

High Performance Programme Welcome Guide:

JOIN TEAM SALFORD SU

All around the World Sports is a massive part of people's lives and we at Salford SU are no different. We want to not only get you involved in sport, whether this is for recreational use as a form of fitness, socialising, or to find a new hobby to try and take up professionally. Over the years we have had a number of students who have won World Junior Championships, Nationals Championships, University National Games, and numerous BUCS competitions. We at Salford SU want to help athletes develop their skills, reach their potential, and support them in furthering their achievements and raise the profile of sport at Salford University.

If you are serious about sport, why don't you join the new revolution happening at University Salford SU.

What Is the High-performance Program?

The High-Performance Programme (HPP) is based around what is commonly known as a university Scholarships program. It is designed to offer support to you as a student that plays sport at a high level in a number of ways, with the end goal to improve your performances and sporting satisfaction. The main aim for this programme is to offer you additional support while enhancing your performance goals during your time at university. It is important to note that this program **does not** include any financial academic help and **you won't** receive any money into your personal account of any sort.

What does the program give you?

Despite not receiving any direct financial or academic help, the program offers you additional resources which you wouldn't be entitled to outside of the program. The SU will fund resources which are in place to help your performance reach the highest level it can during your time at Salford University for your own personal performances and performances that benefit the club if you are part of one. Benefits this will include:

- Free leisure membership at USSU Sports Centre
- Free club membership if the sport you partake in is a club
- Free Team Salford Apparel
- BUCS and external competition support (entry fees)
- Strength and Conditioning training
- Sports nutritional advice on booking
- Rehab support if needed (massage and injury rehabilitation)
- Performance Analysis sessions (booking only)
- 1to1 Physiotherapy sessions (on booking)
- 3 performance reviews meetings with HPP Manager in an academic year
- Sports Psychology workshops throughout the academic year

Competitions Salford SU provide:

We have several clubs entered into leagues not only on a university scale (BUCS), but on an external scale as well outside of university. We also provide support for individuals not part of clubs, due to not housing them, with their own entry requirements to allow them to compete. This gives our students loads of opportunity to compete during their time as students at University Salford.

BUCS (British University and College Sport) - The governing body for university sport, BUCS, run weekly leagues and events where all institutions battle for points towards an overall trophy. With several sporting teams in these leagues already, and promotions through the leagues each year, this gives a consistent competition schedule for all clubs and its players. We also enter those sports and athletes where BUCS don't have leagues set up but hold tournaments/events for you to compete in, gaining several medals from these events in a range of sports.

VARSITY - A hotly anticipated event in the sporting calendar, the series attracts huge crowds as Salford SU battle against Chester University each year for the VARSITY trophy. Any sport can go in this and any athlete as long as both teams can agree on matching those teams for opponents.

Facilities University of SALFORD offer:

With a number of facilities spread around campus this gives a lot of space for each club to train and athletes to enhance their performance and skills. Facilities range from:

- 2 Sports halls
- 1 leisure gym
- 1 swimming pool
- A studio
- 2 squash courts
- Performance Rehab Clinic
- 2x Strength and conditioning suite
- Biomechanics lab
- All weather 3G Pitch
- 2 full size football grass pitches

What do you get from the programme?

The SU will provide you with extra support surrounding your sporting prospects, giving you an opportunity to sit down with the programme staff lead and tailor the year's timetable around you. Within the timetable we can add weekly S&C sessions, 1-1 massage appointments, Psychology workshops, performance meetings, external and internal sporting events and whatever else you want to keep track of. Then as the season progresses, we can add other tasks in if needed to book in physio or rehab sessions.

As well as this timetable, you will be allocated a set amount of financial help based on the programme you are on. This money will be there to help you with all outgoing costs related to your sport. You can spend this on sporting finances like external training, such as transport and memberships costs to your local club or international commitments, as well as external competitions and the transport to this.

Programmes within the programme?

There are three categories within the programme which you can be placed on. This is designed to be able to tailor the programme around you and make sure that the full benefits are achieved from both your side as an athlete and the SU side of things are being covered. First package will be the Olympic or Paralympic Package, then International Package, with the final package being the Development Package.

Olympic/Paralympic Package:

This programme is designed for the student athletes which are currently in the Olympic or paralympic fold and will be going to the 2024 or very likely be going to the 2028 Olympic or Paralympic games. The programme package will offer all the benefits detailed in this document through a timetable tailored approach. As well as a budget of £750 (amount given still TBC) to help towards costs of all financial aids relating to their sporting goals and requirements.

International Package:

This programme is designed for the student athlete which is currently playing sport at an international level and has desires to be at the Olympics in 2028 and beyond. The programme package will offer all the benefits detailed in this document through a timetable tailored approach. As well as a budget of £500 (amount given still TBC) to help towards costs of all financial aids relating to their sporting goals and requirements.

