



UNIVERSITY COLLEGE CORK SPORT

PERFORMANCE FRAMEWORK



Mission, Vision
& Values

Contextual
Model

UCC Sport
Performance
Pathway: Empower
Student Athletes



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01. Introduction to the Performance Framework

The purpose of this framework is to outline key strategies, structures and processes that support University College Cork Sport Performance to achieve operational excellence in a complex sport environment.

This document aims to provide an understanding of the various layers of this framework:

- Guided statement
- Performance sports
- Support services
- Key strategic priorities



02. UCC Sport Performance Framework Purpose

The purpose of the UCC Sport Performance plan is to support and empower UCC Student Athletes to fulfill their full potential.

In line with the UCC Sport Strategy strategic goals, the Performance framework sets new strategies and initiatives to reposition University College Cork as the destination for development and performance.

03. Performance Vision and Values

Vision:

The globally renowned go-to university for sport performance in Ireland

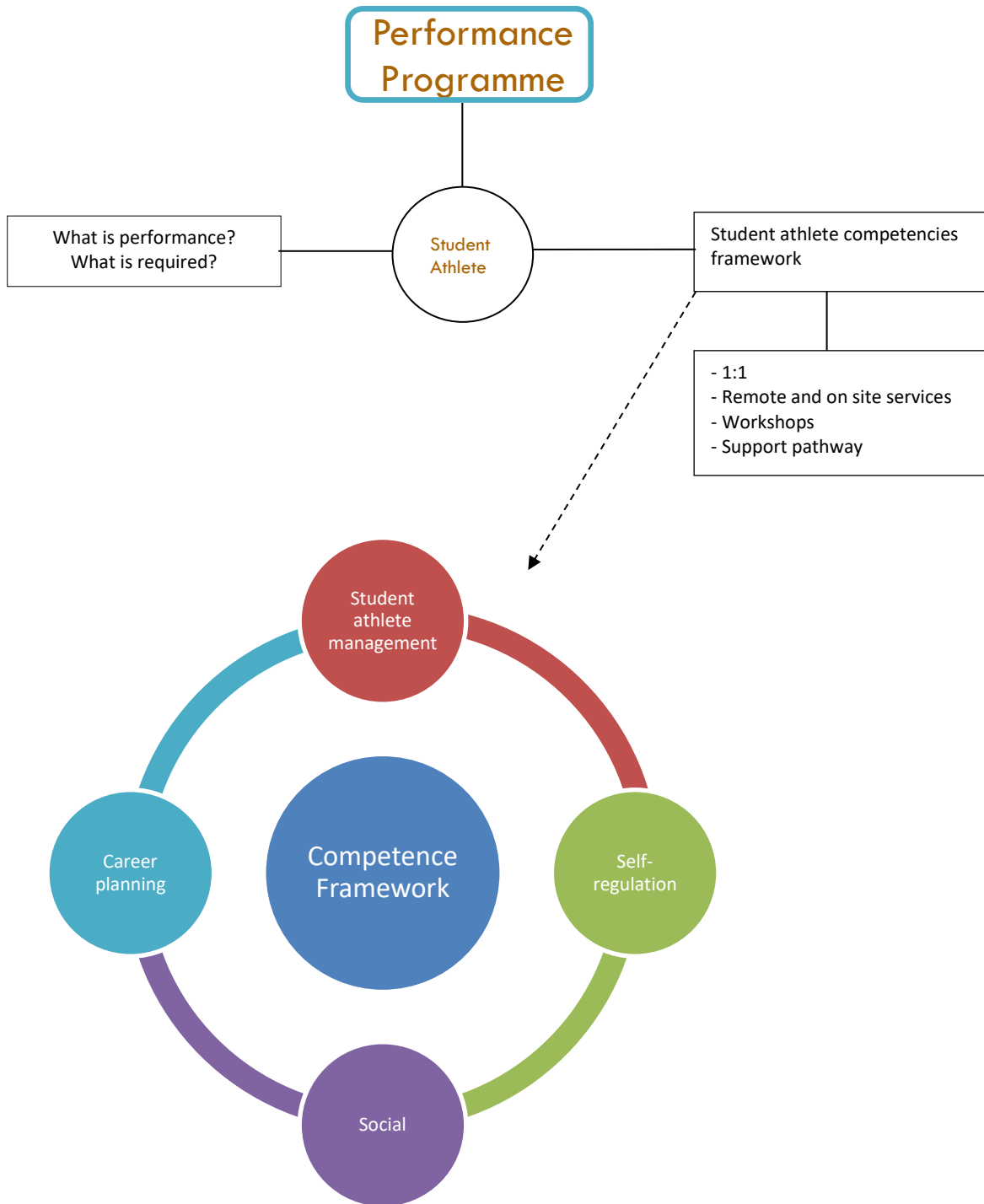
Values:

