

EPT Wycombe - Player Agreement 2016

"In every pursuit, excellence is a choice"

We must create an environment that prepares us to compete amongst the best in the world. We must therefore open our eyes to the best in the world more often, to maintain perspective and develop belief. Our training has purpose, intensity and excitement otherwise we call it our hobby. We finish every session, a slightly better athlete and player than we started it. Addicted to progress. We stay hungry and stay humble. We win. Study your mind, your body and the sport and rest, re-fuel and review regularly. Be pro-active not reactive. You have something nobody else has. Every time you step out on-court you build your profile, reinforce your reputation and create your future. What goes around comes around. Challenge yourself and amaze those around you. Stay prepared and trust your winning instincts. We want players who add value to the EPT squad with high levels of personal discipline and a commitment to the following:

- Be prepared 10 minutes before session (text of call if unavoidably late).
- Commit to stability, strength & conditioning sessions in the week to increase your capacity for high intensity training.
- Complete personalised activation exercises (mobility, stability & flexibility) before sessions
- Inform coaches of pain or tightness before, during and after sessions, record injuries & share reports
- Consume carbohydrate/protein snack in 20-minute window post-training (nuts/dried fruit, protein bar, milk-shakes, fruit-loaf, sandwich).
- Eat lots but keep it balanced to increase performance, immunity and recovery. Get organised for busy days and tournaments.
- Keep coaches up-to-date with how energised or fatigued you feel, recording and sharing RPE levels (rate of perceived exertion)
- Manage your emotions. They are natural. Expect them, accept them but MANAGE them.
- Rest, recover and re-energise. Sleep well, 8+ hours plus on average. The darker your room the better.
- Elite athlete's need suitable tracksuits for a reason – think about why and use them.
- Feeding must be dynamic & high intensity it is NOT recovery. Feeding well improves tactical awareness.
- Offering feedback in squad is expected & forms part of your development as a leader in sport. In individual sports, all athletes are leaders.
- Keep coaches up-to-date with tournament plans, weekly training schedules, camps and holidays.
- Watch badminton on YouTube regularly & stay up-to-date with key super-series performances.
- Video one of your matches at least once a term and analyse yourself (ask coach to help if you like).
- Manage your time at competitions with physical & mental preparation, match-plans, recovery strategies, nutrition & thoughtful analysis of your own & your opponent's performances.
- Represent yourself professionally and treat others with respect and humility.
- Try to keep the following items in your bag at all times:
 - o Essentials: Large water bottle, spare rackets, spare kit (inc socks) and accessories (grip, scissors)
 - o Desirables: resistance/mini-bands, foam roller, skipping rope, stop watch, HR monitor, heavy racket
- Training diary to be kept in training bag and used for the following:
 - o Record main things learned / improved (physical, technical, tactical, psychological)
 - o Plan ahead annual, term & weekly schedule commitments
 - o Record progress with strength programme, fitness tests, or HR / scores for measurable challenges
 - o Record and review development goals (skills/processes and outcomes)
 - o Record your rate of perceived exertion after every training session (1-10).

I have read and agree to commit to the above.

Name:

Signed:

Date:



**BADMINTON
ENGLAND**

Play it. Love it. Live it.

EPT recommended reading list:

