

ATHLETE GUIDE

EVERY TIME YOU STAY OUT
LATE, EVERY TIME YOU SLEEP
IN, EVERY TIME YOU MISS
A SESSION, EVERY TIME
YOU SKIP A WARM DOWN,
EVERY TIME YOU ARRIVE
LATE, EVERY TIME YOU
ARE DISORGANISED, EVERY
TIME YOU EAT THE WRONG
FOODS, EVERY TIME YOU
ARE DEHYDRATED, EVERY
TIME YOU DO NOT ATTEND
LECTURES, EVERY TIME YOU
DISRESPECT OTHERS, EVERY
TIME YOU DON'T GIVE 100%.

YOU MAKE IT THAT MUCH EASIER FOR OTHERS TO BEAT YOU. LET'S NOT MAKE THE OPPOSITION'S JOB EASIER.



Contents

This booklet has been designed to outline the expectations and provide key information for sports academy athletes at Hartpury.

- 2 Contents Page
- 4 Hartpury Sport Code of Conduct
- **5** General Athlete Conduct
- **6** The Athlete Code of Conduct
- 7 My Responsibilities
- 8 The Athlete Academic Contract
- **10** Nutritional Information
- **11** Hydration
- **13** Strength & Conditioning Code of Conduct
- **14** Sports Academy Medical Centre Information
- 15 Private Medical and Health Insurance
- 17 Injury Clinic
- 20 Psychology Support
- 21 Performance Lifestyle Support
- 22 Wellbeing
- 23 UKAD Doping in Sport
- **24** Nuffield Hospital
- **25** Winfield Hospital

"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do"

Pele (Footballer; three-time World Cup winner)

BAD PLAYERS

don't take much seriously

AVERAGE PLAYERS

take games seriously

GOOD PLAYERS

take training and games seriously

GREAT PLAYERS

take academics, nutrition, warm-ups, individual work, gym work, conditioning, analysis, training and games seriously

Hartpury Sport Code of Conduct

We set ourselves high standards at Hartpury Sport.

This booklet provides the rules and regulations that we expect you to follow. Please read them carefully. By getting the details right, we can ensure nothing stands in the way of success and development.

We are committed to providing resources you need in order to perform at your very best and will support you at all times to achieve your potential.

You are not just part of one sport, you are part of the Hartpury family.

Everyone here at Hartpury will back you all the way and we will expect you to show the same support in return.

Your responsibility is to ensure high levels of academic and sporting performance and high levels of discipline and behaviour. Your reputation is one of the most important assets you have and the way you gain respect. Maintain your values and standards and take responsibility for yourself.

We look forward to a successful and enjoyable journey together.



"Contrary to popular belief, there most certainly is an 'I' in 'team'. It is the same 'I' that appears three times in 'responsibility!'

Amber Harding (Sports Journalist and Reporter)

General Athlete Conduct

Hartpury athletes need to understand who we are and what we do.

Facilities

Respect the facilities that are provided for all athletes and staff. At Hartpury high standards are expected, please pay close attention when leaving facilities, ensuring it is left in a respectable state.

Treatment of fellow athletes and staff

All athletes are expected to follow the 'Athlete's Code of Conduct' set out in this document. It is vital that all athletes value the concept of respect to themselves, fellow athletes and Hartpury staff. Hartpury Sport will not tolerate rude, violent or threatening behaviour to fellow athletes or staff under any circumstance. If any behaviours are deemed unacceptable and not in line with our code of conducts you may be removed from our training and playing programmes at the Academy Managers/Head Coaches discretion. If a student wishes to appeal then it will be referred to the Assistant Director and/or Director of Elite Sport.

Hartpury kit

Athletes should wear appropriate Hartpury kit to training, competitions and all Hartpury Sport events.

Contact details

Correct and up to date contact details must be given to Head Coaches. This includes any change of address and contact numbers.

Social media

All comments on social media sites are considered as public statements. Any comments which Hartpury Sport consider improper, threatening, abusive, indecent or insulting may lead to disciplinary action.

Think before you tweet, post or comment.

You are what you tweet!



The Athlete Code of Conduct

Treat others with the same respect and fairness that you wish to receive.