- *Ambition and grit*
- *Unity and respect*
- *Resilience and betterment*
- *Discovery and innovation*



Mission:

Developing student athletes through study and sport to allow them to fulfil their full potential.



Wylleman, P., De Brandt, K., & Defruyt, S. (2017)



04. Sport and Individual Student Athletes

Performance Sports

- Camogie
- Gaelic football
- Hockey Women
- Hurling
- Ladies Gaelic football
- Rugby Men
- Rowing Men & Women
- Soccer Men + Women

Individual Student Athletes

- Quercus sports scholar
- UCC sport scholarships (Gold, Silver and Bronze)
- *Invited performance athletes (based on criteria)*

05. Student Athlete Selection

The role of the UCC Sport framework is to identify student athletes with the greatest potential to contribute and to raise the profile of UCC Sport. Student athletes' categorization will be used to inform the prioritization of support to student athletes.

Student Athlete categorization

LEVEL	STANDARD
GOLD	Senior International
	Irish Underage International
	Carded Athlete – Funded
	Super League Level i.e. Basketball
	Golf Handicap 2 or less – Men's Golf Handicap 4 or less – Women
SILVER	Irish Universities
	Schools International
	Senior Schools Champion
	National Junior Champion
	Carded Athlete – Non Funded Rank Top 3 in age group for event
BRONZE	Provincial Level Representation
	Coupe De Jeunesse - Rowing
	Talented Athlete – Potential to Develop

