

Race Walking at Leeds Met Carnegie



CARNEGIE FACULTY OF SPORT & EDUCATION

RACE WALKING AT LEEDS MET CARNEGIE

HISTORY

Carnegie College was established in 1933, and has developed a strong tradition of sporting excellence. Over recent years as part of Leeds Metropolitan University, innovative partnerships and links have been forged with professional sports teams and organisations. In 2008 it was announced that the University would be home to the UK Centre for Coaching Excellence, and in April 2009 it became the UK Athletics National Centre for Race Walking, with Dr Andrew Drake taking up post as the Carnegie Director of Race Walking.

FACILITIES & SERVICES

At the University the needs of the race walk athlete are delivered on site making it the ideal training camp location. The performance environment is focused on innovative support to optimise training, recovery, analysis of performance, lifestyle and education. The facilities and services at Leeds Met are ideal for all stages of the training year from pre-competition, to post-event recovery including:

- Eight lane outdoor track with full license for all events
- Road loops (some traffic free) on/close to campus
- World Class Olympic lifting gym – controlled access
- Cardio gym
- Free weights gymnasium
- Indoor swimming pool
- Several large sports halls
- Indoor track at the John Charles Centre for Sport (8 miles away)

CARNEGIE CENTRE FOR SPORTS PERFORMANCE & WELLBEING

The Carnegie Centre for Sports Performance & Wellbeing brings together sports science and coaching personnel at the University with a world class physiotherapy service at the Carnegie Sports Injury Clinic.

Sports Performance services include Exercise Physiology (e.g. environmental chamber, blood lactate profile and maximal oxygen uptake assessment, heart rate telemetry, basic lung function test, DXA assessment and body composition), Sports Psychology Consultation, Performance Analysis, Biomechanics/ Movement Analysis (e.g. treadmill/track race walk assessment including 3D video analysis), Strength and Conditioning, and Respiratory Services. For more information on the services available please telephone 0113 8129393 or email carnegiesportperformance@leedsmet.ac.uk.

PERFORMANCE COACHING

Here at Leeds Met we have a number of professional coaches who deliver event specific training across all the disciplines in athletics including race walking. We also have experts who deliver additional training components that are generic to all events and sports performance e.g. the core, lower limb and foot strength and stability, postural control, agility and co-ordination.

ATHLETE/COACH EDUCATION

Our expert staff can also provide an educational component to your training camp, tailoring a series of lectures and workshops to your athlete/coach needs.

The University library contains a comprehensive range of books, journals and electronic resources to support research and learning.

ACADEMIC COURSES AND SCHOLARSHIPS

Carnegie is a name that is synonymous with excellence in sport and the University offers sport, physical education and related courses together with a wide range of other subject areas. The University can provide scholarships for students who are competing at a high level in their chosen sport. Selected athletes will receive financial assistance along with a support services package tailored to their needs. Scholars are expected to target the major university competitions as part of their agreement.

LEEDS – THE BEST UNIVERSITY DESTINATION

Leeds is recognised internationally as a leading centre for learning. It is supported by an extensive rail, road and air network which makes travelling to Leeds quick and easy. Leeds-Bradford airport is 10 minutes away and Manchester Airport is one hour away.

ACCOMMODATION - CARNEGIE VILLAGE

In our brand new development of high quality purpose-built accommodation we can cater for squad groups or individuals. Carnegie Village is situated on Headingley Campus, overlooking the athletics track.

- Townhouses, studio flats, cluster flats and deluxe en-suite rooms available
- Includes fitted kitchen with dining and lounge area with sofas
- Refectory and coffee shop
- Commercial laundry facilities
- Digital TV available in some accommodation
- Telephone points in each bedroom
- Free internet access available in every bedroom
- 24-hour Security/CCTV/Access entry system

DR ANDREW DRAKE - CARNEGIE DIRECTOR OF RACE WALKING

"I am delighted to be taking up this position and appreciate the foresight of Leeds Metropolitan University and UK Athletics in giving race walking a permanent centre in the UK. We have some very exciting talent coming though in race walking in the UK, both in terms of athletes and coaches. We have a strong foundation in place and I look forward to developing race walking in the lead up to 2012 and building a legacy to last beyond the London Olympic Games."





CONTACT DETAILS

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