



**Supporting Top Athletes
Recognition Scheme
Information Pack**





The STARS project aims to provide talented athletes in the West Yorkshire Region with the support required to succeed.

Providing facilities and services to improve training schedules and methods.

Contents

Focus of the Project.....	3
Spirit of the Scheme.....	5
Eligibility Criteria.....	6
Membership Terms & Conditions.....	7
Services.....	8
Additional Services.....	9
How to Apply.....	10
Website Details.....	11
Partners Page.....	12
Athlete Survey.....	14



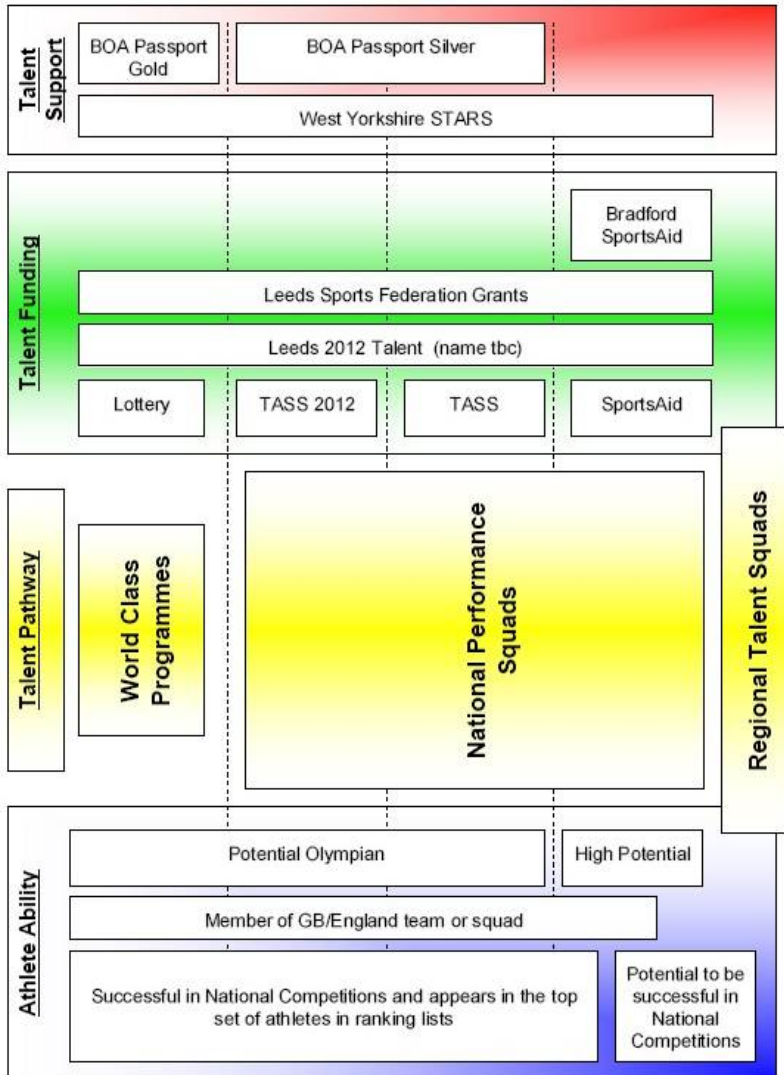
Focus of the Project

The London Olympics of 2012 provides a unique opportunity for the promotion of sport. The West Yorkshire Sports Partnership is working upon a framework of which to build upon the Olympic Legacy. The vision is...

“To use the inspiration of the London Olympics to increase the number of people playing, enjoying and succeeding in sport in West Yorkshire”

The focus is upon six key themes to be developed through the Olympic Legacy. These include volunteering, coaching, activity, inspiration, disability sport and **Talent Support**.

There are a range of talent support programmes set out to support athletes to the top of their game. The diagram opposite positions the STARS project in context with other local and national projects.





Spirit of the Scheme

The Spirit of the scheme is to provide support to talented performers. Initially offering Free Access to specified facilities across West Yorkshire, whilst additional services may become available in the near future.

In return, it is a condition of membership that, within reason, members will make every effort to attend promotional events as requested by any of the participating local authorities or service providers. Members of the scheme will be expected to maintain good relations with participating centres and act as an ambassador for the scheme.

