



DERBYSHIRE
INSTITUTE OF SPORT



Performance Academy

Your complete **online performance support programme**

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We offer personalised, world-class support services across 49 sports.

Our team has an enviable track record of helping athletes to achieve their full potential and now they can do the same for you.

Whether you are trying to win an Olympic medal or become the best player you can be within your team, whatever your goal is, we can support you.

If you are aged 12yrs + and want to be the best you can be, then we will be happy to help.

What makes us unique?

We are a performance family - all our experts work together for you.

Training hard is vital, of course – but there's SO much more to being a champion than going to every practice session.

We offer a caring environment where you can connect online with like minded peers while accessing the **specialist services** shown in this diagram.

We also use Microsoft Teams to securely store details of everything you do. Only you and the team supporting you have access. This means that you can easily view the progress you're making.

It's about life skills too

Our core values of care, passion and integrity shape everything we do. We develop a tight unit of high-achieving athletes who live by these values too. We're also here to support the families of our athletes. Work with us and you'll have the skills and knowledge to take you where you want to go - both inside and outside your sport.



Your Team

Surrounding yourself with great people is a proven recipe for success.

As a member of our performance programme you get a great team of experts behind you.

Here are some of the key people that will become part of your team.



Andy Wood
Performance Consultant



Laura Wake
Head of Athlete Development



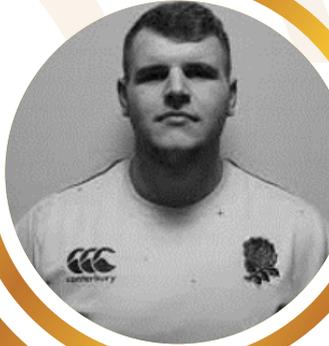
Nicky Gilbert
Clinical Dietician
and Senior Sports
Nutritionist



David Sprot
Senior Physiotherapist



Dr Phil Clarke
Performance Psychologist



“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



How it works

We offer a personalised package to every member of our performance academy. As a result, we only have a limited number of places available.

After you have contacted us to register your interest, you will receive a phone call to discuss your personal situation: your sport, your commitment, your goals etc. You will then be offered a plan that meets your requirements.

If you choose to go ahead, you will become part of our unique performance family and will have regular contact with all our team, especially Laura, who will guide you through every step of your journey.

Once you start training, you use our online platform to report progress and ongoing performance. This is continually reviewed with regular video conferencing calls providing opportunities to address any issues.

From registering your interest with us, to getting started on the performance pathway usually takes a couple of working days depending on your availability.

“The best thing about the DIS is all the friends you make with like-minded athletes. Even online, I feel well connected with the whole team who are supporting me to be the best I can be.”

Alexia West

Water-polo player

1  Call or email us to say "I'm interested"

2  We'll discuss your personal needs and the options we have available

3  You choose which plan you want

4  We set you up within 48hrs

5  You become a member of our performance academy

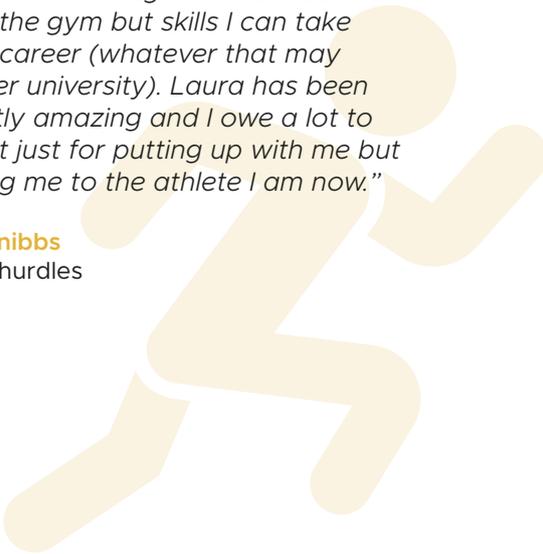


“As my ambitions and goals become more challenging, it is great to have DIS by my side offering support and assistance across a huge range of performance determinants. The closer to the sharp end of performance I get, the more each weakness and flaw in my physiology and psychology is magnified.

Having DIS continuing to help me reduce the impact of injuries, stress and logistics has a significant impact on my performance. I can only thank them for everything they have done and continue to do for me and the team since 2017.”

Dan Bigham

International medal-winning
Track and Road Cyclist



“I honestly cannot thank you and DIS enough for the support over the past 6 years. I came in a skinny, energetic kid and now I have ran for my country the past 4 track seasons and gained my first senior vest and won a world junior medal. I absolutely could not have done all that without DIS. The institution has taught me so much not just in the gym but skills I can take to my career (whatever that may be after university). Laura has been honestly amazing and I owe a lot to her not just for putting up with me but building me to the athlete I am now.”

Alex Knibbs

400m hurdles



“The DIS has helped me in so many ways. As a Judo athlete it’s essential for me to create the right physique for my weight category and so having a clinical dietician and S&C coach working together is incredible. A big part for me is the performance psychology, learning how to cope under pressure and still be able to perform medal-winning techniques. The best thing is that all the team work together so I can just enjoy competing. It’s a great feeling to get on the mat, knowing that I’ve worked with an expert team to do everything I can to be the best I can be.”

Jamie Spencer-Pickup

Judo, Junior Commonwealth Champion

“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

“I feel that the DIS gives my daughter the opportunity to further her experience and improve her ability in the field of athletics and can confirm that my daughter really enjoys the training she receives.”

