



English Institute of Sport in the East Midlands

Background

- The English Institute of Sport was established to provide top athletes with local access to vital sports science and sports medicine support services regardless of where they live.
- A network of nine regional hub sites was set up from where EIS experts can deliver this back up, these sites are complemented by a number of satellite centres across the country.
- Athletes across the East Midlands can access a range of support services from the English Institute of Sport at Loughborough University and at the Holme Pierrepont National Water Sports Centre in Nottingham.

Loughborough University

- The EIS/Loughborough University Performance Centre is at the heart of the multi-sport environment that is Loughborough University. Close to all the world-class facilities on campus, the Performance Centre enables elite athletes based at the University to access EIS support services close to where they train.
- The Performance Centre complements the world-class facilities - EIS 50metre pool, indoor athletics centre, national cricket academy, netball and badminton centres - that are established on campus.
- The Performance Centre is in effect a one-stop shop for elite athletes. Lottery funded athletes are able to access a wide range of EIS support services within the facility including physiotherapy and medical consultations, injury rehabilitation programmes, massage, applied fitness testing, strength and conditioning coaching, performance analysis, performance lifestyle, nutritional advice and psychology.
- The centre comprises of a large conditioning gym, physiotherapy suite, physiology lab, athlete lounge, consultation rooms and offices. A hydrotherapy pool, which will allow deep-water running and non-weight bearing resistance work for athletes with acute injuries, is planned for the future.

National Water Sports Centre

- For athletes that train at the Holme Pierrepont National Water Sports Centre the EIS provides on site medical support and physiotherapy.

Sport England in the East Midlands

05 August 2004

- The Centre includes an exceptional 2000 metre regatta lake, canoe slalom course and dedicated water ski lake. The Amateur Rowing Association, British Canoe Union and British Water Ski, all have a base here.

Key regional contacts

- The EIS regional manager for the East Midlands, Matt Hammond heads up a talented team of experts all dedicated to improving the performance of England's elite athletes.
- Athlete Services Manager Emma Sharpe, has been with the EIS since day one and is responsible for ensuring smooth delivery of EIS services to the athletes, whilst Tara Smith delivers the Performance Lifestyle Programme to the athletes, assisting them to balance their career with their education and work.
- A large team of strength and conditioning personnel works closely with athletes and coaches to implement individualised strength programmes that will impact on performance. Lead physiotherapist Lynda Daley, along with her team, focuses not only on injury management, but also injury prevention. The physiotherapy team works closely with the EIS sports physicians, led by Dr Nick Pierce.
- Physiology support is provided by Mike Peyrebrune and his team, whilst the newest addition to the East Midlands support staff is Performance Analyst Julia Wells who works alongside Andy Borrie in the analysis section.

Current position

- There are approximately 250 top and emerging young athletes based in the East Midlands region and the new High Performance Centre at Loughborough will enable the EIS to establish a truly world class operational base where all members of our multi-disciplinary team – medics, physiotherapists, strength and conditioning coaches, performance lifestyle advisers – can work together and provide a better service to elite sport.
- The centre also provides the opportunity for consolidation and growth. It will complete and complement the range of world-class facilities on campus and provide a focal point for those sports to access support. The centre will offer a unique opportunity to become fully integrated with the full range of elite sports on campus.

Further information

- For further info about the EIS click on their web site at:
<http://www.eis2win.co.uk/>