enhance their physical literacy and discover their true potential. Long-term athlete development (LTAD) is well established among the profession and highlights that athletes are not developed quickly, and that success takes time and patience. Quality coaching, focusing on fundamental movement patterns that are generic across all sports is designed to make consistent progress over time.

Individualised, sport specific and evidence informed prescription is focused on two key outcomes: a) injury prevention, and b) performance enhancement. Athletes that are load compromised or weak in particular movement patterns are more susceptible to injury, which often leads to time-loss from sport. Time-loss during LTAD reduces opportunity to demonstrate sporting prowess, reduces exposure to coaching and the likelihood of positive long-term outcomes. Therefore, injury prevention is always our primary aim with performance enhancement being a secondary focus.

The Athlete Discovery approach is based on a competency led framework, along which athletes only progress when they have demonstrated the technical and physical competency to do so. This progressive approach ensures individual specific exercise prescription and loading strategies to facilitate long-term, consistent development, enhancing the opportunities for success.

Athlete Discovery competency framework



The Mission

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|---------|---|
| Inspire | Breakthrough barriers by stimulating and engaging individuals to achieve better |
| Educate | Deliver quality coaching based on sound contemporary evidence |
| Enable | Enhance opportunities for individuals to achieve success |



Jamie Salter
BSC MSC PGCE ASCC BASES CSCI
Owner and coach

Jamie has extensive experience of physical preparation of athletes from a range of environments and sports. He initially started as a multi-sports and football coach but soon found a passion for developing athletic competency to help individuals reach their potential.

Previously, Jamie has worked in professional football and rugby league with both youth and adult athletes. Most recently he was an athletic development coach at Middlesbrough FC, with previous periods at York City Knights RLFC, Barnsley FC and previous coaching roles at Everton FC, York City FC and Manchester United soccer schools. Alongside working in sport, he has spent most of his career as a lecturer in further and higher education colleges. Currently Jamie is working at York St John University as a lecturer in sport and exercise therapy, delivering lectures and seminars to undergraduate and postgraduate students on athlete development, sports injury rehabilitation and injury prevention. Jamie has presented at several major international conferences on physical development and preparation of youth athletes and is currently leading the strength and conditioning provision for Great Britain Mens Senior Goalball.

Academically, Jamie completed a BSC in science and football at Liverpool John Moores University before completing and MSC in strength and conditioning. He has since obtained a postgraduate certificate in education (PGCE) and various industry recognised qualifications in physical preparation and sports massage therapy. Jamie is an accredited strength and conditioning coach (ASCC) with the UK Strength and Conditioning Association and an accredited sport and exercise scientist with Bases (CSCI). Jamie has full liability insurance, is first aid trained and disclosure and barring service (DBS) checked. Jamie is currently working towards a PHD observing the relationship between biological maturity and training load in elite youth football.



Services and fees



Initial competency assessment: ££ free
In order to push boundaries and take athletes to the next level, we must know where they are starting from. This initial session (only available for new clients) will involve a range of athletic competency assessments, including maturity estimation (where relevant) that will identify specific strengths and areas for improvement. From this, future sessions and programming will be tailored to optimise the time you spend with Athlete Discovery. A physical competency report will be electronically distributed to each athlete after the session.



1:1 athlete development session: £25
This is the standard session and the best way to maximise your time with Athlete Discovery. Each 45min session is bespoke and informed by the initial competency assessment above. The 1:1 athlete-coach ratio allows specific coaching, feedback and motivation to help stimulate change and help athletes reach their potential.



1:2 athlete development session: £35
Slightly different to the 1:1 session, this will be a more general athletic development session to incorporate more than one athlete at a time. Although athletes have their own specific areas for improvement, there is often a lot of crossover, which provides the opportunity for small group sessions such as this. A more generic but still highly effective injury prevention and athletic development approach will cover key cornerstones of movement and still offer excellent opportunity for individual coaching, feedback and progress to be made.




