

HELPING
TALENT SHINE
IN EDUCATION
AND SPORT

Army Briefing Day 2020

tass 
SUPPORTED BY   **SPORT
ENGLAND**
LOTTERY FUNDED

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

Regional TASS Delivery Site Athletes

Canterbury Christ Church University

Jo Ellett

Bijaya Rumba

Edinburgh University

Stuart Mack

Loughborough University

John Riddell

Northumbria University

Danielle Hodgkinson

Yami Guba

Sian Peters

Southampton Solent University

David Johnston

James Bevan

University of Bath

Lamine Deen

Nick Gleeson

Olly Butterworth

Luke Dawes

Katrina Matthews

Raymond Thompson

Alex Bowman

Bradley Cropp

University of Birmingham

Jessie Lutwyche

Hayden Grand

University of Gloucester

Chris Rowan

Oxford Brookes University

Oscar Wiseman

Stephen Cox

University of Durham

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Nottingham Trent University

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Regional TASS Delivery Site Contacts

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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



Secure/Unexpected
VS
Secure/Uncertain

Job security

Education

Soldier-athlete VS Student athlete

Age range

Work-Life-Sport

Broader demands

Financial



Medical
Provision

Physiological

Considerations when working with Soldier-athletes

Regular
vs
Reserve

Commissioned
vs
Non-commissioned

Soldier first

Social Media



@...Insert Your TDS
@britisharmysport
@TalentedAthlete



@...Insert Your TDS
@ArmySportASCB
@talentedathleteuk



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