



PRESS RELEASE



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St Helens Sutton AC is pleased to announce a partnership with the School of Sport and Exercise Sciences and Centre for Sport, Dance and Outdoor Education at Liverpool John Moores University.

This exciting partnership will see Postgraduate and eventually Masters Students from the University complete placements with the club, focusing on Sports Coaching, Development, Psychology, Biomechanics, Nutrition and Strength & Conditioning. During the placements, students will work with athletes from the age of 8 years old, their coaches and parents across a range of subjects to improve performance, long term development and general wellbeing.

The results will be used as part of the students final year assessments giving them real life experience of working with and improving the performance of athletes of all ages.

The partnership is a first for the club and it is hoped that it is the start of a long and fruitful relationship.

Colin Sparks, Chairman of St Helens Sutton AC said:

“The partnership with LJMU raises the bar in terms of what we offer members. The information, expertise and equipment that are now available to our athletes are something that previously only elite athletes had available. To be able to offer such facilities at grass roots level is something that we’re very excited about and we think that our members will really embrace the initiative.”

Dr Rebecca Murphy, LJMU Senior Lecturer in Exercise and Health commented:

“To be able to offer our student’s real experience, working with athletes of all ages and abilities across a wide range of subjects is really attractive to LJMU. We are sure that our students will enjoy working with the Coaches at the club and that the athletes will get real benefits from accessing the latest research and advice.”

Each group of students will be supervised by a Senior Lecturer from LJMU most of whom are British Association of Sport and Exercise Scientists or Chartered Sport and Exercise Psychologists with experience of working with World Championship and London 2012 athletes. The staff will work closely with the existing coaching team at Sutton so that the knowledge that they provide is fully consistent with the approach taken by the club and UK Athletics.

About St Helens Sutton AC

St Helens Sutton AC has over 220 members from the age of 8 upwards. It has a proud and long tradition of developing athletes across all disciplines including Track & Field, Cross Country and Road Running. In 2012, the club has expanded its coaching team and doubled member capacity as it enjoys a huge upsurge of interest as a result of the 2012 Olympic Games and efforts to promote the club in the surrounding area. The Club is also proud of its links with The Steve Prescott Foundation where it helps to organise and deliver the GPW Recruitment 10K Run and Dream Trail Races in the town.

About Liverpool John Moores University www.ljmu.ac.uk

Founded in 1825, LJMU is one of the UK's most dynamic and progressive universities. It has a rich and vibrant learning community, with 26,000 students and 2,500 staff members coming from over 100 countries. LJMU's World of Work programme is a globally unique model of higher education that places industry and employer engagement at the heart of the student experience. The University's growing reputation for excellence in research was recognised by its ranking of 45th in the UK in the Higher Education World University Rankings for 2011-12, with research influence as the major driver. LJMU's research has impact beyond academia, benefiting individuals, communities, industry and commerce and policy-makers throughout the UK and Worldwide.

LJMU's School of Sport and Exercise Sciences delivers innovative, research-led and employability focused undergraduate and postgraduate programmes that are supported by world class academics and state-of-the-art laboratory facilities. The research is internationally renowned and world leading and is funded by research councils, charities and external partners. It is the only Sport and Exercise Sciences Department in the U.K. designated as a Centre of Excellence in Teaching and Learning.

<http://www.ljmu.ac.uk/sps>

LJMU's Centre for Sport, Dance and Outdoor Education , a suit of programmes, renowned for its quality, with team awards for excellence in teaching, leadership and professional learning . Work experience opportunities with local organisations are vital to the success of the programmes at all levels. www.LJMU.AC.UK/ECL

LJMU's BA (Hons) Coaching Development degree run by the University's Centre for Sport, Dance and Outdoor Education is one of only five institutions in the country, and the only one in the north west of England, to have its sports coaching course awarded a new mark of excellence, accredited by Skills Active and Sports Coach UK. The Higher Education Endorsement means students undertaking the course are reaching professionally required standards, and improving their chances of employability within their chosen industry.

<http://www.ljmu.ac.uk/courses/undergraduate/coaching-development>