



# **ATHLETE EDUCATION PROGRAMME**

## **Helping You to Help Yourself**

### **EXCITING NEW PROGRAMME FOR ATHLETES**

Shetland Amateur Athletics Club is delighted to announce the start of a new programme designed to help and support athletes of all ages\*\* and abilities and their families and coaches with the rigors of sports training and competition. Whilst primarily sports focused, the knowledge and tools learned from our professional partners will be as useful outside of sport in promoting and maintaining a healthy and balanced lifestyle.

This is an on-going programme that will develop and expand throughout the year and will allow individuals to engage with all or part of the sessions as their needs change.

\*\* We would advise that the content is suitable for those aged 13 years and above

**WORKSHOPS  
DELIVERED ONLINE**

**SPORTS PSYCHOLOGY**

**REHAB, RECOVERY &  
INJURY PREVENTION**

**NUTRITION**

**FREE ACCESS TO ALL  
CLUB MEMBERS (both  
at home or off island)**

### **PARTNERS**



**INJURYSHETLAND**  
INJURY PREVENTION & REHABILITATION