



## **The Derbyshire Institute of Sport offer for 2020 – 2021**

### **“Develop, inspire and support champions”**

#### **What are you getting if you sign up with us?**

- A team of passionate experts who have all competed, coached or delivered at a high-performance level.
- A truly interdisciplinary approach where all members of the team communicate with each other for the benefit of the athlete.
- A caring environment where you are seen as a unique individual and supported to achieve your full potential.
- A one stop shop for everything you need to progress – nutrition, strength & conditioning, lifestyle, physiotherapy and psychology.
- An opportunity to meet and train with like-minded athletes from a range of sports.
- Expert knowledge on the performance pathway for your chosen sport.

#### **All our packages come with the following as standard:**

- ✓ Advice and support from all members of the team
- ✓ Peer to peer athlete support group
- ✓ Online S&C resources
- ✓ Weekly team email updates
- ✓ Access to closed Instagram group

## Our Packages and Fees 2020 – 2021

As a Community Interest Company, we are committed to raising funds in other ways to ensure that you do not have to pay the full price

**There are 3 packages to choose from: Bronze, Silver and Gold**

Service	Quantity	Time	Bronze	Silver	Gold	
Initial performance planning meeting	2 session per year	60mins	£ 160	£ 160	£ 160	
Physiotherapy Screening	2 full screening per year	60mins	£ 160	£ 160	£ 160	
Physiotherapy treatments	2 treatments per year	30mins	£ 90	£ 90	£ 540	12 treatments
Strength and Conditioning Assessment	3 assessments per year	60mins	£ 150	£ 150	£ 150	
Strength and Conditioning Programme (gym based)	6 programmes per year	60mins	£ 300	£ 300	£ 400	8 programmes
Strength and Conditioning Programme (home based)	4 programmes per year	60 mins	£ 200	£ 200	£ 200	
Strength and Conditioning weekly training in groups	2hr per week x 48 weeks x £12pp	60mins	N/A	£ 1,152	£ 1,152	
Individual Strength and Conditioning Coaching	5 sessions per year	90mins	N/A	£ 375	£ 900	12 sessions
Psychology, Nutrition & Lifestyle workshops	6 workshops per year @ £15pp	45 mins	N/A	£ 90	£ 90	
Psychology, Nutrition & Lifestyle webinars	6 webinars per year @ £10pp	45mins	£ 60	£ 60	£ 60	
<b>TOTAL COST</b>			<b>£ 1,120</b>	<b>£ 2,737</b>	<b>£ 3,812</b>	
<b>New Athletes 45% off</b>			£ 616	£ 1,505	£ 2,097	
<b>New athletes - monthly amount</b>			£ 51	£ 125	£ 175	
<b>New athletes - an additional 10% off if you pay annually</b>			£ 554	£ 1,355	£ 1,887	



The price you pay

**NB:** We plan to offer a reduction in price if any of our services cannot be offered due to Covid-19. In the first instance, we will always seek to offer the full service, but this may be at different times or locations.

## Additional Extras

If you decide that you would like to add to your package, then you can.

Additional Extras		
Service	Session length	Cost
121 pathway planning / lifestyle support	60mins	£ 80
Physiotherapy Injury Prevention Plan	60mins	£ 80
Physiotherapy Screening	60mins	£ 80
Physiotherapy treatments	30 mins	£ 40
121 Performance Psychology consultation	60mins	£ 80
121 Performance Nutrition consultation	60mins	£ 80
Strength and Conditioning Assessment	60mins	£ 50
Strength and Conditioning Programme (gym based)	60mins	£ 50
Strength and Conditioning Programme (home based)	60mins	£ 50
121 Strength and Conditioning Coaching	90mins	£ 75

Our extras are only available to athletes who have bought into a package. We will not be selling these services individually to the public.

We plan to have offers on throughout the year, so keep your eye out for these in the weekly emails.....