

Sports Club Committee Training

2010/11

team
hallam



Session Content:

- Why are we here?!
- Introducing... Colan Leung
- Introducing... Sports Union staff
- What's changed?... We've moved!
- Team Hallam
- Introducing... Ryan Amos
- Video: Enjoy, Compete, Excel
- Strength and Conditioning support

QUICK BREAK

- BUCS for 2010/11
- Sports Union clubs
- Sports Fair
- Memberships and registration
- Clothing for 2010/11 - Kitlocker
- Health & Safety Essentials
- Varsity/Winter Varsity
- Sports Ball
- Embrace Tickets
- Union events
- Sports Committee 2010-11

2.30pm WORKSHOP

Furnival 9005 and 9006

Why are we here?

It's all for you!

Clubs don't work without volunteers... that's you guys!

Provide you with key information and where to access more support and information

hallam award

**Get the acknowledgement you deserve for
the volunteering you do, in sport, and
across all Union activities**

Introducing ... Colan Leung



Your Sports Officer for 2010-11

So, what is Hallam Union?

- **Over 60 members of staff**
- **6 elected Officers**
- **Activities Section**
- **Independent advice centre**
- **Entertainments programme**
- **Iconic building**
- **Represent students**

...and much more...

Introducing ... your Officers



My Aims for 2010-11

- To enrich and support the students experience at Sheffield Hallam University

- Take Team Hallam to the next level

Introducing ... Sports Union Staff



Rick O'Toole
Sports Union Manager

Joel Kesterton
Sports Club Development Co-ordinator

Gary McLean
BUCS Co-ordinator

Rebecca Hoole
Administration Support

*Club Development Support Worker
Coming soon!*



Sport

What's Changed? ... We have moved

The HUBS

- ✓ **Improved facilities**
- ✓ **More space**
- ✓ **Integrated services & support**

Team Hallam - What is it?

Partnership between Sheffield Hallam University and Hallam Union which creates a cohesive approach to the development of sports performance related activities.

Strategy is determined by the Team Hallam Management Board and each partner organisation has responsibility for specific operational delivery.

- Competitions (inclusive of BUCS)
- Focus Sports
- High Performance Programme
- Scholarships
- TASS (Talented Athlete Scholarship Scheme)

“Vision;- Team Hallam will recognise and exploit the golden opportunities for participation and performance by enhancing the students sports experience.”



Introducing... Ryan Amos



Sport Hallam
Sports Development Assistant

Video: Enjoy, Compete, Excel

Strength and Conditioning Support

- **Dave Hembrough** – Lead Strength & Conditioning Coach
- **Lewis Williams** – Assistant Strength & Conditioning Coach / Senior Sport Performance Intern
- **Matt Hunter** – Assistant Strength & Conditioning Coach / Senior Sport Performance Intern

HPH

HighPerformanceHallam

- Introduction to the Strength & Conditioning facility
- A Brief overview to training as an athlete
- What you can expect from your club members training with us



HPH



Building Athletes in HPH



High Performance Hallam Environment

Athletic development requires a few aspects:

Work Ethic

Environment

Talent

Quality training requires a few aspects too:

-what is my goal?

-Where are we / Whats changed?

-Am I willing to work hard?