- Uphold the same values and high standards as you do when engaged in sporting competition.
- Anticipate your own needs, be organised and on time.
- Show appreciation to those who help you participate in sport.
- Inform your Academy Manager of any other external sporting commitments outside of Hartpury.
- Show patience with and respect diversity in others.
- Act with dignity at all times.
- Strictly maintain a clear boundary between friendship and intimacy with a coach, official or other person with whom you work with.
- Use safe transport or travel arrangements.
- Avoid destructive behaviour and leave sporting venues as you find them.
- Never engage in any illegal or irresponsible behaviour.
- Challenge anyone whose behaviour falls below the expected standards of the 'Hartpury Sport Code of Conduct'.
- Speak out immediately if anything makes you concerned or uncomfortable, or if you suspect a fellow athlete has suffered from misconduct by someone else. Immediately tell your parents/carers and/or Hartpury's Safeguarding Officers.
- By joining Hartpury Sports Academy you are agreeing to all of the codes of conduct outlined in this athlete guide.

"The difference between the impossible and the possible lies in a person's determination."

Tommy Lasorda

(Baseball Head Coach and Manager; three-time World Series champion.)

What are my responsibilities as a participant in Hartpury Sport

- As a SUPPORTER I should exhibit the following behaviours:-
- Respect the decisions of the match officials. Without them there is no sport to watch.
- Acknowledge good individual and team performance from all players irrespective of whom you are supporting.
- DO NOT verbally abuse players, match officials, fellow spectators or coaches through group chanting or through individual comments. In particular do not make any offensive references to appearance, race, religion or gender.
- · As a PLAYER I should exhibit the following behaviours:-
- Respect the decisions of the match officials. Without them there is no sport to watch.
- DO NOT engage in disrespectful conduct of any sort including profanity, sledging, obscene chanting and gestures towards other players, coaching staff, match officials or opposition supporters at all times.
- Hartpury has an outstanding reputation for sport, however, this does not mean that we always win. We must win graciously and lose with dignity. Be respectful with opposition players and officials after the game whatever the outcome of the contest.

The Athlete Academic Contract

All sports academy student athletes at Hartpury are expected to perform academically, in addition to competing to the best of their ability. Academic progress will be monitored and it is vital that the academic targets below are met. Failure to meet the targets may lead to sanctions.

As a responsible sports academy athlete:

- You are expected to fulfil all of the course requirements as outlined in the academic regulations.
- Attend all academic lectures, classroom or practical sessions enrolled on (missed sessions must be authorised by the lecturer beforehand).
- Achieve 100% completion of all academic work by the stated deadline and have it completed to the best of your ability.
- Attend all academic tutorials scheduled by you or by lecturers.
- If you are experiencing problems with a piece of academic work seek help from your tutor. **Do this ahead of the deadline.**
- Act in a responsible and exemplary manner during all of your academic sessions.
- Should you fail to complete the full academic year, Hartpury will follow the procedures laid down in College/University Regulations regarding withdrawals.
- Treat all academic staff politely and with respect.
- Use the library in a respectful manner and treat library staff politely.
- You are in a privileged position and set the standards for all other students to follow.



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Nutritional Information

Being the best you can be requires you to put in maximum effort in everything you do from training in the gym to specialised sports training and competition. Maximum effort requires correct fuelling. A Formula 1 race car cannot go anywhere without fuel.

Fuelling to support your HEALTH and also PERFORMANCE are key determinants to success in sport. Staying healthy means you are available to train and compete which enables chances to improve performances.

FUEL YOUR PERFORMANCE at every opportunity. Pre/post training, competition meals and snacks are vital to enable you to perform at your best and recover well, to go again. Supporting your training this way will help maintain your health, avoid injury and illness.

It is important that the nutritional components are known, so that a balanced diet can be maintained.

A balanced diet needs to incorporate:

- Carbohydrates
- 2. Proteins
- 3. Fats
- 4. Vitamins
- 5. Minerals
- 6. Fluids
- 7. Fibre

It is important to understand that no one food contains all the nutrients an athlete needs, therefore it is important that a wide range of foods are consumed. A healthy diet is one in which the energy intake matches a person's daily demands.

For more information regarding nutrition please go to the Hartpury Sports Academy Performance Hub on Moodle.

"To eat is a necessity, but to eat intelligently is an art."

La Rochefoucauld (French Writer)

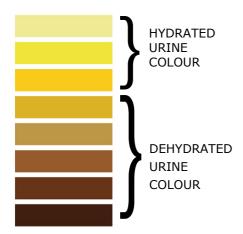
Hydration

Hydration is a key part of successful performance. It is best practice to maintain fluid levels throughout the day by drinking little and often. The recommendation is to drink before, during and after training as well as drinking as frequently as possible during a competition.

