



Performance Sport Programme

What do you need to know?



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**RH
SU**

**Student
Opportunities**



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HOLLOWAY
UNIVERSITY
OF LONDON**

**Active
Lifestyle & Sport**



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PERFORM WELL

To improve the performance of our Student Teams and Sport Scholars through a fit for purpose performance development programme. Enabling students to be the best that they can be within their sport and teams.



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OVERVIEW

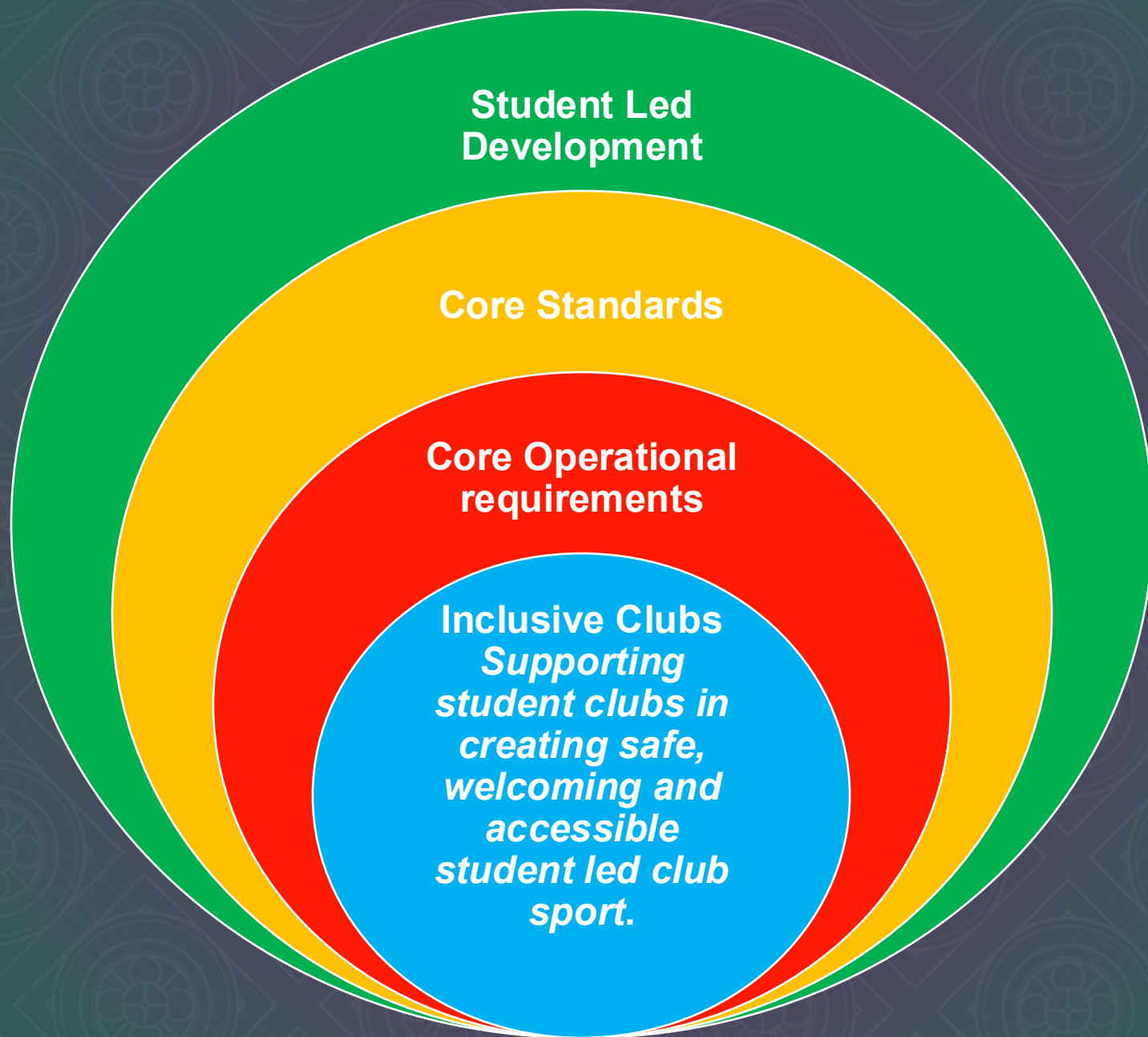
PURPOSE: Improve the performance of Student sports teams.