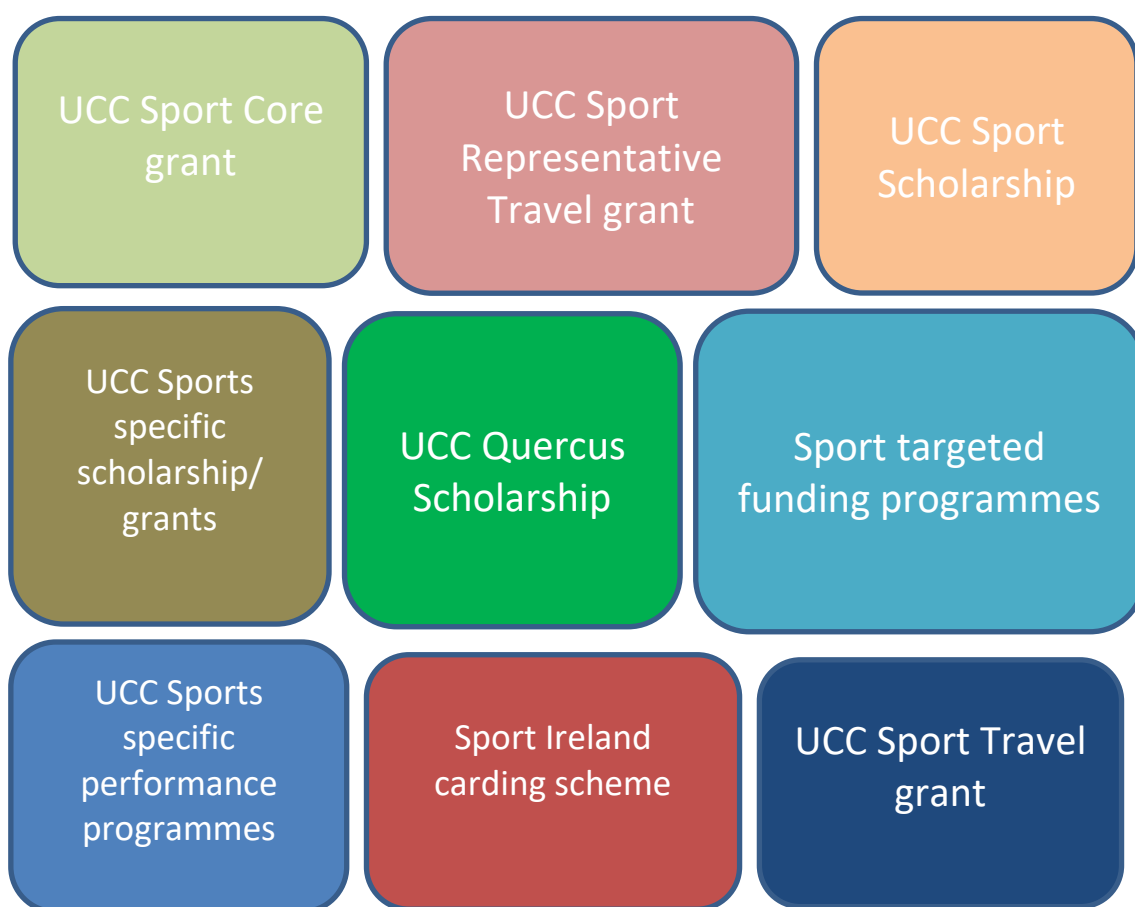


06. Support Services

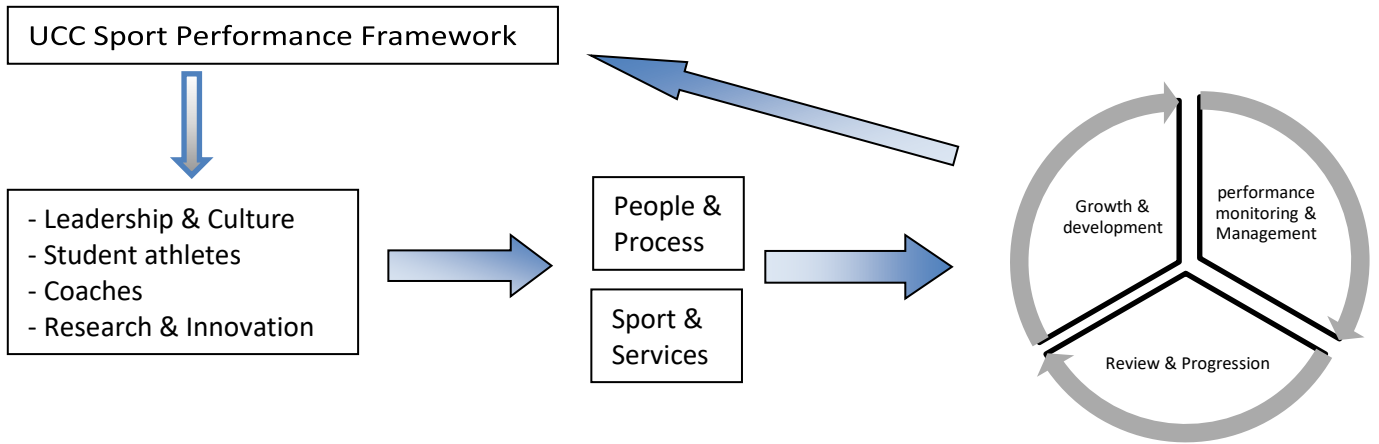
Level	Quercus Student-Athlete	Gold Scholarship Student-Athlete	Silver Scholarship Student-Athlete	Bronze Scholarship Student-Athlete	Performance (invite only) Scholarship Student-Athlete	Performance Teams
<i>Award</i>	<ul style="list-style-type: none"> - Reduced CAO Points Entry (if required) - Campus Accommodation - Fee Waiver - Bursary - Life Coaching - Access to support services performance programme 	<ul style="list-style-type: none"> - Funding to the value of €2,000 - Access to support services performance programme Coaching, physiology, sports science and medical support 	<ul style="list-style-type: none"> - Funding to the value of €1,000 - Access to support services – performance programme - Coaching, physiology, sports science and medical support 	<ul style="list-style-type: none"> - Access to support services – performance programme - Coaching, physiology, sports science and medical support 	<ul style="list-style-type: none"> - Access to support services – performance programme 	<ul style="list-style-type: none"> - Access to support services – performance programme
<i>Support available as part of the performance programme</i>	<ul style="list-style-type: none"> - Physiological testing - Strength and Conditioning support - Nutrition & Sport psychology talks - Performance lifestyle (goal settings/time management) - Academic Support (UCC Skills) - Access to Quercus Lecture Series - Flexible academic arrangements - Online/remote support - Student Athlete forum - Leadership workshops 					