Hydration tips:

- Pre-exercise: drink (approx.) 500-600ml 2-3 hours before, followed by 200-300ml every 10-20 min.
- During exercise: drink (approx.) 200-300ml every 10-20 min.
- Post-exercise: drink to correct fluid losses; replace 1.5L of fluid for every 1kg lost.

HYDRATION CHART



Alcohol (for over 18 athletes)

Remember; alcohol is a depressant and a diuretic, and if used athletes need to be aware of the negative effects in relation to elite athlete preparation and recovery.

Athletes are fully responsible for their consumption of alcohol.

"The will to win is important, but the will to prepare is vital"

Joe Paterno (American Football Coach; 18 Bowl victories.)



Strength and Conditioning Code of Conduct

This code of conduct is designed to ensure training sessions run smoothly with maximum benefit for you as the athlete. It is the duty of all athletes to fully understand the code of conduct and the responsibilities that come with it and must be strictly observed.

All athletes agree to encourage each other and be positive not negative. All athletes will ensure they commit to their academic studies and keep up to date with their work.

All athletes will respect each other, staff, equipment and facilities.

All athletes must contact staff at the earliest opportunity if they are going to be absent from training.

Strength and Conditioning

All athletes must be present before the time stated unless prior notice given to the S&C coach.

Athletes will be properly dressed at all times including suitable footwear and kit for all sessions.

All athletes are responsible for aiding the sports academy staff with equipment for sessions.

All athletes will leave the gym clean and tidy.

All athletes must not consume alcohol 24 hours before a session.

All athletes must rest and recover outside of training and match commitments stated.

In the event that any player is in breach of the code they will be subject to sanctions.

Sports Academy Medical Centre Information

Hartpury Sports Academy Medical Centre based within the Sports Academy supports all Hartpury athletes, students and staff. Our clinicians are highly qualified and come from a vast array of backgrounds within the sporting, public and private sectors. We are a multidisciplinary team of Physiotherapists, Sports Therapists, Sports Rehabilitators and Doctors. We provide a holistic, evidence based approach to athlete care, injury management and rehabilitation.

Tier 1 Academy Athletes - have access to medical support and will have a Therapist assigned to their academy. The lead Coach will outline who this is to all Hartpury Tier 1 athletes. The Therapist will outline what their role is, the expectations of the athletes and how to communicate with them.

Tier 2 Academy Athletes - students and staff, have access to medical support through Hartpury Injury Clinic. This provision is at a discounted rate for all students and staff. Hartpury Injury Clinic is located within the Hartpury Sports Academy and offers the same high standard of therapy as offered to our elite athletes.

Performance hub - Here you'll find more information on the Medical Department, injury prevention, recovery, injury management and much more. More information such as how to book, prices and common injuries can be seen below.

How to book:

Please email us for booking enquiries.

Email: injury.clinic@hartpury.ac.uk Instagram: @hartpurymedicalcentre

Sports Injury Management: Private Medical Insurance

Sport participation often includes some injury risk and while we do everything we can to reduce this risk, injuries can occur. Those student athletes in Tier 1 may have access to Hartpury Sports Academy medical provision and this will be communicated to you by the programme lead. This provision includes access to therapists in the Sports Academy Medical Department but will not cover any costs for imaging, consultations or surgery. Athletes without Tier 1 medical access can still gain access to our experienced therapy staff at a significantly reduced rate using Hartpury Injury Clinic. We advise all students participating in sport to consider taking out private medical insurance.

Serious about sport? Get serious about your health insurance.



Suffering an injury that prohibits you from participating in your chosen sport can be life changing. Private medical cover, designed for professional and amateur sports players, is focussed on getting you back on your feet, as quickly as possible.

Our bespoke Health Insurance solutions cover

- . Diagnostics & treatment with no NHS waiting lists
- · Professional care tailored to your injury
- · A range of costs to suit your needs & budget
- 24 hours GP advice helpline



Sports Academy Medical Centre Information

Musculoskeletal injuries including sprains and strains can often be selfmanaged with the advice below.

In the first 24 to 48 hours

- Elevate your injured area to improve swelling.
- Ice may help to ease the pain. Do not apply ice directly to the skin.
- Over the counter medication can be helpful. Please discuss options with your local pharmacist who will likely recommend paracetamol as first line pain relief (always check the label before use). See your GP if you require alternative pain medication.
- A tubi-grip or support may help relieve pain in the short term.
- Short term rest and using a walking aid may help reduce pain with a lower limb injury.
- Avoid any unnecessary treatment or investigations.

The Acronyms POLICE and HARM are often used to help you manage acute injuries.