AIM: Educate athletes on strength & conditioning and factors to consider for sporting performance. Enhance athletic development outside of your sport to aid in greater sporting performance.



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LOOKING BACK AT 25-26

- 138 Sessions available
- 727 S&C Attendances
- 82 Workshop Attendances
- 80 Unique Users
- 56 Top Attendance
- 427 Open Session Attendances



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WHAT IS IN THE PROGRAMME

- Sport Specific Strength & Conditioning Programme
- Weekly Coached Sessions – First Team
- Educational Workshops: Performance Prep, Injury Prevention, Recovery, Psychology, CV Skills etc...
- Practical Workshops: Intro to performance, Olympic lifting, Speed & Power
- Club Development: NGB Conferences, Networking & Volunteering opportunities for professional development



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LEVEL ONE – BASIC

- Full season gym and home-based S&C programme – Tailored to your club

Progressions and regressions suitable for all club members

- Core workshop series
- Open gym help at times – Organised via club committee
- Contact with PSO to get additional assistance to develop



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LEVEL TWO – INTERMEDIATE

- Monthly S&C Session in Jane Holloway Studio (agreed by club committee)
- S&C Block Programme: Adapted to phase of season and options for experience levels of team members
- Educational workshops: Club committee and/or identified key members
- Contact with PSO to get additional assistance to develop



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LEVEL THREE – COMPREHENSIVE

- Priority S&C session time (aligning with team training day)
- Weekly S&C Session in Jane Holloway Studio
- Open sessions S&C sessions – open to all level 3 clubs 2x per week
- S&C Block Programme: Adapted to phase of season and options for experience levels of team members
- Educational workshops - to attend alongside Sports scholars
- Practical workshops – ALS lead and ad hoc workshop opportunities
- Additional support opportunities (Add-Victor & Workforce development)



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ELIGIBILITY CRITERIA

- Reach all club M.O.R
- External coach (to ensure the first team is the best possible team)
- Committee all in agreement that the Performance Sport Programme is in the best interest of First team members
- Demonstrate a clear understanding of how the club believes the programme will support their development
- Provide a name list of all first team players for the 2026/27 season (once confirmed via BUCS Play)



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EXPECTATIONS

- Communication in a clear and timely manner for all sessions
- Punctual and ready to go
- 75% Team attendance to all club specific S&C sessions
- 50% Team attendance to all ALS/PSO lead workshops
- 50% Team attendance to all EXTERNAL workshops
- Programming tracking (of individual sessions)
- Regular session feedback



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APPLICATION PROCESS

1. Meet with Club Committee to discuss an application
2. President to reach out if the club has any questions
3. President to submit a completed application form – by June 30
4. Accept or Decline offer of support – by July 7
5. Initial season planning meetings



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JUNE 2	●	Applications Open
JUNE 30	●	Applications Close
JUNE 30	●	Shortlisting
JULY 1	●	Offers Sent
SEP 1	●	Pre-season
OCT 5	●	Testing Week
OCT 12	●	In-season
MAR 29	●	Post-season
MAY 4	●	T3 Outdoors
JUNE 1	●	27-28 Applications

HOW WILL YOUR YEAR LOOK

Workshops to be offered all year round with regular S&C sessions and programming updates. Assistance with Warm-up and recovery protocols.

Key Dates

- June 2 – 30: Applications
- July 1: Offers Sent
- Sep 1: Pre-season S&C starts



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Thank You



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