07. Levels of Funding and Different Programmes available to Support the UCC Performance Framework



07. Contextual Model



08. The Performance Support Staff

Morgan Buckley *UCC Head of Sport* | Michele Power: *Quercus Talented Students Programme* | Christine O’Donovan *Deputy Director of Sport & Physical Activity* | Jeff Gomez *Performance Manager* | Greg Yelverton *Soccer Development Officer* | Jack Casey: *Rugby Development Officer* | Paudie Hartnett *Hockey development Officer* | John Granger *GAA Development Officer*

- | | | | | | |
|---|--|---|---|---|---|
| <p><u>S&C</u>
Dave O’Connell
Deirdre Morrison
Joe Horgan
Lisa Hayes</p> | <p><u>Physio</u>
Brid McEvoy
Mardyke Arena
Clinic
External</p> | <p><u>Physiology</u>
Trevor Woods</p> | <p><u>Sport Psychology</u>
External</p> | <p><u>Performance Lifestyle</u>
Jeff Gomez
SDO
External</p> | <p><u>Sport Medicine</u>
Student Health
(M Byrne, J Dwyer)
External</p> |
| <p><u>Performance Analysis</u>
Lenny Brown</p> | <p><u>Nutrition</u>
External</p> | <p><u>Classes/Yoga/Pilates</u>
Mardyke Arena
+
External</p> | | | |



09. Academic Support

Student–Athlete Academic Liaison

The academic liaison enable and support student athletes to perform to their academic and sporting potential. This support structure is committed to integrate sport within the educational mission of the University and creating and supporting a culture of success. This encourages and supports each student athletes' pursuit of both academic and athletic excellence.

Academic support can include some or all of the following depending on the student athlete situation:

- Extension of academic degree programme - split an academic year into two without financial penalty
- Sit an exam remotely if away at a training camp or competition
- Class exam - options available if unable to sit it at time of asking due to training camp or competition
- Exam deferral without penalty - ie defer summer exam until the autumn with result not capped. (However, it should be noted that you do not have the option to repeat an exam if you fail in these circumstances
- Assignment extension
- Appointment of an academic support person (Quercus scholarship only)

UCC Skills Centre (<https://www.ucc.ie/en/skillscentre/>)

The Skills Centre provides a dedicated, responsive and active learning space for the enhancement of study skills and is committed to further contributing to a positive and successful student experience here in UCC.

The Skills Centre enhances the student experience through the provision of customised workshops and sessions. These sessions will help develop and enhance students skills. They offer a free and friendly place for all UCC students to come and improve their study skills, writing technique and presentation skills.

Peer tutors and staff members facilitate group sessions, one to one appointments and drop-in sessions. Core learning is strengthened through the delivery of study strategies, providing the scaffolding and building blocks for independent and critical thinking.



10. UCC Sport Performance Support Framework & Pathway

UCC Sport support framework includes three focus areas for sport partnerships and support.

1. Quercus Talented Student Programme

The Quercus programme provide high performance sports scholarship and support to the student athlete who demonstrated an exceptional level of excellence in their chosen sport.

2. UCC Sport Scholarship

The UCC Sport Scholarship programme has two main strands:

1. *UCC Individual Sport Scholarship*-which is divided into three levels: Gold, Silver and Bronze. The individual Sport Scholarship is open to applicants involved in team sports and individual sports other than the core sports
2. *UCC Core Team Sport Scholarships*, which covers Hockey, Rugby, Soccer and GAA (which incorporates Gaelic Football, Hurling, Ladies Gaelic Football and Camogie).