Criteria for Eligibility

The West Yorkshire STARS aims to provide opportunities for sportsmen and women, including those with disabilities, who are:

1. a current national sportsperson. Defined as being part of the national squad within the last 12 months, currently in the top 20 of their governing body ranking list, or currently part of the national training program.
2. either resident in West Yorkshire for the majority of the year, member of a West Yorkshire club or studying in West Yorkshire.
3. able to provide National Governing Body evidence to support their application.
4. part of the amateur game i.e. the scheme is not for full time professional players.



Membership Terms & Conditions

1. STARS Members agree to abide by the 'Spirit' of the scheme
2. STARS Members agree to be included on the Alumni section of the STARS website.
3. STARS Members must make concerted efforts to attend promotion events especially at sites/services they regularly use.
4. STARS Members agree to their name being used in the promotion of the scheme.
5. STARS Members agree to be part of the STARS Ambassadors if selected.

Disclaimer

The partners of the scheme reserve the right to change the terms and conditions of the scheme, as well as withdraw the membership;

1. who is no longer operating within the 'spirit' of the scheme
2. any breach of the STARS membership terms and conditions occur
3. reasonable ground be given by the facility/service manager
4. the Governing Body impose a ban against a member from their sport

Services

Free Access

Free Access is designed to provide support to the county's leading sports performers, with free access to participating local authority, university and further education, and private leisure sports facilities at designated times, for personal training and development.

Terms and Conditions

1. Free access is restricted to the following activities; swimming, running and fitness suites.
2. Free access is restricted to participating sites (check the STARS website).
3. Free access is restricted to public casual usage times, however facilities can change allocated public usage times and withdraw specific periods without prior notice to STARS members.
4. The STARS Card must be currently valid.
5. Members must produce their STARS card to gain entry.
6. Members must sign in, writing their STARS membership number.
7. Members must not provide a disruption to other users.*
8. Some restriction of use may be imposed if a facility feels extra cost will be incurred, e.g. floodlighting for one runner.
9. Site health and safety regulations will be followed, i.e. gym induction**, age restrictions, etc.

* for example taking excessive space to allow for a coached session

** gym inductions can be charged for by the facility

See the website for current participating facilities.



Additional Services

Services will be added to the project throughout the year, please visit the website for the latest details.

To help us to meet your needs, please complete the athlete requirement survey online or fill in and return the survey at the back of this booklet. This will help us to target the facilities and services in highest demand. It will raise our awareness of what services and facilities you need to perform to the best of your ability.

How to Apply

Athletes apply by completing the application form, either from this booklet or downloaded from the STARS website and submitting evidence or confirmation of their performance level, which must be endorsed by the appropriate Governing Body of sport, along with 2 recent passport photographs.

Postal Address for Application Forms

STARS Membership
Sports and Physical Activity
Sports Centre
University of Leeds
Leeds LS2 9JT



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ID Card

Athletes accepted onto the scheme will be provided with a photo ID membership card, such as the one below. This must be shown at each facility on each occasion to enable free access.



Membership will be renewable on an annual basis, each April, subject to continued sports performance at a national level.

Website Details

The website will provide the following resources:-

1. Scheme Information – similar to this booklet
2. News Page – regularly updated to in
3. form of new benefits and member achievements
4. Partners of STARS
5. Free Access Facilities Details – locations, times and availability
6. Scheme Ambassadors' Details – a few members chosen each year to be profiled
7. Alumni – listing all past and present members of the scheme
8. Contact Details
9. Application Form (online and downloadable)

Partners



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City of Bradford MDC

www.bradford.gov.uk





www.westyorkshirestars.co.uk

Name	
Age	
Sport	

1) Which additional facilities would prove most beneficial to you?

Sports Hall Tennis Courts Cycle Track

Astroturf Pitches Squash Courts Other

2) How do you travel to training?

Car Train Bus

Bicycle By Foot Other

3) What transport support would be most beneficial? (Please tick just one)

Bus Pass Rail Card Coach Card

Competition Mileage Other

4) Which sport science areas of expertise would most benefit you?

Physiology & Fitness Testing Performance Analysis

Sport Psychology Health Screening

Nutrition & Hydration Recovery & Hydrotherapy

Altitude & Hypoxic Training Video Analysis

Other

5) Which relaxation services would most aid your training?

Spa (Sauna, Steam Room) Massage Therapy

Acupuncture Reflexology

Hydrotherapy Other

Please enclose with your application form or complete online



www.westyorkshirerstars.co.uk