



Writtle
University
College



WRITTL
PERFORMANCE CENTRE





WRITTLE

PERFORMANCE CENTRE

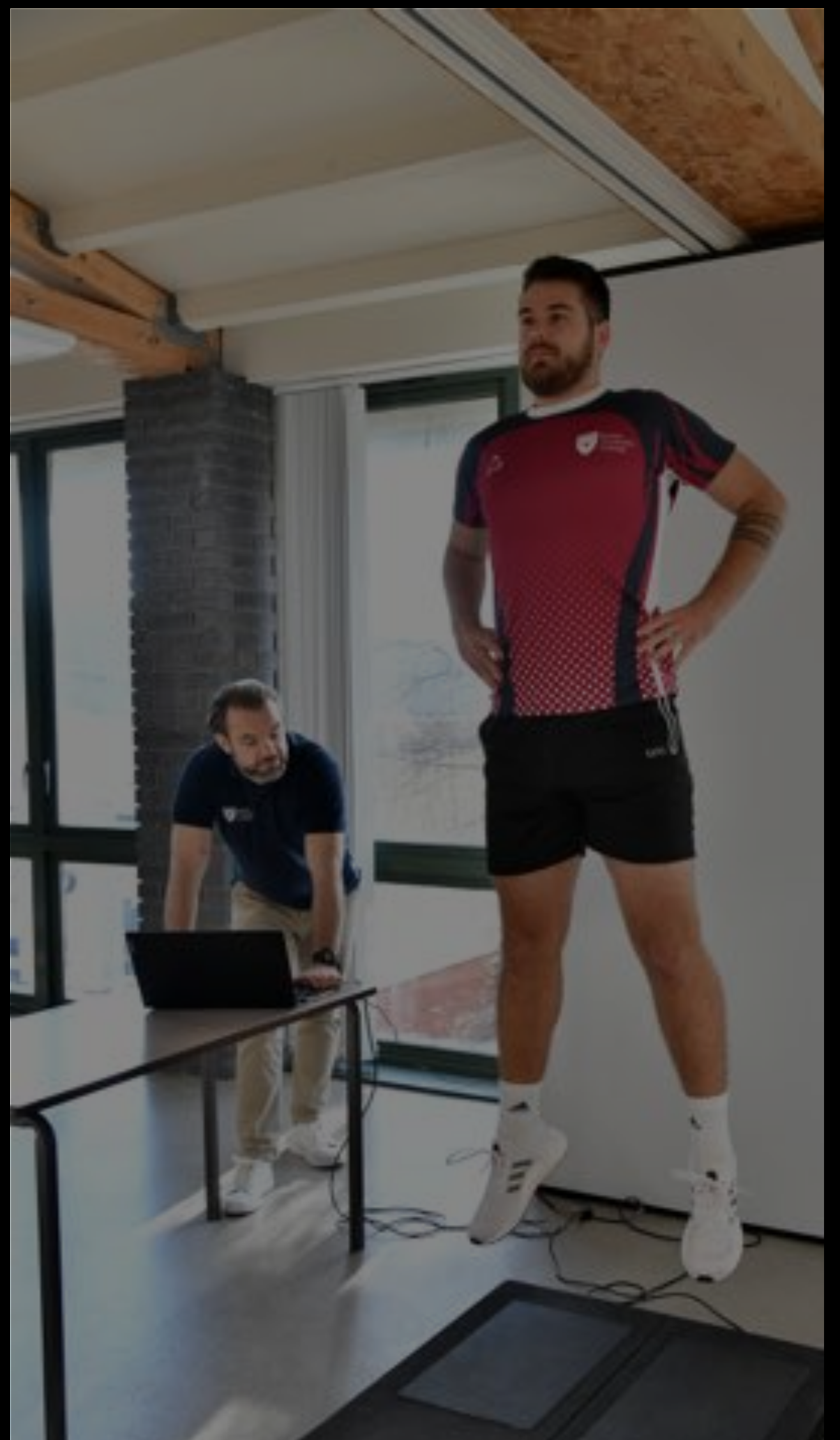
Writtle Performance Centre is part of the Department of Sport, Health and Wellbeing at Writtle University College. The team have a wealth of experience working with athletes of all abilities, taking part in a wide range of individual and team sports.

ABOUT US

Are you an athlete looking to build a training plan? Or are you recovering from a sports-related injury? Writtle Performance Centre can provide you with the equipment, support and advice to build effective training or injury rehabilitation programmes.

The laboratory has been used by high level endurance athletes, such as elite runners, cyclists and triathletes, who have also made use of our facilities, which are now available to the public.

