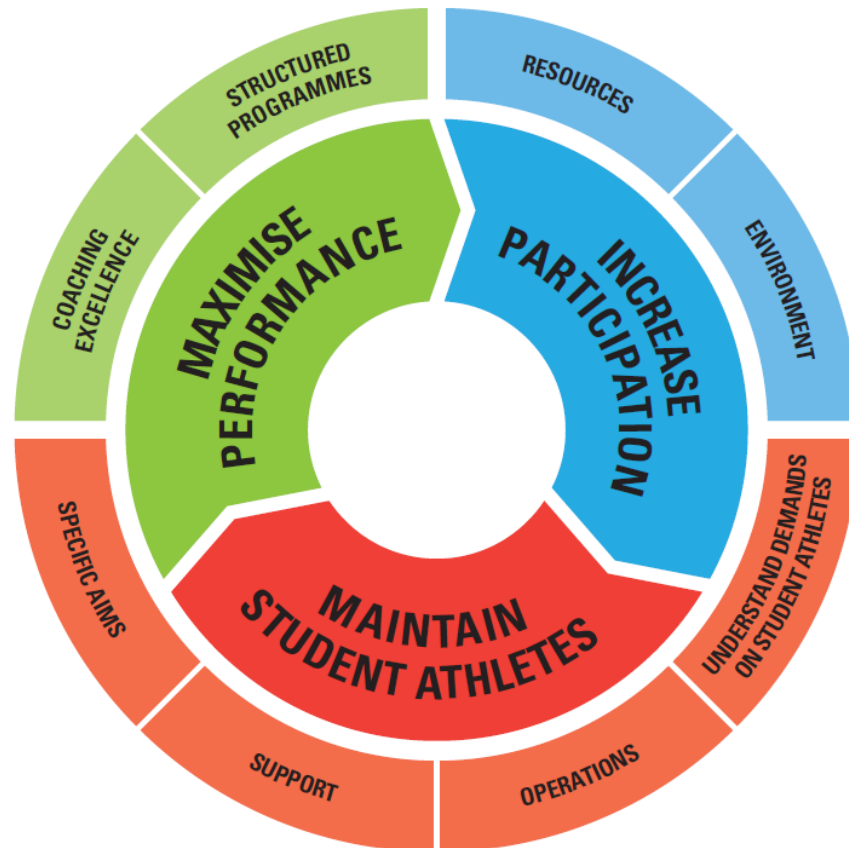


UNIVERSITY OF CHESTER

SPORTS DEVELOPMENT PLAN



Performance pathway model



How can your club touch on all of these elements to ensure that you can maximise your performance on match day?

What resources do you need?

Have you got a welcoming and inclusive environment that will increase participation as well as drive individuals to continue to train hard and excel?

Do you understand the student athlete and the pressures they are under?

What are your day to day operations of the club like? Do you have planned sessions? Do you communicate with all your members?

What support networks do you have in place to ensure you reach your goals?

What are the clubs/teams aims for the season? Does every member buy into this?

Work with your coach to achieve excellence and achieve your goals.

Ensure you have specific structured training programmes for your teams both on skills and strength and conditioning.

Use this development plan to help you touch on all these areas and to run an efficient and professional club.

Sports Objectives

Sports Activity Planning

Insert your training times here and sessions you would like to do.

Your Plan							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
05:00 – 06:00							
06:00 – 07:00							
07:00 – 08:00							
08:00 – 09:00							
09:00 – 10:00							
10:00 – 11:00							
11:00 – 12:00							
12:00 – 13:00							
13:00 – 14:00							
14:00 – 15:00							
15:00 – 16:00							
16:00 – 17:00							
17:00 – 18:00							
18:00 – 19:00							
19:00 – 20:00							
20:00 – 21:00							

Coaching Provision

[illegible]

Volunteers

How will you encourage volunteers to get involved in your sport to help out with training, game day, refereeing, coaching etc.?

Incentives offered to volunteers – checklist

Your Plan		
Incentives		Comments
Learning new skills	<input type="checkbox"/>	
Gaining qualifications	<input type="checkbox"/>	
Furthering career ambitions	<input type="checkbox"/>	
Discounts or other perks	<input type="checkbox"/>	
Opportunities to lead	<input type="checkbox"/>	
Social opportunities	<input type="checkbox"/>	
Feeling valued	<input type="checkbox"/>	
New challenges	<input type="checkbox"/>	
Fun working with others	<input type="checkbox"/>	

Marketing and Promotional Plan

[illegible]

Action Planning

[illegible]