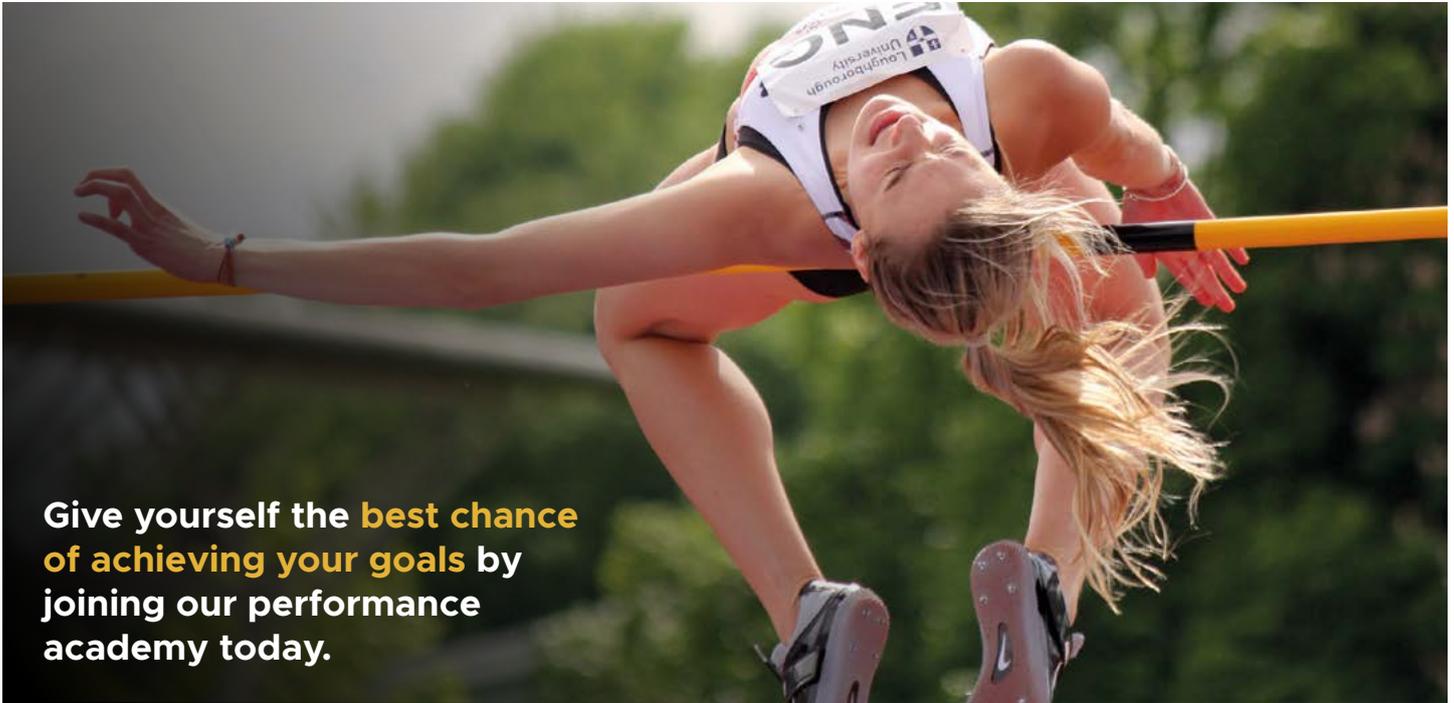
Alison Smyth

Mother of athlete

The Perfect Plan for you



Online Performance Support Services	Gold	Silver	Bronze	<p>Whichever plan you choose, you will always have the personal support from our whole team of experts.</p> <p>All your performance information will be in one place on Microsoft Teams where you can chat to and call any member of the DIS team when you need additional support or advice.</p>
<p>Performance Planning Create the perfect training plan for you to balance life and sport</p>	✓	✓	✓	
<p>Monthly performance workshops Psychology, Nutrition, Lifestyle, S&C, Physiotherapy</p>	✓	✓	✓	
<p>Physiotherapy screenings Including follow up exercises when required</p>	✓	✓	✓	
<p>Strength and conditioning assessment Understand your physical strengths and weaknesses</p>	✓	✓	✓	
<p>Personalised S&C programme A training programme designed specifically for you</p>	✓	✓	✓	
<p>Mental Fitness sessions Training your mind to perform with weekly tasks and activities</p>	✓	✓	✓	
<p>Strength and Conditioning circuit training sessions Stay strong and fit with our daily circuit training sessions (Mon-Fri)</p>	✓	✓		
<p>Strength and Conditioning master class sessions Weekly upper and lower body master class sessions</p>	✓	✓		
<p>Core workouts Weekly sessions to keep your primary performance function strong</p>	✓	✓		
<p>Stretch and Flexibility Weekly session to support mobility and recovery</p>	✓	✓		
<p>Personal online strength and conditioning coaching Monthly 1 to 1 training session to perfect your technique</p>	✓			
<p>Individual performance psychology support Understand how to improve your personal performance traits</p>	✓			
<p>Individual nutrition plan Understand your personal nutritional requirements</p>	✓			
Cost per month	£155	£105	£55	



Give yourself the **best chance**
of achieving your goals by
joining our performance
academy today.

*“The team at the DIS are world-class,
they are knowledgeable, experienced
and were always there for me when I
need them.”*

Niamh Emerson
World Class Heptathlete

Interested?

Whether you are ready to commit or you would like more information, please contact us and we will be happy to chat with you.



07974 231564



info@derbyshireis.co.uk



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Derby Arena, Royal Way,
Pride Park, Derby, DE24 8JB

www.derbyshireis.co.uk