Development Package:

This programme is designed to help student athletes get to an international level and support them with benefits they may not be able to acquire on their own. Due to them not being in an international set up the resources given to them may not be as good and need support with this. They will get the same benefits with the tailored timetable with the extra resources they need discussed and booked in. As well as a budget of £300 (amount given still TBC, but will be at least £200 less) to help towards costs of all financial aids relating to their sporting goals and requirements.

Criteria for the programme?

To be eligible for any of the programmes you will need to meet the below criteria. First thing you will need to have is to be a current Student at the University of Salford, and registered onto a course (all courses are eligible, undergraduate, postgrad, and PHD students).

As well as this you will need to be a certain sporting grade of athlete, these are detailed below.

Grade B are athletes that play in national competitions all the time and travel around England competing at an elite sporting level for their chosen sport. **(This will qualify you for the Development Programme)**

Grade A are athletes that play all National competitions but also play international competitions and represent England or Great Britain in international competitions. **(This will allow you to be considered for the International Programme and definitely qualify's you for the Development Programme)**

Grade A+ are athletes that are going to be selected for the Olympic games and World Championships for their chosen sport. **(This Gives you a place on our Olympic or Paralympic Package)**

What we expect from you during time on the program?

Getting onto the program is just the first step. You will be required to adhere to measurements the SU set in place to stay on the program for the year, and if not, you will be removed from this program and will not be considered for reinstatement at any point during your remaining time at Salford University. Furthermore, you will be required to return all of the apparel kit you received.

Requirements of the Program:

- The athlete must attend at least 80% of the clubs training if they are part of the club (absent form needs to be completed if not able to attend) Review will be had with the club committee to check this.
- The athlete must be available for all sports clubs matches if part of one (absent form needs to be completed if cannot attend) team sheets will be checked each week.
- The athlete should provide coaching support during events and within club sessions to pass on experience (committee review will track this)
- The athlete must wear the Team Salford Apparel to any University funded match or tournament they have been entered in.
- The athlete's behaviour during matches and training will be monitored. Should the athlete break the code of conduct or the requirements of the HPP, they will be given 1 warning. Should a second incident occur, the athlete will be removed from the program.
- The athlete must be present at all player development sessions so their HPP manager can track their progress and support the athlete in any future developments.

Step-by-step guide on how the process works:

1. Read website and see if the programme is for you. Including terms and conditions
2. Complete a High-Performance Programme application form.
3. Form is then reviewed by the union and compared to other applicants before the deadline.
4. Applicants will be told if they have been successfully to attend an interview stage to highlight their career achievements with some kind of proof in documents and pictures. (this stage only takes place if the we have more applications than the allocated spaces on the programme).
5. Once this stage has taken place all candidates will be sent an email and explained whether they have been successful on the programme or not.
6. A High-Performance Programme introduction and extended information meeting will then be had between both parties to allow for an understanding of how the programme will run throughout the year and how they can ask for support.
7. Program will then begin 1st September and run till 31st August the following year.
8. Previously successful applicants will then get a week before the application opens for everyone to re-apply and an analysis of the previous year will determine whether they will be allowed back on the programme.

Step by step guide on how the decisions are made to determine athletes:

1. Students will be asked to read the welcome guide and the website and then complete an application form before the deadline 1st August 2024.
2. SU panel consisting up of the Sports Club coordinator, GIAG and Campus League Coordinator and Sport Operation Manger will create a shortlist to decide on who matched the criteria the best made the programme based on information provided to them by applicants from September 1st each year and last two weeks from there.
 - Panel will bring together all applications and compare to one another and then also with the grading criteria.
 - If there are more than 20 applications which are meeting the criteria set then a result will be based on how the application is written and the detailed responses each individual wrote, so more information the better.
 - Every student applying has the right to complete a formal complaint form through the SU, you just need to ask the SU for the email and then we can look into why you didn't get picked if you think you were wrongfully not chosen.
3. Once applications are chosen, everyone who put in an application will be contacted and feedback will be available if they ask for it.

Key Dates:

Applications open on January 1st each year

Applications close on August 1st each year

SU panel consisting up of the Sports Club coordinator, GIAG and Campus League Coordinator and Sport Operation Manger will decide on who made the programme based on information provided to them by applicants from August 8th each year.

1 week from August 8th an email will be sent out to all applications to let them know if they have been successful or not. Feedback will be provided. And interviews will be booked in for those remaining applicates.

Programme will start up September 1st each year with that week holding 1-1 sessions with the successful applicants.

Club memberships start September 1st.

Gym membership will start from September 1st. You need to go into the leisure centre reception and provide student id to complete registration to join the gym. You name will be on file ready to be set up.

Apparel will be handed to students around October 1st and will need to be collected from the SU office in a booked time with Sports coordinator.

Applications will re-open again January 1st each year to allow for January starters to apply for the programme for 6 months. And the current students to apply before they leave for the summer for the new academic year.