



DERBYSHIRE
INSTITUTE OF SPORT

Development Squad & Performance Academy

World class care and education to help you become the best you can be.

What is the Derbyshire Institute of Sport?



Since 2012 we have supported more than 200 athletes with the talent and desire to succeed in over 40 different individual and team sports (both disability sports and able-bodied sports); more than 40 of them have become world class.

We help them develop skills and knowledge in the areas of communication, motivation, self-awareness, self-regulation, and resilience that will last a lifetime.

Our team of experts have come together to provide world class support services for aspiring athletes, all in one space and at a reduced cost, thanks to all our sponsors.

Whether it's trying to win an Olympic/Paralympic medal, become the best player in the team or just trying to balance sporting ambitions with school and work, we can provide the care, support, and education that dedicated athletes need to perform at their very best.

We are pleased to introduce you to two of our Support Programmes:

The Performance Academy

Athletes from the age of 13 up to senior level

The Development Squad

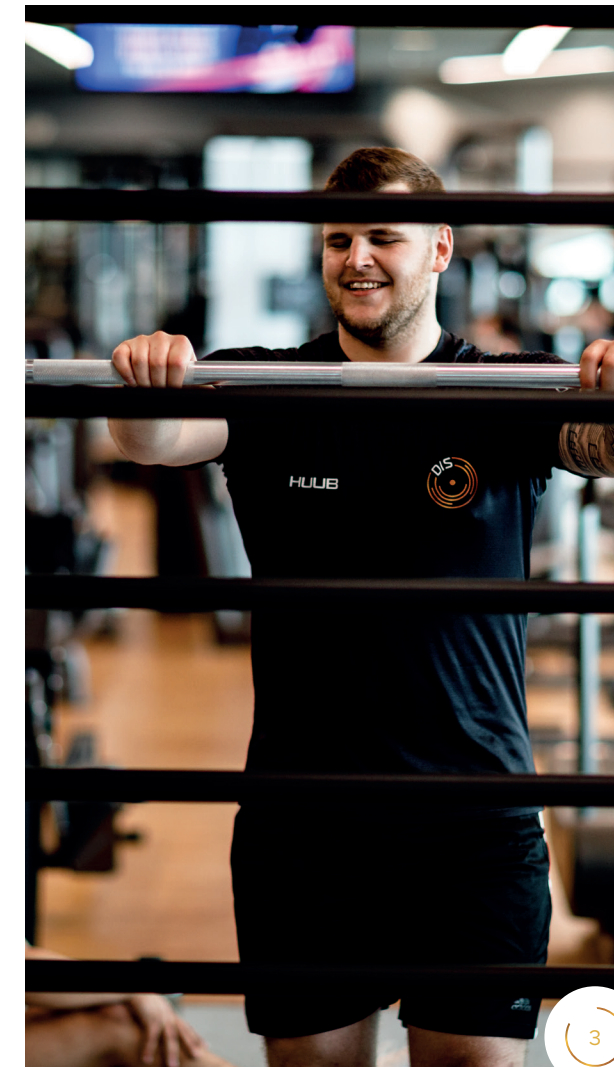
For athletes aged 11 to 13 years old

For athletes younger than 11 years old, head to our website to find out more about our Performance Prep Squads.



"It's just great peace of mind to know that you have a full team of experts behind you who actually care."

Corey Beck
England Rugby Player





What do we do at Derbyshire Institute of Sport?

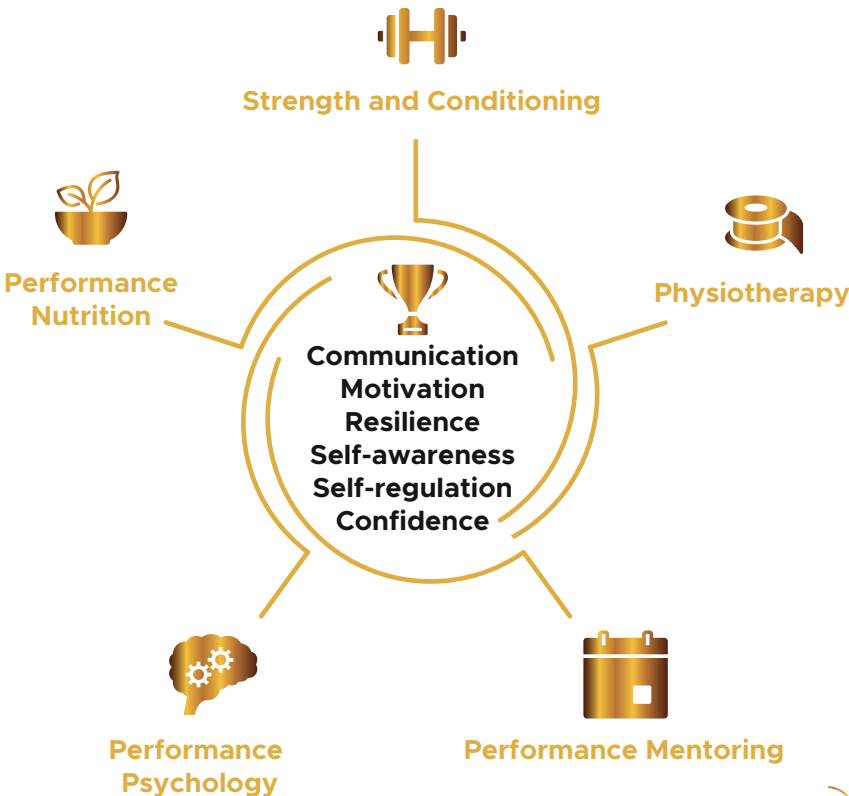
Sport isn't just about the winning and losing on competition day.

