EXCEL PACKAGE

DESIGNED TO HELP STUDENT CLUBS DEVELOP THE PHYSICAL AND ATHLETIC ABILITIES OF THEIR MEMBERS
WHAT IS THE EXCEL PACKAGE?

Based on our learnings from our elite athlete Sports Scholarship Programme, Royal Holloway Sport have been running the Excel Package since 2018/19.

The aim of the package is to help student teams who want to improve their performance at fixtures. This is primarily done by giving students on the package access to high quality strength and conditioning sessions.

In 2021/22, we are offering 30 spaces on the package, which will be awarded to teams based on an application process.

WHAT DO TEAMS ON THE PACKAGE RECEIVE?

Strength and Conditioning
These sessions are conducted by our specialist S&C Coach in Jane Holloway Studio and will be scheduled to allow students nominated for the package to receive two sessions per week.

Sports Psychology
Teams will be entitled to one free Sports Psychology talk throughout the year.
WHAT HAVE STUDENTS SAID ABOUT THE EXCEL PACKAGE?

100% of students surveyed said that the Excel Package improved their athletic ability and 95% said the Excel Package benefited their sporting performance.

"It was brilliant! The Excel package helped us increase our fitness to be able to keep up with much larger teams. It also helped team bonding and morale. The package is also great for preventing injury."

"I have become a much better athlete because of Excel and it has made the biggest positive difference possible. It has been hugely valuable to our team."

"I absolutely loved it, it has improved my performance as I’ve gotten stronger. I have also become more confident on a personal level."

"I think we can all agree that we are much stronger and athletically able following the Excel Package, definitely great to get exercise in that isn’t just training and to meet people from different sports and the environment is very encouraging."
HOW TO APPLY

APPLICATIONS CAN BE MADE BY COMPLETING THE EXCEL APPLICATION FORM ON THE STUDENT INTRANET BY 10 SEPTEMBER

Applications must be completed by a committee member of an SU sports club on behalf of one of their teams. Please note we will only be accepting applications for 1st teams.

HOW WILL WE ASSESS APPLICATIONS?

- Consultation of members - how well has the club consulted with their members regarding taking places on the package.
- Suitability of the package for the club - Does the package fit alongside other commitments of the team?
- What is the competitive level of the team?
- Overall strength of application
GOT QUESTIONS?

Email us at sports@royalholloway.ac.uk