



FEMALE ATHLETE DEVELOPMENT PROGRAM

Growth & Partnership Proposal





THE FOUNDATIONS OF OUR



MISSION



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The FADP aims to support all female athletes on their trajectory towards high performance sport, whilst emphasising health and consistency to ensure longevity in their sporting endeavors



AIM TO:

- Foster the development of a wide range of female athletes (across ages, sports and levels)
- Focus on sustaining long-term health for ultimate performance outcomes
- Build a stronger foundation of comprehensive female athlete education
- Remaining consistent in training with appropriate loads and management
- Enhanced longevity and progression within any given sport pathway and environment
- None profit, any income generated used to support continual female athlete development



OLYMPIAN:

Our FADP is led by Dr. Jessica Piasecki, an Olympian and former international marathon runner, who is an Associate Professor of Female Physiology at NTU.

Jess' combined passion for female health research and own experiences as a developing female athlete make this program a one of a kind opportunity, with access to the most up to date research and support for female athletes whilst having a deeper understanding of what it takes to perform at the highest level.



DR JESSICA PIASECKI



TESTIMONIALS

01

Being part of a sport that has historically been male dominated it's great to see support like the FADP emerging that is specific for female athletes. The fundamental physiology of a female athlete is different to that of males and it important that this information is shared to up coming athletes as well as the coaches and family members. Having done my own PhD at NTU I can advocate for the research expertise that is supporting this program and the athletes involved. It's an exciting initiative and hopefully there is more to come!



● **RACHEL MALCOLM**

Captain
Scotland Women's Rugby team.

02

Empowering young female athletes with the full understanding of what they and their bodies need is extremely important to help females stay in sport and progress to the level they want. A sporting career is hard and often there is minimal support available. This development program will not only support the athletes but those around them such as their coaches and parents giving them the best opportunity to continue on whilst remaining healthy and confident.



● **EILISH McCOLGAN**

Olympian, European Medalist &
Commonwealth Champion.

03

As both an athlete and a coach I can certainly say being a female athlete is tricky to navigate at a young age. If you aren't quite at the top level it can be hard to know where to find the relevant information and support that's needed to develop. This female athlete program offers everything that an aspiring young athlete needs. If there was something like this when I first started competing I would have certainly done anything I could do be a part of it!



● **NON STANDFORD**

MBE, Olympian and World Triathlon
Champion 2013

TESTIMONIALS

OUR TEAM

The **FADP** is underpinned by many successful, active research professionals within female health and sport science.



● **DR JESSICA PIASECKI**
Team Lead



● **DR IAN VARLEY**
Injury and Illness Monitoring



● **DR JOHN HOUGH**
Immune Function



● **DR MUSTAFA SARKAR**
Psychology



● **DR RHYS MORRIS**
Strength and Conditioning



● **DR RYAN WILLIAMS**
Performance Physiology Testing



● **DR CHARLOTTE APPS**
Biomechanics



● **SAM ABBOTT**
Nutrition

Want to know more?
Click on a staff member to view their LinkedIn profile and explore their professional background, experience, and role in the program.

WHAT CAN WE DO?



We can conduct a wide range of assessments and tests tailored specifically to the needs of your female athletes.

Physiology Screening

- Cardiovascular assessments (vO₂, lactate threshold)
- Strength performance testing
- Neuromuscular analysis
- Body composition and bone density assessments
- Nutritional assessments

Biological Screening

- Inflammatory markers
- Immune health and function assessment
- Vitamin D
- Iron

Performance Enhancement

- Altitude stimulation
- Heat/Cold acclimatisation
- Rehabilitation support
- Menstrual cycle tracking and management
- Injury and illness surveillance
- Psychology support

CPD Development

- Education workshops
- Bespoke to female athletes
- Examples; nutrition for females, menstrual cycle and hormonal contraceptives, injury and illness's of female athletes

PACKAGES

Our Packages
All packages will be tailored accordingly to the specific topic and/or demands of the relevant sport, for specific costs please use the contact information provided.

Curious about what’s included?
Here’s a clear breakdown of each package tier and what’s included within them:

	GOLD	SILVER	BRONZE
Site Visits	4 visits Access for 4 visits a year for a combination of assessments	2 visits Access for 2 visits a year for a combination of assessments	—
Continuing Professional Development	4 hours 4 Hours of CPD Training for Staff, Coaches, and Parents	3 hours 3 Hours of CPD Training for Staff, Coaches, and Parents	2 hours 2 Hours of CPD Training for Staff, Coaches, and Parents
Contact Points	20 contact points 20 contact points across the 12 months with any of our researchers for individualised support	10 contact points 10 contact points across the 12 months with any of our researchers for individualised support	5 contact points 5 contact points across the 12 months with any of our researchers for individualised support



Our Educational Workshops

With the multi-disciplinary team that we have as part of the FADP and our wide range of expertise we are also able to provide specific educational workshops targeted towards the development of female athlete health. This can be aligned to a wide range of knowledge levels and audiences.

We offer workshops at a venue of your choosing or here at NTU, please get in touch for further information and specific costings.

