

# Army Briefing Day 2020



## What are the components of a TASS support package?

Support Services	TASS RED AWARD
S&C	Minimum 25 sessions
Physiotherapy	Up to 10 sessions
Lifestyle	3 sessions
Personal Development (Nutrition, Psychology and further Lifestyle)	5 sessions across the 3 areas
Medical Scheme and Mental Health Support	YES
Free gym membership at TASS Delivery Site	YES



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### **Regional TASS Delivery Site Athletes**

<u>Canterbury Christ Church University</u> Jo Ellett Bijaya Rumba

Edinburgh University Stuart Mack

Loughborough University John Riddell

<u>Northumbria University</u> Danielle Hodgkinson Yami Guba Sian Peters <u>Southampton Solent University</u> David Johnston James Bevan

University of Bath Lamine Deen Nick Gleeson Olly Butterworth Luke Dawes Katrina Matthews Raymond Thompson Alex Bowman Bradley Cropp <u>University of Birmingham</u> Jessie Lutwyche Hayden Grand

<u>University of Gloucester</u> Chris Rowan

Oxford Brookes University Oscar Wiseman Stephen Cox

<u>University of Durham</u> Euan Kick

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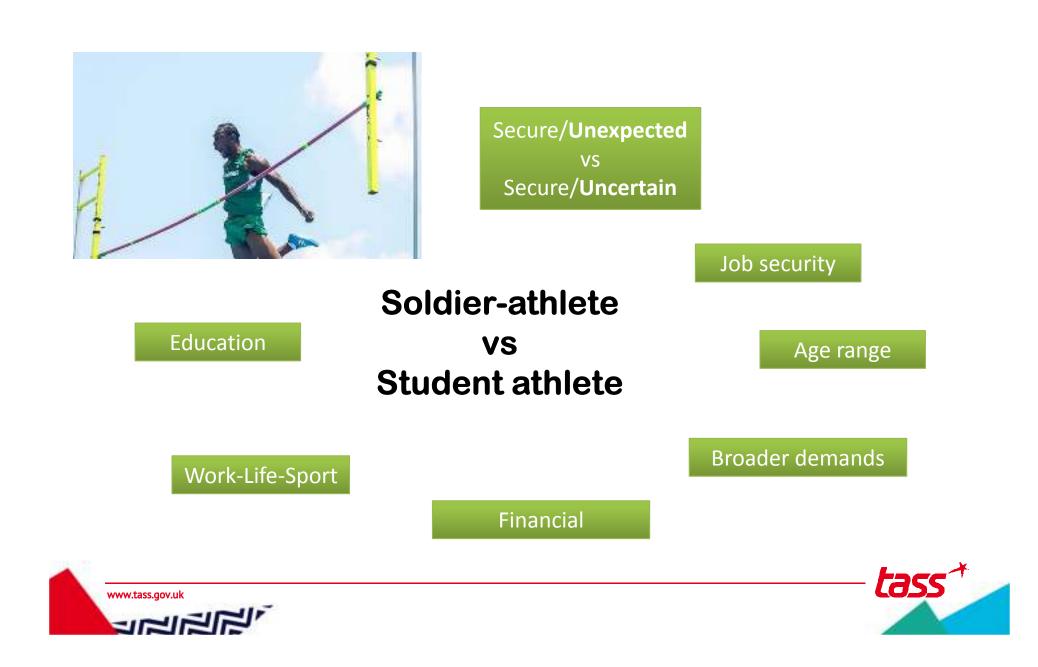


### How to get the best from your MDT...

- Tell the team your overall ambition and goal
- Build strong working relationships and engage with your support team
- Be proactive and plan for training, competition and other key commitments
- Effectively managing time and commitments outside of the training environment
- Be honest with self and accountable for your own actions and decisions
- Be prepared to be asked and ask difficult questions of yourself in pursuit of your ambitions and goals









Medical Provision

Physiological

#### Considerations when working with Soldier-athletes

Regular vs Reserve

Commissioned vs Non-commissioned

#### Soldier first





@...Insert Your TDS@britisharmysport@TalentedAthlete



**Social Media** 

@...Insert Your TDS

@ArmySportASCB@talentedathleteuk





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