Remote coaching programme: £25
For those wanting to follow a more structured training programme in their own time and facilities, individualised 'remote' programmes are available. These are based on the initial competency assessment and reviewed* every 6-8 weeks. These are used alongside periodic 1:1 athlete development sessions to allow feedback, coaching and programme adjustments to be made. Programmes will be produced in discussion with facilities, equipment and loading schedules of each athlete in mind and email communication available to provide advice and guidance.

*Reviews and programmes are classed as a new programme and charged as above.

“ Jamie has helped Will with his recovery from a sports injury through bespoke S&C programmes specifically targeted to his sport and position. Will is now back stronger than ever achieving his goals and looking forward to the next stage on his pathway. ”

How to find us?

Athlete Discovery operates out of Excel Sports Clinic; an already thriving business delivering quality sports injury services to the people of Yorkshire.

 **Excel Sports Clinic**
Unit 6
Flexspace Business Park
Audax Road
Clifton Moor
York
YO30 4RA

www.excelsportsclinic.co.uk

Athlete Discovery opening hours

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|------------------|----------------------|
| Monday | Closed |
| Tuesday | 17:00 - 21:00 |
| Wednesday | 17:00 - 21:00 |
| Thursday | Closed |
| Friday | 16:30 - 20:00 |
| Saturday | Closed |
| Sunday | Closed |

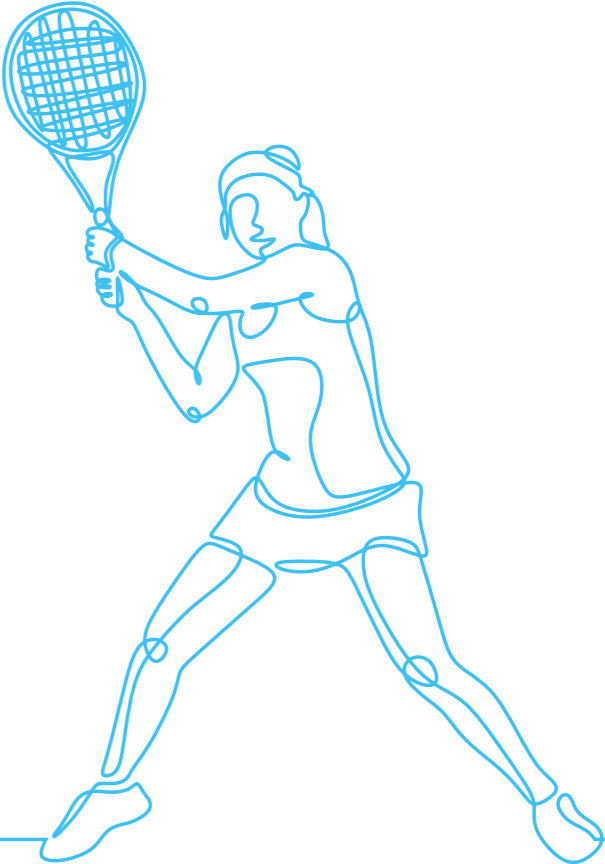
*These opening times do not reflect Excel Sports Clinic

Payment details

Payments for all session types should be made using the details below:

| | |
|-----------------|---------------------|
| Account holder: | Jamie Salter |
| Sort code: | 07-04-36 |
| Account number: | 38735631 |

Please use as much of the athletes first initial and surname as possible for the transaction reference (e.g. JSalter).



Data disclosure

Data Controller:

Jamie Salter, Athlete Discovery, Unit 6 Flexspace Business Park, Audax Close, York, YO30 4RA

How we use your data and what the legal basis is for doing so:

We have a legal obligation to collect personal, health and medical information about you in order for us to make informed decisions about the appropriate training programme for you. As we collect potentially sensitive data regarding personal details and medical information, this is classed as special category data. This is required for the safe and appropriate prescription of physical activity and support long-term development.