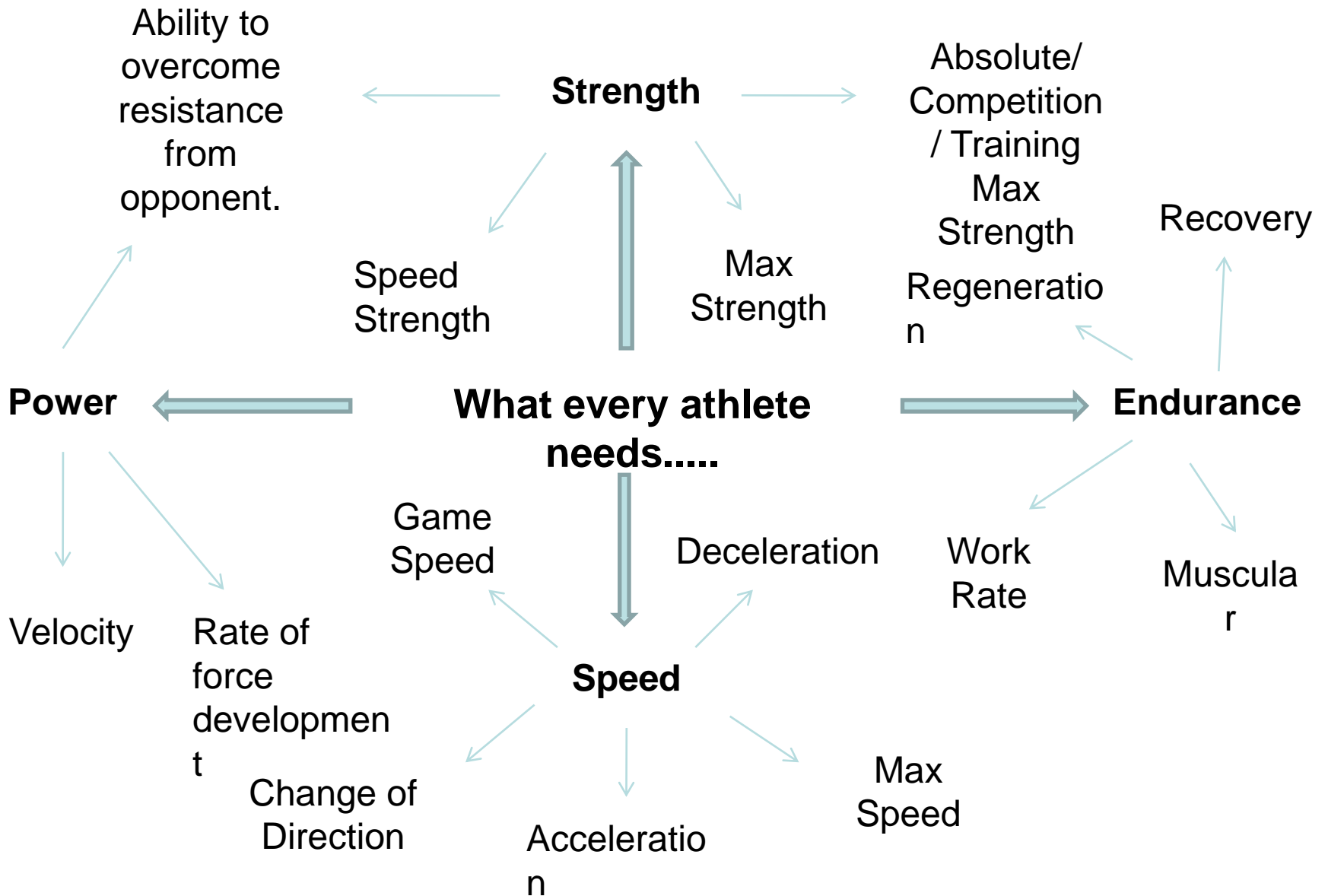
-Can I do this often enough to meet my goal?

-Can I commit to a programme?

-Does my knowledge influence my behaviour?

-Lifestyle...

TAKE THE OPPORTUNITY!



How Not to Build Athletes...



- <http://www.youtube.com/watch?v=wAKa5MCIKAY&feature=fvw>

Sept 2010 – Dec-10	06/09/2010	13/09/2010	20/09/2010	27/09/2010	04/10/2010	11/10/2010	18/10/2010	25/10/2010	01/11/2010	08/11/2010	15/11/2010	22/11/2010	29/11/2010	06/12/2010	13/12/2010	20/12/2010	27/12/2010
W/C	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24
Uni Week				1	2	3	4	5	6	7	8	9	10	11	12	Xmas	Xmas
Teaching Week																	
Training Phase			Pre season and team hallam taster sessions		Testing 1	Training Cycle 1 - General Preparation - BUCS fixtures commence				Training cycle 2 - Maximum Strength - Speed Strength				Testing 2	Maintenance		
Jan 2011- Apr-11	03/01/2011	10/01/2011	17/01/2011	24/01/2011	31/01/2011	07/02/2011	14/02/2011	21/02/2011	28/02/2011	07/03/2011	14/03/2011	21/03/2011	28/03/2011	04/04/2011	11/04/2011	18/04/2011	25/04/2011
W/C																	
Uni Week	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39		
Teaching Week	Exams	Exams	13	14	15	16	17	18	19	20	21	22	23	24	25		
Training Phase	Maintenance					Testing 3	Training cycle 4 - Power				Training cycle 5 - Peaking			Varsity		Easter	

How to get involved...

- Buy a membership
- Book a competency session
- Get stuck in (5-6 tonight / squad taster session)

- Strength and Conditioning Expectations:
- To make significant improvements in the components of fitness mentioned earlier in the presentation we expect our athletes to complete:
 - . 2 x Strength Sessions per week (this is a minimum)
 - . 2 x Conditioning Sessions per week (this is a minimum)
 - . 1 x Recovery and Regeneration per week.
- The strength and conditioning staff will show you how to plan your training around your commitments.

What your squad will get from HPH

- Fitter, more athletic, dynamic and capable athletes
- Education of appropriate training for performance
- Testing, feedback and comparisons
- Data. including correlations between squads and as the years progress
- Awards for the best trainers, the fittest and most improved! Hallam champions roll of honour!

<http://www.youtube.com/user/joedefranco?blend=2&ob=1#p/a/f/0/ekZYPGxQbno>

BE PART OF IT!



	7-8	8-9	9-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22
Mon	OPEN SESSION				OPEN SESSION		PRIVATE SESSION		OPEN SESSION		OPEN SESSION				
Tue					OPEN SESSION		OPEN SESSION		OPEN SESSION				PRIVATE SESSION		
Wed	OPEN SESSION				OPEN SESSION		PRIVATE SESSION		OPEN SESSION		OPEN SESSION				
Thur					OPEN SESSION		OPEN SESSION		OPEN SESSION		OPEN SESSION				
Fri	OPEN SESSION				OPEN SESSION				OPEN SESSION		OPEN SESSION				
Sat															
Sun					OPEN SESSION		OPEN SESSION								

5 mins break

What have you learnt so far?

Budgets

**Click link to see forms which
need submitting ASAP.**

BUCS 2010 / 2011

Last year 29th - 914 pts

This year...

Rivalry with Sheffield University...



She said: “We have to ask very big questions like why Hallam’s sports budget is so much bigger than ours? We always do better in the BUCS rankings than they do - imagine what we could do with a bigger budget.

Gary McLean

BUCS Coordinator

SPORTS FAIR 2010

22/09/10 @The HUBS

08:00-09:00 (arrive & setup)

09:45 (H&S Brief)

10:00 (Fair opens)

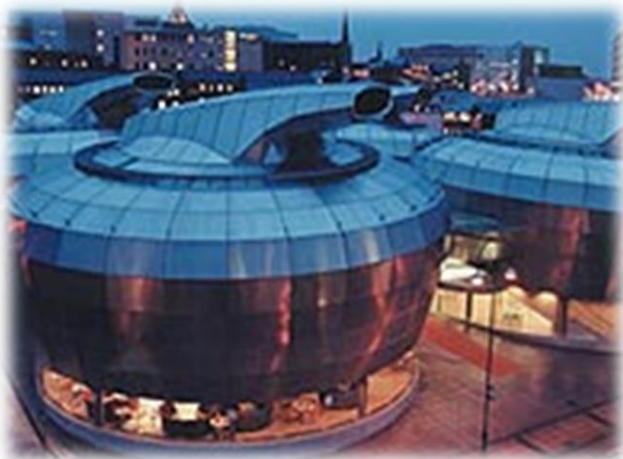
16:00 (Tidy up)

Please remember...

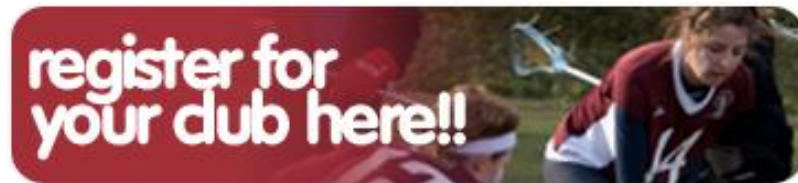
Not all stalls have backboards

Please bring your own club sign

NO ALCOHOL UPSTAIRS!



Registration & Memberships



1. Click the 'register for your club here' link on the Sports homepage
2. Use the online form to register your details
3. Decide which [membership](#) you need (Team Hallam or Student Union)
4. Purchase the appropriate membership from either Sport Hallam (city and collegiate or the HUBS)

Health and Safety Essentials

1. Elected committee officers (includes Captains) have a **Duty of Care** for your members
2. You are responsible for your own actions and your peers
3. Remember, you are an ambassador for your club, the Students' Union, and the University
4. No alcohol on transport
5. No pressure on consuming alcohol

What could happen?...

<http://news.bbc.co.uk/1/hi/uk/7646891.stm>

- Anti-social Behaviour Policy

Compulsory Health and Safety training w/c 27th September

Injuries

Immediate Response

- Stay calm
- Stabilise the injured person
- If suspected back or neck injury, do not move
- Assess the severity
- Contact emergency services
- Contact facility staff
- Call the Sports Union to report the incident
 - It is the Sports Union's responsibility to contact next of kin.

Clothing for 2010/11



VARSITY

Winter Varsity: 12-13th or 19-20th February

Varsity: 30th March - 6th April

She said: "I'm absolutely gutted. It is strange that we are better than Hallam in BUCS but not in Varsity - it is down to the rivalry, but also the fact that Hallam often don't submit teams that they know will be comprehensively beaten, such as in table tennis. That is the Hallam way - it is just how they do things and we all know that by now.

Sports Ball 2011

Date and Venue:- TBC



Congratulations to:

Sportswoman of the Year:

Zara Hohn (Athletics)

Sportsman of the Year:

Callum Green (Volleyball)

Coach of the Year:

Mike Taylor (Swimming and Waterpolo)

Team of the Year:

Women's Badminton

Most Improved Team of the Year:

Women's Volleyball

Club of the Year:

Snowsports

Fresher of the Year:

Hannah John (Swimming and Waterpolo)

Service to Sport:

Chris Howard (Swimming and Waterpolo)



The Sports Committee

Carl Hawkes

Claire Heaton

Fran Barr

Helen Francis

Jake Burnham

Jamie Cottle

James Heaton

Michael Wood

Rosy Stephens

Sarah Pugh



Any Questions ?
Break Out Sessions