Longer Term Management

- An active approach including movement and exercise is beneficial.
- Return to normal activities as quickly as pain allows.
- Fear can cause a barrier to recovery. Being positive improves quality of life and can improve outcome!
- General exercise will improve blood flow to the injured area. This will improve function, encourage recovery and reduce the need for pain medication. Try to continue regular exercise such as walking, swimming or cycling as you are able.
- There is strong evidence supporting the use of exercises. This will help improve movement, strength and balance which is commonly reduced after an injury.



INJURY CLINIC

OUR SERVICES

New Injury Assessment

Follow Up Appointment

> Sports Massage

30 minutes

60minutes

45 minutes

60 minutes 45 minutes External Patients

£60

ts Students

Staff /

£36

£60 £36 £50 £30 £40 £24

£55 £33 £45 £27

injury.clinic@hartpury.ac.uk

HARTPURY



HARTPURY MEDICAL CENTRE INJURY CLINIC

Suffering from a new injury?
Recovering after an operation?
Ongoing back pain?
Pain affecting your performance?
Pain impacting your work?
In need of recovery advice?
Or just want a sports massage?
We can help!

HARTPURY

MoveWell

Sustainable Recovery

Rice List

Full pack

- Bag, Peanut, Sustain strap, 1x Mini band £35

Peanut £15

Any additional bands £8

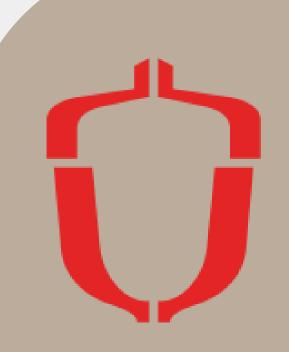
or 2 for £15





@Movewell_uk

@hartpurymedicalcentre



Psychology Support

Sport Psychology is the study of a person's behaviour in sport. It is your mental activity that relates to performance and performance enhancement. As an important aspect to performance, it can be the difference between winning and losing. A limited amount of 1-1 psychology support is available, this is purposefully targeted by perceived need and performance level by the Coaches and Academy Managers.

How we can help:

The psychological support services at Hartpury aim to help you understand your performance and how to enhance your mental activity in relation to your sport.

We aim to offer a holistic approach to your performance by providing theory sessions with practical implications, workshops, drop-ins and 1-1 sessions.

The amount sport psychology attributes to your performance can vary BUT even a 1% improvement can be that difference between winning and losing.

Sport Psychology can help your performance before, during, and after sport and the psychology services at Hartpury can support you to understand how.



"You need great mental strength to take your performance to another level. You need to believe you can overcome the rest".

Sir Steve Redgrave

Performance Lifestyle Support

What is it?

Performance Health and Lifestyle is one of the services that is delivered to the top squads at Hartpury. The aim of the Performance Lifestyle delivery is to educate and support you around everything off the sporting field. It focuses on 4 areas:

- **1. Balance** Balance is about the choices you are making off the sporting field. It is important to cultivate other areas of your life alongside your sport and develop a wider identity than solely 'athlete'. Balance provides step-away, perspective, development and growth as a person. It allows you to maintain other essential areas of health, wellbeing and life. It enables creativity and space to recuperate and bring a more energised version of you back to the areas of your life that you want to bring more to.
- **2. Self-management** This looks at how effectively you are operating and managing the demands of being a student-athlete, as well as life in general. It considers what choices you are making and whether those choices are effective for you in maximising your learning as well as sporting performance.
- **3. Health** this is the foundation from which you operate. If you want to increase your ability to be able to perform consistently well and sustainably, you need to be physically, mentally and emotionally healthy. It needs to be a priority for dealing with the higher demands and pressures that you are under, particularly in competition, and around exam/assessment times.
- **4. Learning** about yourself in order that you become more impactful in the environments you are in; about being an athlete, in order that you can approach it more effectively. Learning is also about developing other areas of curiosity, interest and passion. It's broadening your identity, giving you some balance and developing a different side to you. It enables the potential of a sporting career by providing stretch and challenge, evolution and maturation of you as a person, the opportunity to dual career if needed, as well as longer term career that you're passionate about post sport.