Some of the topics (although not limited to) that we can cover are:

- Injury and illness
- Mental Health
- Menstrual cycle and contraceptive use
- Relative Energy deficiency in sport
- Nutrition for injury and performance

EDUCATIONAL WORKSHOPS



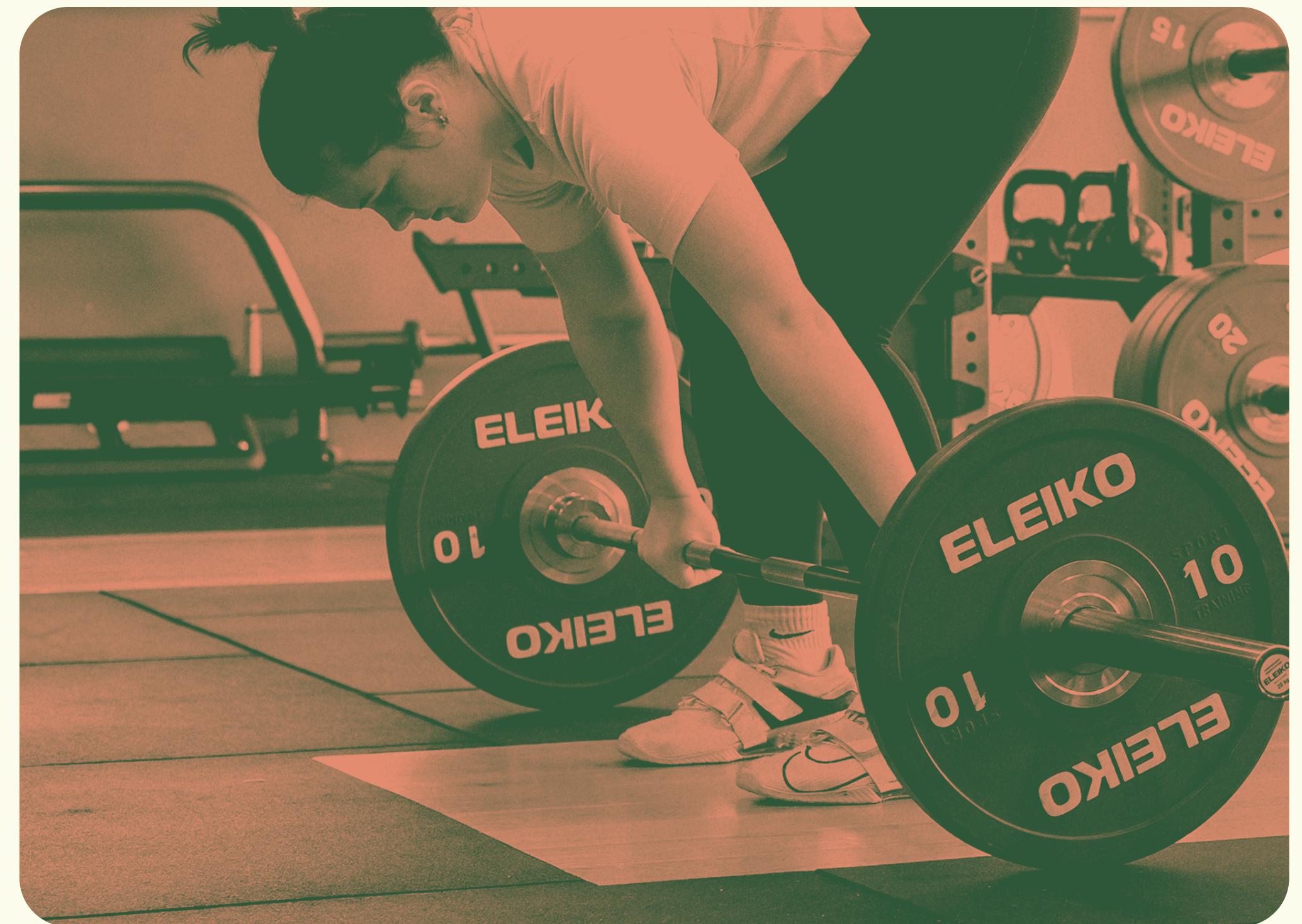
HEALTHY BACKPACKS

Health Packages

Through our expertise we are also able to support a wide range of female performers whether that be at an age group level, looking to improve your 5k time or simply remain healthy around the demands of the working environment.

Please get in touch for further detail and costings.

- We can provide baseline Physiology and Strength Assessments
- Provide an overview of current nutritional behaviours
- Help reduce the onset of illness within the performance setting
- Provide a bespoke 6 week training and nutrition program



Sponsorship opportunities

If you are impressed by our program and would like to sponsor elements of the FADP please do get in touch: Jessica.piasecki@ntu.ac.uk



SPONSORSHIP OPPORTUNITIES

As a sponsor of the FADP you would benefit by:

- Featuring your logo would be featured on all social media that relates to the FADP
- Logos embedded into any kit/merchandise produced for the FADP athletes
- Take part in any launch events either in person or online
- Present at our yearly showcase events to a range of stakeholders
- Access to athletes for performance/nutrition testing
- Product focus group developments



