

"To develop cricket skills we bring in the best in the country and learn from them. To support our athletes we bring in the best in the country and depend on them. The EIS has provided high quality strength and conditioning and physiotherapy services to the England Women's Cricket team over the past five years and has been a key part of our success culminating in two world cups in 2009."

CLAIRE TAYLOR,
ENGLAND WOMEN'S CRICKET TEAM



**ENGLISH
INSTITUTE OF
SPORT**



**ENGLISH
INSTITUTE OF
SPORT**

EXCELLENCE IN SPORT SCIENCE & MEDICINE

English Institute of Sport

Tel: +44 (0)870 759 0400

info@eis2win.co.uk

www.eis2win.co.uk

“Keeping ahead of the competition is never an easy task, but the EIS works closely with sports to ensure the sport science and medical services used within their performance programmes helps contribute to those marginal gains which are so vital to performance on the world stage.

As we look ahead to events on the horizon and beyond, we must continue to build on our unique position of working in partnership with sports and other key parties to remain at the forefront of performance-impacting sport science and medical services”

Steve Cram, EIS Chairman.

“To have the edge in competition, you need to make sure you continually look to improve every aspect of preparation and the support UKA are able to provide me through the EIS helps me to make the most of sport science and medical support in achieving that.”

JESSICA ENNIS,
HEPTATHLETE WORLD CHAMPION



THE EIS

The English Institute of Sport (EIS) works in partnership with sports to improve performances through the delivery of high quality sport science and medical support to elite athletes, through its nationwide network of expertise and facilities.

Under the leadership of Chairman Steve Cram MBE, the EIS Board and National Director, our vision is to be the world's leading provider of performance-impacting sport science and sport medicine in elite sport.

The EIS, as provider of choice for sport science and medical services in England, works across Olympic and Paralympic summer and winter sports as well as English sports and is currently providing support to approximately 1700 elite athletes around the country.

Aiming to be the employer of choice for practitioners within sport science and medicine, the EIS is working to create a sustainable, quality assured support system.

THE EIS...

- **Employs over 250 staff across the country**
- **Delivers support out of a number of locations around England**
- **Works with over 60 sports**
- **Supports approximately 1700 athletes**
- **Delivers on average 4000 hours of sport science and medicine each week**

"With the amount of training required to be at the top of your field, you need to know you've got the best people working with you to ensure you are ready. EIS services help me to continue to find that extra edge to improve my training and competition."

TOM DALEY, DIVING WORLD CHAMPION



COMPETITIVE EDGE

To deliver support to give high performing athletes the edge over competitors, the EIS works in partnership with each National Governing Body (NGB) of sport to identify the level of sport science and medicine they need to make a performance impact on the world stage.

Providing services from EIS High Performance Centres across three directorates; north, central and south led by Regional Directors, the EIS offers flexible, accessible and quality assured services including: Sport Medicine, Physiotherapy, Strength & Conditioning, Physiology, Performance Psychology, Performance Nutrition, Performance Analysis, Biomechanics, Performance Lifestyle, Talent Identification and Soft Tissue Therapy.

The EIS also strategically leads a number of programmes which help support these services and the sports that utilise them.

“As we strive for the highest standards of performance from athletes in the pool we also strive for world leading support from all our partners working within our programme. We work with the EIS to ensure the right expertise is available wherever we need them and being able to trust not just one person, but a whole institute of expertise gives us the strength to keep setting our aim high for performance.”

TIM REDDISH, PERFORMANCE DIRECTOR
BRITISH DISABILITY SWIMMING



PODIUM PRACTITIONERS


To deliver podium positions for sports, podium practitioners need to be developed to provide world class support to Britain's top athletes. In order to achieve this, the EIS is committed to developing and retaining practitioners to create a sustainable high performance system for sport science and medicine.

Through on-the-job experience with sports, continuing professional development and sharing of knowledge across multi-disciplinary teams, the EIS continually builds on its unique position to develop its staff to add value to the sports with which they work.

BUILDING ON SUCCESS

Since its inception in 2002, the EIS has supported athletes in the run up to and during Olympic and Paralympic Games, Commonwealth Games and the numerous National, European and World events at which sports strive for success.

At the Beijing Olympic & Paralympic Games 100% of the medal-winning sports accessed support services from the EIS.



"In order to make the biggest performance impact by 2012, we recognise that we need to develop the best support infrastructure for sport science and medicine around the programme. The EIS plays a key role in the delivery and development of this system, which focuses on improving performances at the highest level."

TIM JONES, OLYMPIC PERFORMANCE
DIRECTOR, BRITISH GYMNASTICS

CREATING A LEGACY

Just as sports must continue their development to create a lasting legacy of success, the EIS strategy focuses on creating performance environments, fostering innovation, world leading expertise and high performance facilities to provide support for athletes leading up to 2012 and beyond.

Building and developing key partnerships within sport, research, innovation and business, the EIS aims to keep at the forefront of sport science and medicine, adding value to sport's performance programmes.

EIS's integrated teams working across sports will aim to share best practice as well as continually develop to ensure services are innovative and performance-driven to keep athletes in the best position as they strive for international success for years to come.



"The EIS is a significant component of the high performance system and we are committed to supporting the development of their practitioners in order to give sports the best possible opportunity to deliver performances on the world stage. The available expertise, both internal and external, the facilities, equipment and resources already provides significant added value to our sports and an excellent platform on which to build a key part of our post-London legacy."

JOHN STEELE, UK SPORT CHIEF EXECUTIVE