

1<sup>st</sup> Nov 2012



Dear Parents / Athletes,

We are extremely pleased to announce a new and exciting partnership with Liverpool John Moores University.

The partnership involves the club hosting groups of Postgraduate and Masters Students from LJMU on placements for several months at a time. During the placement students will undertake projects covering a wide range of subjects including Sports Coaching, Development, Psychology, Nutrition and Bio Mechanics.

The projects will be vetted, approved and supervised by the clubs coaching team and senior lecturers from LJMU and MUST align with the coaches current training plans for their athletes.

Each group of students will work with coaches and their athletes (Juniors & Seniors) to deliver a project and its outcomes. From time to time, there may also be sessions that parents can get involved in to boost knowledge of nutrition, sports psychology etc. They may be delivered in groups or individually depending upon the subject and our requirements.

The envisaged benefits to athletes are:

- Access to the experience and resources of LJMU including labs where athletes can be assessed for fitness, movement patterns etc.
- Access to people with specialist skills in a wide range of areas crucial to success in sport.
- Access to the latest research and advice.
- An increased number of coaches available to work with athletes giving us opportunities to increase observation, feedback and skills acquisition.

The University is fully aware of the age ranges and skills of our athletes and has been asked to design placement projects accordingly. All students will be CRB checked.

We hope that you are supportive of this initiative and can see the benefits. If however, you have any questions or concerns, please don't hesitate to speak to your coach or contact me on 07767 319204.

Regards

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Juniors Coaching Coordinator

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