



EIS Vancouver 2010 Media Pack

The English Institute of Sport (EIS) works across a number of Winter Olympic and Paralympic sport delivering sport science and medicine support services as part of National Governing Bodies' performance programmes.

This EIS Vancouver Media Pack gives an overview of some of the support delivered, key science and medicine applications and details of some of the EIS team working backstage.

The English Institute of Sport...

- Was launched in 2002, under Chairman Steve Cram it has supported athletes through several Olympic and Paralympic Summer and Winter Games, Commonwealth Games and many national, European and international championships.
- Works with over 60 sports across the country
- Supports approximately 1700 elite athletes
- Delivers, on average, 4000 hours of sport science and medical support a week
- Employs over 200 leading practitioners across sport science and medicine
- Leads on several cutting edge programmes
- Works in partnership with bodies such as UK Sport, British Olympic and Paralympic Associations, Sport England and the other Home Country Sports Institutes on the continuity of support with national governing bodies in sport science and medicine.

Our Achievements

- At the Beijing Olympic Games, 100% of Gold medallists, 100% of Silver medallists and 80% of Bronze medallists accessed support services from the EIS
- Over 90% of the GB Paralympic athletes accessed some support services through the EIS
- 100% of medal winning sports at the Beijing Games utilised EIS services to some extent

Winter Sport Support

- The EIS has provided support across Winter sports, in particular: Snow sports, Bob Skeleton, Bobsleigh, Curling and Speed Skating.
- The key bases for support include EIS South West team at the University of Bath, EIS East Midlands at Loughborough University and EIS Yorkshire at EIS Sheffield, as well as network support around the country.



Some of the EIS 'Team behind the Team'

The EIS employs over 200 expert practitioners and support staff, working across the country over three directorates; North, Central and South. *For any interviews with EIS staff please contact the EIS Communications team; comms@eis2win.co.uk or PR & Communications Manager Rebecca Roberts Rebecca.roberts@eis2win.co.uk , +44 7899 064352.*



Steve Cram MBE, EIS Chairman: one of the world's most successful middle distance athletes, Steve believes in the advancement of sport science and medicine to support coaches and athletes in achieving world class success. Read his pre-Vancouver blog [here](#) and full biography [here](#). Steve will be working as a commentator with the BBC during the Vancouver Games.



Dr Rod Jaques FFSEM (UK), Dipl Sports Med, FISM, DRCOG, MRCGP, Director of Medical Services: Dr Jaques has coordinated medical support to many of the British squad training across England in the run up to the Vancouver Games. For his full biog click [here](#). Dr Jaques oversees all EIS medical services including Sport Medicine, Physiotherapy and Soft Tissue Therapy. He will be working in the UK during the Games.



Dr Ken van Someren, Director of Sport Science: Dr van Someren leads sport science services at the EIS, including Strength & Conditioning, Physiology, Performance Nutrition, Performance Psychology, Performance Analysis, Biomechanics, Performance Lifestyle and Talent ID. For his full biog click [here](#). He will be working in the UK during the Games.

Chris Price, Head of Physiotherapy: Chris leads on the physiotherapy service at the EIS as well as delivers support to a range of athletes from the EIS South West. He has travelled with the Skeleton squad to competitions over the past cycle and will be out in Vancouver delivering support.

Diana Benham, Performance Operations Manager: Diana Benham coordinates EIS support services in the South West, coordinating support to Winter sports that the EIS works with. She will be working as part of the team at the holding camp in Calgary.

Dr Kevin Currell, Performance Nutritionist: Dr Currell is a performance nutritionist in the East Midlands and along with the sports he works with, he works with Speed Skating on nutritional strategies for things such as hydration

Danny Holdcroft, Strength & Conditioning Coach: Danny works closely with British Skeleton, leading on training science and start development. Working out at the Games, click [here](#) to read a typical 'day in the life' working with the squad.

Kate Goodger, Performance Psychologist: Kate works with both the men's and women's Curling squads, travelling with them to camps and competitions and is working as part of their support team out in Vancouver.



Behind the Lens...

A range of support services are combined to support Winter athletes working with the EIS, stories of which can be found on the Vancouver page on the EIS website. Here is a brief overview with some examples.

Speed Skating

From their base at the Nottingham Ice Arena as well as at the EIS base at Loughborough University, the GB Speed Skating squad have accessed a range of services through the EIS over the past cycle, in particularly performance nutrition and physiotherapy services leading into the Games.

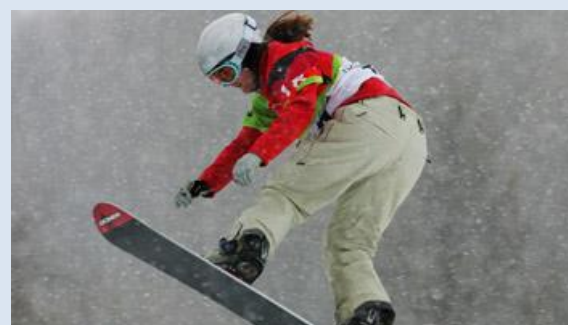


Nutritional strategies and hydration were both key elements to competing around the world and eis2win.co.uk caught up with Tom Iveson and Performance Director Stuart Horsepool on preparations for the Games.

Snowsports

EIS support has included Medicine, Physiotherapy, Performance Psychology, Strength & Conditioning and Performance Analysis, primarily during the off season, but also at overseas camps & competitions

Zoe Gillings has utilised strength & conditioning support, performance psychology and physiotherapy amongst other services. [Eis2win.co.uk](http://eis2win.co.uk) has followed her intense training over the past cycle.





Bob-Skeleton

Support from both the EIS South West and Yorkshire base as well as at camps and competitions. Support ranges from medical, physiotherapy, strength & conditioning, soft tissue therapy and psychological support.

Talent ID has also worked with the sport, identifying new athletes through initiatives such as Girls4Gold and Pitch2Podium. Read a day in the life of training and preparation from Skeleton athlete Amy Williams [here](#).



Curling

The men's and women's curling squads access Performance Psychology support from EIS Performance Psychologist Kate Goodger who works as part of the support team in place at the Scottish Institute of Sport. Leading into the Vancouver Games, Kate has worked with the squad on coping with pressure amongst other things. Read more about Kate's work with the squad [here](#).



Luge

Recovering from an injury, Adam (AJ) Rosen had an intensive rehabilitation programme at the EIS South East base at Bisham Abbey, accessing EIS and the BOA intensive rehab facility.



EIS Communications Team Contacts

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