



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

NB: The bronze package is predominantly online for those who are not able to travel to Derby on a weekly basis.

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



The price you pay

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.

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.