

Army Elite Sport Programme (AESP)

ELITE ATHLETE BRIEFING DAY PROGRAMME



3rd September 2019
Aldershot

Creative Media Design ADR008608



Army Elite Sport Programme (AESP) Elite Athlete Briefing Day - 3rd September 2019

(Brown Conference Room, Fox Lines, Queen's Avenue, Aldershot, Hampshire, GU11 2LB)

Timings	Item	Personalities	Venue(s)	Remarks
0900 hrs	Arrival and Athlete Registration	All Attendees	RAPTC Museum (Guests) Fox Balcony (Athletes)	Tea and coffee available in both locations
0930 hrs	Initial Welcome and Admin Brief	ASPT TWO	Brown Conference Room	Athletes only
0935 hrs	Guests depart RAPTC Museum	Guests, Sport Secretaries	To Brown Conference Room	
0940 hrs	Army Elite Sport Programme	Maj Gen S A Burley CB MBE	Brown Conference Room	Director ASCB
1000 hrs	Communication and Engagement	Lt Col (Retd) Greg Ehlen MBE	Brown Conference Room	Ops Officer ASCB
1030 hrs	Anti-Doping	Mr Colin Allen Mr Chris Davies	Brown Conference Room	UKAD OC CDT
1200 hrs	Nutrition and Performance	Miss Rachel Hobbs	Brown Conference Room	Dietitian Aldershot Hub
1240 hrs	Lunch		Fox Gymnasium Balcony	
1325 hrs	Nutrition for Performance – Athlete Perspectives	Capt Kat Rye & LCpl Chez Nihell	Brown Conference Room	
1355 hrs	Physiological Testing Services	Dr Tom O'Leary	Brown Conference Room	Army Health and Physical Performance Research
1430 hrs	AESP Athlete Charter	Lt Col (Retd) Tom Scarr AESP	Brown Conference Room	AESP Manager
1450 hrs	Final Plenary	DASCB & Panel Members	Brown Conference Room	
1505 hrs	TASS Services: Regional and Aldershot Hub	Mr Colin Allen Mr Luke Allen	Brown Conference Room	TASS Leads; TASS Athletes Only
1520 hrs	TASS Induction	Mr Colin Allen	Brown Conference Room	Brief on Social Media Courses from Mr Ric Cole i3 Gen Ltd (AMC funded course providers) Opportunity for Regional Media Representatives to meet Athletes Opportunity for Athletes to meet TASS Regional Leads
1645 hrs	TASS Athletes Depart			