



## **PERFORMANCE SERVICES**

Ulster University has always been synonymous with excellence in sport. The University boasts an excellent network of provision with the School of Sports Studies, the Sport and Exercise Research Institute, the Sports Development Unit, the Sport Union and the Sport and Recreational Services. All of these subunits have now been brought together under the umbrella of the Ulster Sports Academy. The Academy is now proud to announce the expansion of the Performance Services unit!

Performance Services provides an integrated and interdisciplinary approach to athletic needs. The unit provides unparalleled facilities and expertise that will enable an athlete to unlock their sporting potential. The services are available to all, irrespective of budget and performance level. The services are predominantly delivered at the new £14m High Performance Centre, located at the Jordanstown campus, but most services can be delivered anywhere in the province.

### **The Services**

Support services are available in the following areas:

- Strength & Conditioning
- Laboratory/field based physiological assessment
- Sports Nutrition
- Sports Psychology
- Biomechanical analysis
- Physiotherapy (UU Clinic)

## **The Facilities**

The Newly opened High Performance Centre boasts some of the best facilities in Ireland. Facilities include:

- Sports Science Laboratories
- Acclimatization Chamber
- Two Strength & Conditioning Facilities
- Sports Hall 3 G
- Indoor Athletics Area (60m Sprint Track with 25m run off)
- Triple and Long Jump, High Jump, Pole Vault
- Throws area that includes throws cage and throwing wall
- 100m Outdoor Sprint Area with 25m run off
- Sports Halls 1 & 2
- Gymnasium
- Wellness Suite
- Recovery Centre including Plunge Pools, Jacuzzi, Steam Room and Sauna

## **The Staff**

Service delivery is coordinated by William Moore B.A.(Hons), M.Sc, C,S.C.S (Performance Services Officer) who has extensive experience in providing support services to many athletic groups at varying performance levels. As well as coordinating activities he is also involved in service delivery in the areas of physiological support and strength & conditioning.

Performance Services boast one of the most extensive lists of strength & conditioning coaches in Ireland. Thirteen assistant Strength and conditioning Coaches are available to provide strength & conditioning support at the High Performance Centre or throughout the province.

Strong links with the school of sport studies and the sport and exercise research institute enable clients to avail of expertise in the areas of biomechanics, sports psychology and nutrition. Additionally, the services of the UU Clinic are also available on site - offering physiotherapy, sports massage and podiatry support.

## **Prices**

Services and prices can be negotiated to meet the needs of the client and special rates are available for groups and squads. All packages can be tailored to meet the performance and budget needs of athletes and it is best to obtain further information before deciding upon an appropriate service or package for you or your athletes. The prices below are to be used for guideline purposes because discounts can be offered for groups or individuals requiring more than a single service.

Service	Description	Price Level 1	Price Level 2
V02 Max tests	Aerobic power tests to include on-line gas analysis assessment of V02 max, heart rate and blood lactate profiling with body composition analysis. Service to include full personal report which will provide structured training zones for approximately 3 months.		
	Cyclist	£60	£80
	Runner	£60	£80
	Rower	£70	£90
Lactate Profile Test	A sub maximal test used to identify an individuals exact heart rate training zones and sub maximal markers of endurance.		
	Cyclist	£40	£60
	Runner	£40	£60
	Rower	£50	£70
Assessment of Running Economy	A test to establish and measure a runner's efficiency or movement. The perfect compliment to measuring endurance capacity (V02max)	£40	£50
Sports Specific Field Testing (for squads)	A battery of tests assessing indices of strength, power, speed, agility and endurance in a sports specific context. The package will also include analysis of body composition and a detailed report; highlighting squad and individual strengths and weaknesses.	£12 pp	£15 pp
Sports Specific Field Testing (for individuals)	A battery of sports specific tests with detailed report. Prices will vary depending upon sport and the appropriate tests	£50-£100	£70-£120
Assessment of Body Composition	Establish exactly how much muscle and fat mass make up your body weight and if you fall within the ranges specific to your sport or position. A brief report will be provided and an opportunity to discuss your results.	£10	£15
Acclimatization Chamber	A training session in the acclimatization chamber to prepare the body for competing in stressful environments. The chamber can house squads or individuals	Call for details	Call for details
Hydration Status	Optimum hydration will greatly improve exercise performance. Find out if your fluid intakes are at the appropriate level	£5	£7.50
Haemoglobin	An important indicator of red blood cell number and iron concentration. It is important that athletes and especially endurance athletes monitor these	£5	£7.50

Price level 1 applies during the hours 09.00-16.00 Monday-Friday.

Price level 2 applies during the hours 17.00-22.00 Monday-Friday and 10.00 -17.00 Saturday and 12.30-17.00 Sunday

Strength & conditioning coaching and programme design	Price level 1	Price Level 2
Assistant strength & conditioning coach per hour	£15	£20
Strength & conditioning coach	£30	£35

All Strength & Conditioning Coaches have acquired professional certification within the field. The experience and level of certification varies between assistant and strength & conditioning coach.

### **The Acclimatization Chamber**

The High Performance Centre is the only facility in Northern Ireland to house an acclimatization chamber. This chamber can be programmed to replicate any environmental conditions (heat, cold, humidity and altitude) so that athletes can fully prepare themselves for exercising at stressful environments before they leave the country.

### **Opening Hours**

Services are available on site during the following hours:

Monday – Friday 8.00-22.00

Saturday 10.00-17.00

Sunday 12.00-18.00

Service delivery can also be negotiated to be provided off site at any time!

Remove the guess work from your training and call upon the advice of the experts!

## **With our help you can be outstanding!**

**For further information on the range of services or prices contact William Moore on 02890 366028 or email [wb.moore@ulster.ac.uk](mailto:wb.moore@ulster.ac.uk)**