



Academy Programme: Strength & Conditioning Sessions Information Sheet

Introduction

The aim of each Academy programme is to develop athletes at a regional level so they are better prepared for moving up to national performance development levels.

To support the development of these athletes, **sportscotland** and the Scottish Institute of Sport have created a support service and education programme, which is offered to athletes within Tayside & Fife who have been identified by their governing body as an Academy programme athlete. This programme provides support services in a multi sport environment. SportCentral and **SportTayside & Fife** are delivering this programme on behalf of governing bodies.

The first of the support services being delivered through this programme is Strength & Conditioning (S&C). Athletes are invited to attend a S & C session once a week (on a Monday night), in addition to their sport specific coaching.

The S&C sessions are designed to improve the athletes general physical preparation, and provide "how to" knowledge about techniques and training methods that will underpin sport specific performance at all stages of their sporting career.

The technical lead for the programme comes from the Scottish Institute of Sport with sessions delivered by UKSCA qualified coaches linked to the area institute of sport network.

Specifically, the programme aims to improve strength, power, speed and agility capabilities in individual athletes, and will also help athletes to develop the competencies required to become an elite performer.