

# Developing Athlete Programme

Developing Strength, Developing Speed



## The Programmes

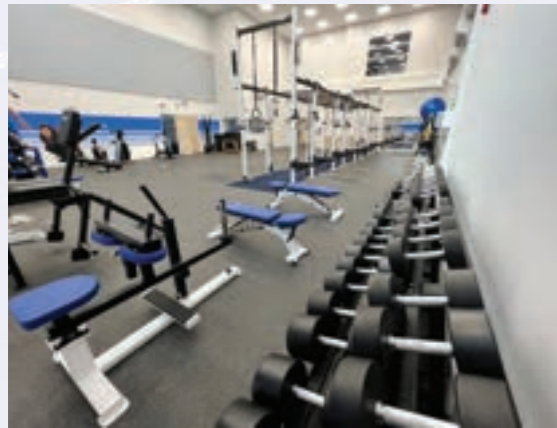
Leisure & Culture Dundee is offering 2 programmes designed to support the development of athletes and to complement their sports specific training.

- Developing Strength
- Developing Speed

By utilising the top class training facilities at the Regional Performance Centre we are aiming to develop the strength and speed of athletes wishing to progress through the performance pathway in their chosen sport.

## The Facilities

The Developing Strength programme will be held within the Performance Suite in the main building at the Regional Performance Centre while the Speed programme will take place in the Indoor Athletics Straight.



## The Benefits

There are many benefits to physical preparation programmes like these including:

- Reduced injury risk
- Increased strength
- Increased speed
- Increased reaction times
- Increased balance and coordination
- Improved motor skill development

**Get involved now  
to enhance your training and sporting potential!!**

**The coaches delivering this programme are:**

### Cameron Soutar

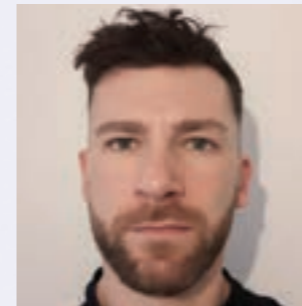
Cameron has over 5 years coaching experience since gaining his BSc (hons) degree from The University of Abertay Dundee. Currently he is one of the lead Strength and Conditioning (S&C) Coaches on the Dundee Athlete Physical Performance (DAPP) programme, a sportsScotland and Institute of Sport and Exercise at The University of Dundee joint programme, delivering S&C to identified talented athletes in the Tayside area. He is also a S&C coach at the University of St Andrews, currently lead coach for the tennis performance squad and previously lead for men's football and women's cricket. More recently he started his own coaching company Soutar Strength & Performance (supporting athletes in the Dundee area), as well as becoming the S&C coach for Forfar Farmington 19 NPL side.

Previously through his role at The University of St Andrews, Cameron assisted delivery of Dundee United 1st team S&C as well as the U18 squad. He has also previously worked with Scottish Golf and Netball Scotland, delivering S&C sessions to their youth performance squads.



### Luke Birmingham

Luke has been working as a strength and conditioning coach for 10 years. In this time, he has trained athletes to compete in Olympic and Commonwealth Games as well as younger athletes developing along the pathway of performance sport. He has worked with many different sports in a range of different environments to develop the physical capacities to perform at the highest level. He currently works as a physical preparation coach for sportsScotland Institute of Sport.



### Gordon Mowat

Gordon has been a Strength and Conditioning coach, supporting athletes and coach education for sportsScotland Institute of Sport's Performance Development Programme for 8 years, having been a UKSCA accredited coach since 2017. Having achieved a first class honours degree in Sport and Fitness in 2021, Gordon is now carrying out a MRes in Exercise Physiology, Nutrition and Training at present. Gordon has extensive experience training athletes across a broad range of sports, from grassroots to Commonwealth level throughout Scotland.



### Graham Thom

Graham has worked with developing athletes for 15 years and has been a UKSCA accredited coach since 2016. He has a PhD in exercise physiology focusing on improving performance in team sport athletes through high-intensity training. Graham has worked with athletes from a broad spectrum of sports, whose abilities range from complete beginners through to those competing at an international level. He is currently Head of Academy Sports Science with Dundee Football Club having headed up the academy strength and conditioning team for six years previously.



## Times

Individuals can book onto the following group sessions

Day	Time	Focus	Facility	Age Group
Monday	7 - 8pm	Speed Strength	Indoor Athletics Track Performance Suite	11 - 17
	8.15 - 9.15pm			11 - 17
Thursday	7.30 - 8.30pm	Strength	Performance Suite	11 - 17

## Cost

£7 per session

(If an athlete books onto 2 classes in the same week there will be a discount, £6 per session)

## How to book

Please complete the application form and return it to [rpcdundee@leisureandculturedundee.com](mailto:rpcdundee@leisureandculturedundee.com). A member of staff will contact you once places have been allocated.

## NEW - Club Sessions Available

Book a 5-week block for up to 16 of your club members to receive strength or speed training from a UKSCA Qualified Coach at the fantastic RPC facilities. At £75 per session, this offers over 30% discount\*\* on individual booking rates. To find out more and to identify suitable dates / times for your club, please e-mail [lisa.north@leisureandculturedundee.com](mailto:lisa.north@leisureandculturedundee.com).

\*\*Discount based on all 16 places being filled. Full cost of 5-week block for up to 16 athletes is £375 (less than £23.50 per athlete).

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culture** DUNDEE

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