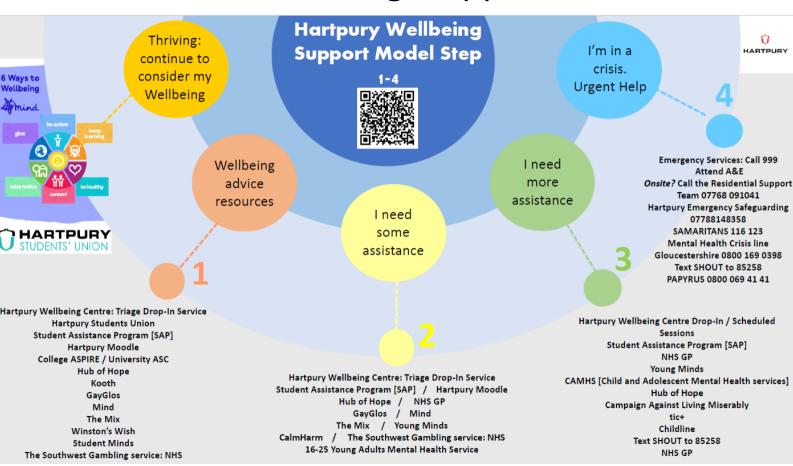
Do I need it?

We all have life outside of sport, being an athlete is just a part of our life, it's a role we play. Things happen - big and small that you still have to deal with. They could be things in sport, education or life. Performance Lifestyle gives that space to talk through and figure these things out. It is a self-reflective space in which your perceptions are challenged and you become more aware of who you are, what your needs are and how you operate. It supports you in the current juggle you're facing, as well as helps you prepare for the next steps - considering sport and life.

How do I access it?

Performance Lifestyle is delivered in group sessions across the top squads. The sessions are both educational and self-reflective. A limited amount of 1-1 Performance Lifestyle is available, this is purposefully targeted by perceived need and performance level by the Coaches, Academy Managers and Performance Lifestyle Practitioner.

Wellbeing Support



DOPING IS CHEATING

WE'RE COMMITTED TO KEEPING HARTPURY CLEAN — ARE YOU?



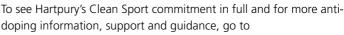
"All sporting participants have the right to compete in clean sport. Hartpury College adopts the UK Anti-Doping and World Anti-Doping Agency position that cheating, including doping, in sport is fundamentally contrary to the spirit of sport, undermining the otherwise positive impact

- We expect all of our athletes elite and recreational

 to play, train and compete in line with the spirit of sport, including the anti-doping rules
- All coaches, academic and support staff are fully committed to clean sport and are spreading the word as part of a college-wide education programme
- Hartpury coaches and staff will not condone, assist or in any way support the use of prohibited substances and methods.
- Regular testing will be carried out and breaches of our Clean Sport Commitment will be acted upon swiftly and referred to UKAD







www.hartpury.ac.uk/cleansport









How you feel tomorrow starts today

Nuffield Health Cheltenham Hospital offers a range of diagnostic imaging at a discounted rate for Hartpury students and staff.

Including:

- CT scan
- Pathology Including blood and allergy
- MRI scan
- Echocardiography service
- X-Rays
- Alter G Anti-Gravity Treadmill.

We also offer a range of services, such as:

- Orthopaedics
- General surgery
- Ophthalmology
- Spinal
- Gynaecology
- Rapid Access Breast Care.
- Urology



Enquire now through Patient Services on 01242 246574.

Offering flexible ways to pay:

- Chrysalis finance spreads the cost of your payments through interest free loans of 24 month instalments at a representative 0% APR
- Loans start from just £350 up to £25,000.

For Hartpury staff and students we offer £50 off MRI scans

Quote 'Hartpury' when calling the imaging department.

Enquire now through imaging on 01242 246502.



Health Screening at the Nuffield Health Cheltenham Hospital



Quality time with a Nuffield Health doctor and/or a health and wellbeing physiologist.



Results that are available on the day will be discussed face-to-face during your assessment.



You will receive a written personalised report two weeks after your health assessment.



Free 30-day gym pass to start you on your road to improved health.



Referral to the relevant health experts – both privately or via the NHS.

To book a health assessment at the Nuffield Health Cheltenham Hospital call 01372 664722



Winfield Hospital

Your Local Healthcare Provider of Choice

Winfield Hospital offers a wide range of Diagnostic and Consultant-Led Specialist Treatment Services including:



Orthopaedics



Pain Management



Physiotherapy



Private GP Services



Robotic Assisted Surgery



Urology

...and many more!



Please contact our team on 01452 945 412 or scan the QR code for more information.

winfieldhospital.co.uk

Winfield Hospital, Tewkesbury Road, Longford, Gloucester, GL2 9WH



The expectations and standards are set and you now have responsibility within this team.

Let's make every moment count.

There are trophies to win, experiences to gain, and memories to savour. We are on this journey together.

We are proud of what we have achieved in the past. Now it is over to you, we have faith in the future.