

Dual Career Workshop

Dr. Jon Radcliffe

11.04.2016

AF21

What is Mental Toughness?



Schedule



Mental toughness is a term frequently used in the sports media, but what is it?

This workshop will explore the concept of being psychologically tough enough to perform while identifying what makes athletes "tough" and examining how we can develop toughness.

18:00: Arrival

Refreshment Buffet

18:30

Trinity Performance

18:50

What is Mental Toughness?

19:15

Break

19:20

Mental Toughness continued

20:30: Close

Sports Tutorship Research

“Developing an innovative European Sports Tutorship model for the dual career of athletes”

Leeds Trinity University are working in partnership with four other European Universities (University of Malta, Università degli Studi di Roma “Foro Italico”, University of Thessaly and UCAM) and Europa Training UK on a European Commission research project with the aim of developing an innovative European Sports Tutorship model for the dual career of athletes.

This is focussing on the importance of the dual-career athletes having a designated Sports Tutor to assist them whilst combining competing and training with studying.

This evenings workshop is part of the European Commission research process. The proposal stipulates workshops are to be offered for the dual-career athletes as a method of support and continued engagement. As a University, we are striding to continue to support our dual-career athletes once the research project has ended in July 2017.

All the dual-career athletes who are on the Athlete Support programme are aware of the research project that they are involved in, giving their consent at the beginning of the academic year.

Please just ask if you would like to know more about the project and have any further questions.

Athlete Support

The LTU Athlete Support Package

The Leeds Trinity University Athlete support package (LTU ASP) is awarded on an annual basis and is available to undergraduate and postgraduate students. LTU ASP applicants will be required to demonstrate current sporting achievements and have a commitment to continue improving in their sport and representing the university where applicable / possible.

Selection criteria are based upon senior or age group representative honours at national and/or regional level. Individuals who are part of National Governing Body(NGB's) performance squads will also be considered.

All Leeds Trinity students are provided with:

- Access to 'Trinity Fitness' gym membership
- Access to a wide range of both recreational and competitive sports opportunities through our 'Trinity Sport' provision
- Opportunity to play a wide range of sport in the 'BUCS' league
- Access to a wide range of training opportunities such as NGB awards in sport and fitness qualifications at reduced rates
- Access to booking campus sports facilities
- Academic personal development tutoring
- A wide range of support networks on campus such as counsellor, nurse, student support officers, careers and employability team, disability coordinator, volunteering officer and sport development team.

For any further information on Athlete Support, or if you have any questions after the workshop – please email Samantha Thackray, s.thackray@leedstrinity.ac.uk