How we store your data:

Your information is stored initially as hard copies within a locked cabinet. This is soon transferred to electronic copies (scanned) and stored behind password protected cloud-based security systems only available to Athlete Discovery. Hard copies are then appropriately discarded (shredded). If you consent for us to collect photo or video data, this too is stored on a cloud-based server, that is password protected with only Athlete Discovery having access.

How we share your data:

With your consent, we will only share this information with other relevant professionals, such as medical providers involved with your care. We will not share, sell or otherwise distribute your information to any other third party without your express consent.

How long will we keep your data?

Due to the nature of the profession and the type of data we collect, we have a legal obligation to hold records of personal data for a minimum of eight years following the cease of service (or in the event of the individual being under 18, until their 25th birthday or eight years after their last treatment, whichever is later).

Your legal rights:

You have the right to make a request to:

- Access all personally identifiable information that we hold about you
- Correct, restrict or object to the processing of the personal data we hold about you
- Erase your personal data. However, in some cases we may demonstrate that we have compelling legal grounds to process your information which override your rights and freedoms
- Receive personal data about you that you have provided to us in a structured, commonly used, machine readable format where we use it with your consent

To make a request under these rights you can write to us at: Athlete Discovery, Unit 6 Flexspace Business Park, Audax Close, York, YO30 4RA or email athletediscov@gmail.com.

If you have any concerns with the way in which we handle your personal data and you think we have not dealt with this properly, you can contact the Information Commissioner’s Office or raise a complaint at www.ico.org.uk/concerns.

Disclaimer

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| Athlete full name: | D.O.B: (DD/MM/YY) |
| Parent/Guardian name(s): | |
| Preferred email contact: | |
| Preferred phone contact: | Alternative: |
| Primary sport: | Position: |
| Clubs/organisations competing for: | |
| Any previous injuries (last 2 years): | |
| Do you take regular medication for any health condition? If yes, please specify and bring this with you to all Athlete Discovery sessions. | |
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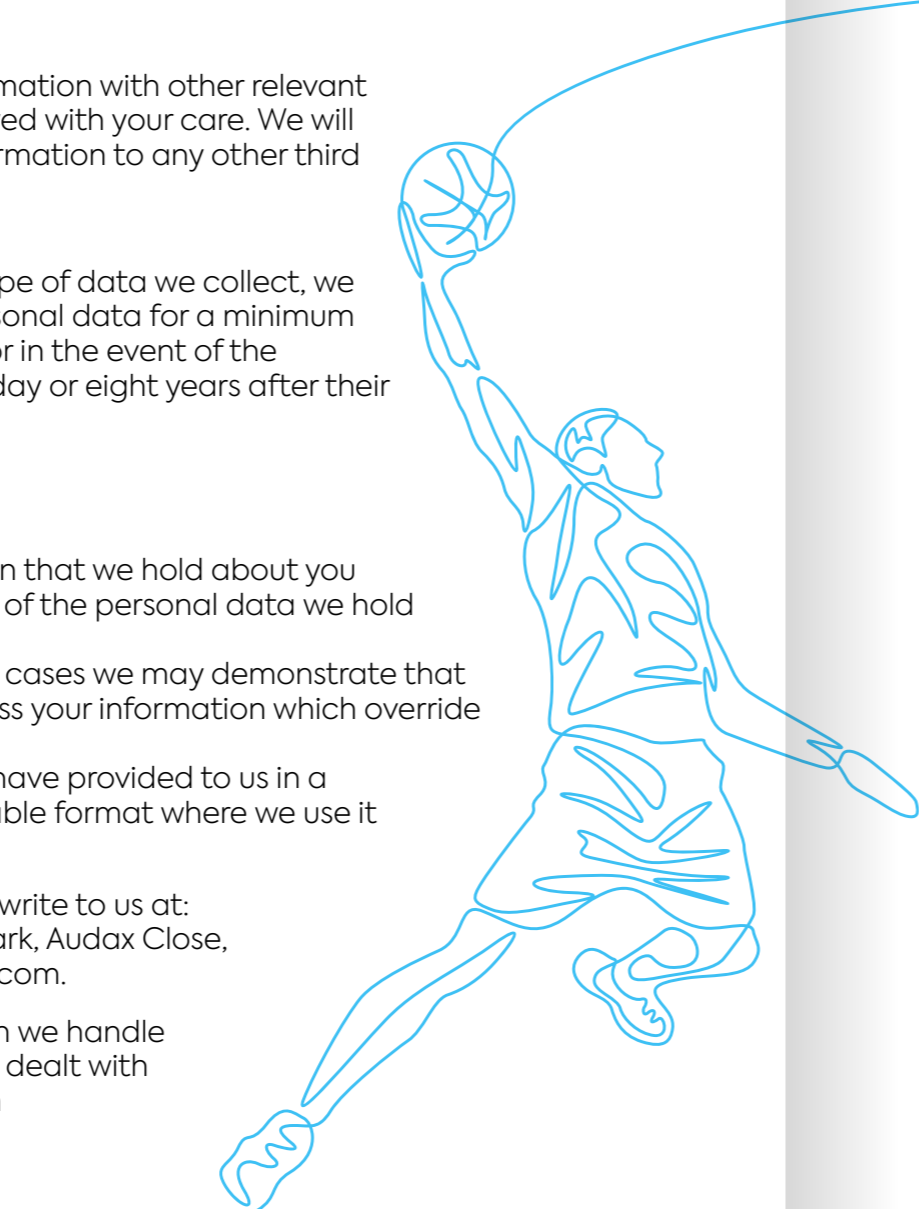
Please tick the boxes to confirm that you agree with the following statements:

- I can confirm that I have read the data disclosure and agree on the policy suggested regarding my personal data and Athlete Discovery. ☐
- I can confirm that Athlete Discovery may take and use images/videos of my training sessions for promotional purposes only (including on social media). ☐
- I can confirm that I am currently registered to a sports club/organisation and they are aware that I am receiving additional coaching/training. ☐ Yes ☐ n/a
- I can confirm that failure to attend a booked Athlete Discovery session without prior notice (24hrs) will not be eligible for a refund. ☐

| | |
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| Athlete name (print): | Signed: |
| Parent/Guardian (print): <small>Required for athletes under the age of 18</small> | Signed: |
| Date: | |

You have the right to withdraw your consent at any time – please notify Athlete Discovery via email: athletediscov@gmail.com.

Please return this form to your first Athlete Discovery session.



Physical activity readiness questionnaire

Please answer all of the questions below by ticking the appropriate box

Has your Doctor ever said that you have a heart condition and that you should not do physical activity? ☐ Yes ☐ No

Do you feel pain in your chest when doing physical activity? ☐ Yes ☐ No

In the past month, have you had any chest pains when you were not doing physical activity? ☐ Yes ☐ No

Do you lose balance because of dizziness or do you ever lose consciousness? ☐ Yes ☐ No

Do you have a bone or joint problem that could be made worse by a change in your activity? ☐ Yes ☐ No

Is your Doctor prescribing drugs to help maintain your blood pressure or for a heart condition? ☐ Yes ☐ No

Do you have any other health related issues that may impact your ability to complete physical development sessions? ☐ Yes ☐ No

If you answered 'yes' to any of the questions above

Talk to your Doctor by phone or in person before you start with Athlete Discovery. Tell your Doctor about the PAR-Q form and the question(s) you answered yes to. You may be fine to complete sessions with Athlete Discovery – but we need to have evidence from a Doctor (e.g. email/letter) before we can do so. We may also need to restrict your activities to those which are safer for you to complete – but your Doctor will advise you on this.

If you answered 'no' to all questions, you are free to start training with Athlete Discovery. Please let the coaching staff know of any change to your health status.

I can confirm that I have completed all questions honestly to the best of my knowledge:

| | |
|---|---------|
| Athlete name (print): | Signed: |
| Parent/Guardian (print): Required for athletes under the age of 18 | Signed: |
| Date: | |

Please return this form to your first Athlete Discovery session.