Club Name

BUCS Indoor/Outdoor Athletics Championships

Year Brief

 Date

Location

**Welcome Message**

The team

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| --- | --- | --- |
| Name | No. | Event(s) |
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Key people and contacts

Team Managers/captains

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| --- | --- | --- | --- |
| **Name** | **Role** | **Email** | **Mobile** |
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We will also create a facebook/whatsapp group for all team members. Paste link here.

Withdrawals

Please ensure you inform a team manager of your withdrawal at the earliest possible time. Team managers need to report withdrawals/substitutions to race control 90m before the start of the race to avoid a fine.

Getting my bib number

Reporting to your event

All competitors must report to Call Room a specific number of minutes before the event start time detailed in the programme (see list below). You MUST be wearing the correct competition numbers as detailed in the entry lists. The competition numbers must be worn as issued and not be cut, folded or otherwise concealed or mutilated in any way.



Please note that you cannot take the following items into the arena – please leave with someone before entering the Call Room:

\_ **NO** Mobile Phones \_ **NO** iPods/MP3 Players or any other music listening device \_ **NO** Photo or Video Camera \_ **NO** Video or Cassette Recorders \_ **NO** Radios \_ **NO** shoes with too many spikes \_ **NO** over-sized spare spikes (maximum spike length 6mm) \_ **NO** Personal Throwing Implements

In the Call Room, Officials will:

* Ensure that athletes are wearing their university coloured appropriate athletic kit (see note below)
* Ensure that all competition numbers are worn correctly and correspond with start lists
* Issue leg numbers if needed
* Ensure that shoes, number and dimension of spikes, advertising on clothing and athletes’  bags comply with UKA Rules
* Ensure that unauthorised material is not taken into the arena.  The Call Room Schedule will be posted. The responsibility to be in Call Room lies entirely with the competitor who must then remain in Call Room ready to be escorted to their event.
* Entry Clashes
* Anyone wishing to compete in overlapping events MUST inform seeding by filling out the Entry clashes form and handing in to registration at least 120 mins before the first of the events. Track events always take precedence. NB. We shall try to meet your preferences, but NO guarantee is given.
* Accommodation

Transport, food and socials

**Friday**

**Saturday**

**Sunday**

TIMETABLE

Social Media

**BUCS Indoors Athletics Championships**

*Use this information as a guide to improve and then reflect at the end of the championship. Moving forward is moving forward no matter how slow you are moving.*

**Performance Summary**

* Create a specific race preparation routine (arrive in the same mental state each time)
* Create a focus list – Find your internal motivation?
* Active recovery on lower limbs between races
* Set goals for each race and the championship
* Plan out nutrition to maximise performance

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| **Pre-Championship Checklist** |
| - | Tick | Details |
| Pre-week food clean, no processed food  |  |  |
| Avoid simple sugars  |  | Intake of sugars reduces your ability to store energy. |
| Stay hydrated  |  | 35ml x bw kg of water per day |
| No alcohol |  |  |
| Set championship and individual race goals. (See page x) |  | What are you running for? |
| Familiarize yourself with track and surroundings (if possible) |  | This increases confidence and your mental preparedness.  |
| Create your focus list (See appendix a) |  | List things of what motivates you or your deepest values,* Progression
* Family
* Inspiration
* Future
* Enjoy every opportunity in life
 |

**Championship Goal Setting**

**Championship Goals**

1. Outcome (is a subjective outcome i.e. finish 5th) – sometimes we cannot control the outcome so setting a performance goal is more important.

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1. Performance (is a specific number i.e. sub 50s)

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1. Psychological (i.e. approach each race with confidence or be content with effort no matter what the result)

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**Event Focus/Strategies - (i.e. stay low over 20m and stay alongside to the 100m)**

It is essential to minimize your distractions and focus on 1 or 2 key TECHNICAL/TACTICAL components.

 **(i.e. stay low over 20m and stay alongside to the 100m).**

If you find yourself drifting off to unnecessary external stimulus (i.e. crowd/opponents) ensure your focus comes back to these simple event strategies/focus points.

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| 1. |
| 2. |
| 3. |

**Athlete Internal Motivation List**

Why are you here?

List 3 things of what motivates you or your deepest values. Only pick three maximum.

* Progression - i.e I want to improve myself and be the best person I can be.
* Family
* Inspiration figures
* Future - i.e. I want to be an all-round person, commitment to both sporting and academic excellence

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| 1.  |
| 2.  |
| 3.  |

**Pre-Event Nutrition and Strategies**

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| PRE-RACE/EVENT |
|  | Tick | Detail |
|  | Stay Hydrated | 35ml x BW per day |
| -3 hours | Pre-meal (3-4 hours prior to warm-up/race) | Fuel the body and avoid any digestive discomfort by eating too close to event.Important to find a specific time to suit your body. |
| Directly pre-race  | Time to focus…be present…commit 100%  | Mind-set of a champion. |
| Listen to motivational music – specific track |  |
| Last read of INTERNAL FOCUS list  |  |
| -90 Min | Event Specific Warm-up | Do not ever change your warm-up. If you are pressed for time only adapt to a shorter version with high priority drills. |
| -30 Min | Call-room – Mental Rehearsal/Revisit technical objectives | Execute your event specific goals perfectly in mind (real time)/ Focus on race objectives (stay low over 20 metre and the rest will follow) |
| Final words | You have done everything you can to prepare… you are ready… hold nothing back.  |
|  |
| Event/Race |

**Post-Race/Event**

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| POST-RACE/EVENT |
| 20 – 30 Minutes | Post- Cool Down | Very important – Reduce DOMS and lactic acid. Improve muscles capacity for subsequent race. |
| +15 – 30 Minutes | **Post Immediate Refuel**(15 – 30 minute) | Restore Muscle Glycogen for next day’s competition (1g:4g protein to carbohydrate)* E.g. Milkshake, Banana’s, flapjacks
 |
|  | Keep Warm and relax.  | The body must be in a relax state in order to repair and grow. Stress of any kind will reduce this ability. |
| (2 hours) | **Post-Meal**  | Full balanced meal.e.g. Protein, carbohydrates, vegetables, |
| Evening | **Active Recovery Routine**Lower limb muscles highest priority. | Increase blood flow and help get rid of toxins in muscles. |  |  | * Calves!! And other lower limb muscles highest priority.
* Glutes
* Hamstrings
* Quads
* Upper body
 |
| GOOD NIGHT SLEEP | No coffee or tea after 17.00 | The body’s vital immune-response and repair mechanism only happen when you sleep. |
| Ensure last food/meal is minimum 2 hours before bedtime |
| No blue light- No phones/laptops a minimum of 2 hours before bedtime or use redlight apps and software.Use a redlight app like Twilight each is said to improve sleep quality by 1 hour! |