We believe sport gives you an extraordinary set of skills that can set you up to successfully navigate any challenge you face in life whether that be in sport, in the workplace or at home.

That's why we put developing our champion skills for life at the heart of all our services.

All our specialist performance services work in sync with one another to provide the unique help and support that you, your family or your coach need.

www.derbyshireis.co.uk





Development Squad

Athletes aged 11 to 13 years

We have designed this programme as a safe and progressive introduction to performance training for 11 to 13 year olds, to accelerate their physical development in a fun and age appropriate way.

The sessions will introduce some independent training and individual focus along with group training to build confidence in the gym with all types of training and equipment.

Our development squads will train once a week at our home in the Derby Arena and by keeping the groups small, our focus will be on giving athletes the competitive edge by building their knowledge and ability in the areas of **strength and conditioning, nutrition, psychology and life skills.**

Performance Support Service

DEVELOPMENT SQUAD



This programme is designed for athletes looking for their first step into a performance training environment with a combination of some individualised training and some group introductions to safe lifting in the gym, weekly education tasks on nutrition, psychology and life skills.

S&C Assessment and Individual Exercises

Testing will provide some individual areas to work on each week

Group S&C Sessions in the Derby Arena Gym

(max. 6 athletes per session)

1 session per week.

A safe and fun introduction to a performance training environment

Physiotherapy Screening

1 session per year.

Full body screening with an exercise plan to help prevent injury

Weekly Performance Education




Nutrition, Psychology or Life skills task and discussions




Performance Journal

One place to record progress and knowledge through the year

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Performance Academy

| |  |  |  |
|--|--|--|--|
| Online Performance Support Services | Gold | Silver | Bronze |
| Performance Mentoring Sessions Sessions are 1 to 1 working on our DIS skills for life mentoring programme | 8 per year | 6 per year | 6 per year |
| Gym Membership to the Derby Arena Access to the gym facility any time (U16's must be accompanied by an adult) | ✓ | ✓ | |
| Parent/ Coaches Individual Feedback Time with our performance staff to understand your child's development and the DIS | ✓ | ✓ | ✓ |
| S&C Assessment and Individual Programme Individual screening and tailored programmes to work on in session each week | ✓ | ✓ | ✓ |
| S&C Coaching on your Personal Programme Sessions available Monday – Friday evenings | Attend as many as you like | Attend as many as you like | 1 to 1 online session once per month |
| Physiotherapy Screening Full body screening with an exercise plan when required | 2 per year | 1 per year | 1 per year |
| Physiotherapy Treatments Treatment of injury, rehabilitation, and injury prevention support | ✓ | | |
| Nutrition Webinars 6 sessions per year working proactively through the fundamentals of nutrition | ✓ | ✓ | ✓ |
| Psychology webinars 6 sessions per year working to build a resilient mindset for performance | ✓ | ✓ | ✓ |
| Performance journal One place to record your progress and knowledge through the year | ✓ | ✓ | ✓ |
| Cost per month | £125 | £100 | £65 |

-  **GOLD:** Our all-inclusive programme of support, you will only pay for any extra 1 to 1 Psychology and Nutrition you want.
-  **SILVER:** Most of the performance services you will need with the option to buy additional services when you want them.
-  **BRONZE:** Our complete online programme of support with the option to buy any extra sessions you want.

Whichever plan you choose, you will always have support from our whole team of experts when you need it

The Perfect Performance Academy Plan for you

Athletes aged 13 and over

The Performance Academy brings aspiring sports men and women together to learn from and support each other to be the best they can be. All this happens under the expert guidance and tuition of our world-class support services team.

With our Gold, Silver and Bronze programme options we have tried to create options for all types of athletes. Whether you are local and want to come and see us at the Derby Arena or if you live a little further afield and need remote support to become the best you can be, we have an option for you.

Our Gold and Silver programmes welcome you into our home, and include membership, at the Derby Arena, whilst our Bronze programme is delivered completely virtually via Microsoft Teams.

On all the programmes, your information and data will be kept safe, all in one place, on Microsoft Teams where you can also contact any member of our team for advice and support.





Additional Services

We do our very best to create the perfect programmes for everyone, but we understand the importance of individual care and support. As such, if you are a member of either of our programmes, you can access any of these services at the following reduced costs:

SERVICE

COST



Physiotherapy treatment (30mins)

£30



Physiotherapy screening (1hour)

£70



Psychology support session

£50



Nutrition support session

£50



Performance mentoring session

£40



Personal S&C session

£20

DIS is like one big family, I am impressed with their team approach and consistency with the athletes. In particular I like the personal touch they provide, which makes the athletes relax and engage in the programme. I would highly recommend

Paula West
Mother of water-polo player

Give yourself a competitive edge by joining our Development Squad or Performance Academy today.

Interested?

Come and see the sessions for yourself by calling or emailing us to arrange your visit to the Derby Arena.

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Call Us: **07974 231564**

Email Us: **info@derbyshireis.co.uk**

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