Writtle Performance Centre provides industry-standard equipment and expert advice for athletes of all abilities and levels - whether you're starting out and want to assess your athletic strengths and weaknesses, you're returning to training after a break, or you want to improve your performance. Using the equipment in the Sport Science Laboratory, our team of experts will help you get the most out of your training by giving you a full assessment.



OUR SERVICES

Laboratory testing

Our standard laboratory testing involves completing an incremental cycle or incremental treadmill test.

From the tests, we can determine your maximal aerobic capacity and the power associated with that point and lots more. After your visit, you will receive a comprehensive report, detailing your physiological response to each stage/intensity of the test.

Mental Skills Consultation

Although many mental toughness and skills can be learned through clinics and group presentations, some athletes/performers prefer working individually with a mental skills consultant.

Whether you are seeking to maximise an already high level of performance, are underperforming and want to improve, or are dealing with personal issues that interfere with your satisfaction or success, at the Writtle Performance Centre we can provide you with the opportunity to discuss your situation in more depth and receive individualised solutions.

Performance Analysis

To achieve continued success, coaches and players need to understand what game plans, strategies and changes have been successful or unsuccessful.

Using Sport Performance Analysis these observations are based on measured statistics rather than guess work or gut feeling, thus giving a more accurate measure, and we can help you with this in our centre.

Body Composition

The amount of body fat and distribution of our body fat as well as your lean mass levels and water levels can tell us a lot about one's health and potential imbalances or health risks that may be present.

The assessment covers a number of different areas of body composition and you will be presented with a PDF with your results in relation to norms and averages of similar populations accounting for gender, ethnicity etc. As well as this, we also offer Skinfold analysis.

Athlete Education and School Workshops

Whether you are a club or a school, the Writtle Performance Centre can offer a range of workshops that educate athletes and students, giving students the opportunity to get involved and learn about the practical aspects of sport science.

We are able to offer you the choice of a variety of curriculum-based sessions including Exercise Physiology, Nutrition, Strength and Conditioning, Sport Psychology and more.

We are also able to create bespoke sessions specific to your club or school's needs.

Nutrition Consultation

The impact of nutrition in sport is often underestimated, but ultimately it creates the foundation for the ability of any athlete to make energy, recover from and adapt to the training load and its environment.

At the Writtle Performance Centre we offer nutrition consultations to discuss and work towards your goals.

PRICE LIST

On-site Testing

Cycling test	£100
Run test	£100
Tri package	£150
Testing reports	£25
Body composition	£75
ISAK body composition	£100
Team based field tests	From £300
Health testing Includes Body comp, RMR*, Blood testing (Cholesterol, glucose and triglycerides)	£200
Force Plates - can include jump height, asymmetry	£60
Human Track - can monitor Human movement for stability, asymmetry, ROM and built-in training programmes (real-time data)	£60
Hamstring Force production	£60

Prices are for testing; package prices can be arranged. Analysis of data can be done at additional cost

Consultations

Nutrition consultations	Price per enquiry
Mental skills consultation	Price per enquiry

Performance Analysis

Filming	From £90 per game
Film/ crop and tag	From £180 per game
Crop and Tag film sent to us	From £120 per game
GPS (as a bolt-on to filming)	From £50 per game

Schools and Clubs Workshops

Workshops from a portfolio of sessions

Half day - 3 hours, from 9.30am Includes 1 school lab session	
Whole day - 5 hours, 9.30am - 14.00/15.00. Includes 2 school lab sessions	
Up to 20 group size	Half Day: £150 Full Day: £200
Over 20 group size	Half Day: £7.50/pupil Full Day: £10/pupil
Group size 15-30 pupils	£20/pupil
Bespoke workshops	Price per enquiry

All prices include VAT. Prices correct at time of print.

TESTIMONIAL



"A group of our young athletes spent the day in the Sport and Exercise Science Lab at Writtle University College getting valuable insight into how the human body works during exercise and the importance of proper nutrition for training athletes".



SERVICE VOUCHER

20% OFF

any service at Writtle
Performance Centre

Valid until December 2022

Session must be booked before 1st December 2022






WRITTLE
PERFORMANCE CENTRE



WRITTLE
PERFORMANCE CENTRE

Writtle University College, Centre of Sport and
Health, Lordship Road, Writtle, Chelmsford,
Essex, CM1 3RR

E: writtleperformancecentre@writtle.ac.uk

-  [writtleperformancecentre](#)
-  [writtleperformancecentre](#)
-  [writtlepc](#)



Bespoke services available on request, please
contact us for more information.