



LOUGHBOROUGH
SPORT

Post holiday athlete re-integration

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LOUGHBOROUGH
SPORT

WHERE HISTORY BEGINS



Loughborough
University

Overview

- Preparation
- Honesty/reward/monitoring
- Academic pressures



WHERE HISTORY BEGINS



Know Your Audience

- Two distinctly different TASS athletes
 - Performance sport
 - Non-performance sport



WHERE HISTORY BEGINS



Preparation

- Simplicity
- Video resources
 - Gym-based exercises
 - Body weight exercise
 - Running drills etc
- Conditioning audio tapes
- Set expectations/plan before the athlete leaves



WHERE HISTORY BEGINS



Honesty/reward/monitoring

- Expectations
 - Did the athlete stick to the expectations/plan
 - Monitoring
 - Videoing session completion
 - Session output record/one: drive forms
 - Reward for completion
- What's plan B?

Academic pressures

- New semester, new timetable
 - Access to athletes timetable
 - Consult with lifestyle advisor
 - Build an appropriate timetable



WHERE HISTORY BEGINS