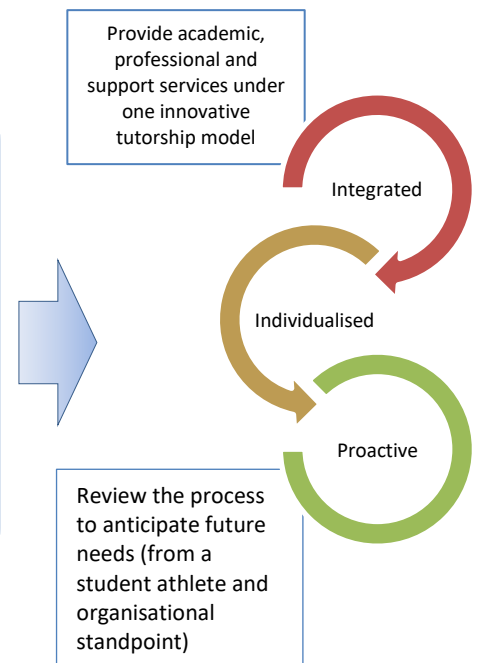
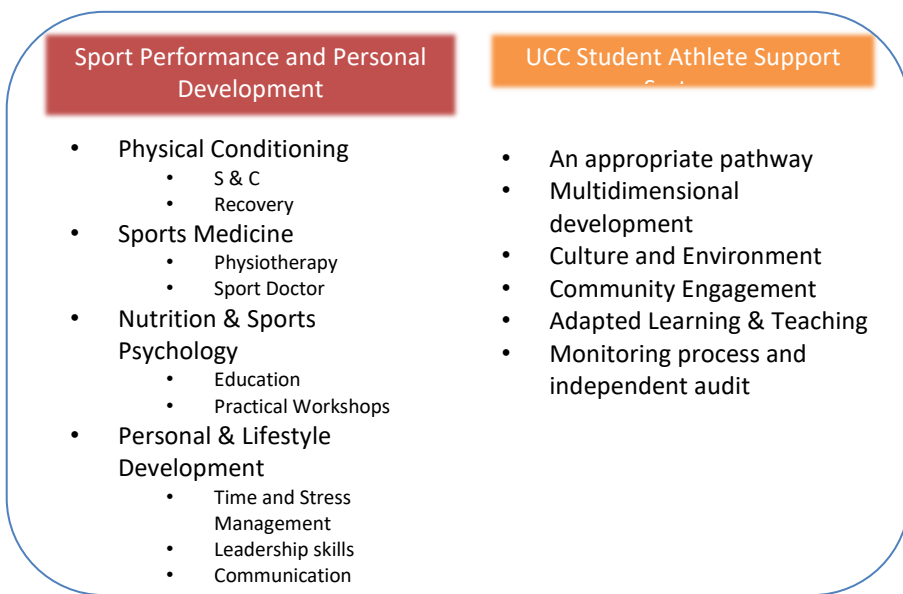
3. Emerging Talent Programme

This programme supports young athletes aged from 15 to 18 years old and provide support for a high performance training. This aim of this programme is to educate and empower talented young athletes to achieve and pursue excellence in their chosen sport.



11. Performance Centered Culture & Performance Planning

The UCC Sport Performance framework adopts a world best mindset approach to performance planning and service delivery. Our collaborative and 'live' planning approach supports coaches, service providers and sport administrators to meet individual delivery and development needs of student athletes and therefore connecting individual excellence to performance.



Student Athlete: An individualised student athlete approach to maximize the full potential

Coaching: A support approach, focused on supporting continuous improvement and an enhanced leadership capability.

Sport: A collaborative partnership based approach, prioritising support for approved sports and athletes.

Support Services: Connecting with local expertise within UCC Sport, the UCC community and Mardyke Arena

Performance Team: Enabling our performance support services to operate more powerfully together.

Project Based Collaboration: A collaborative,



12. UCC Sport Performance Pathway: Empower Student Athletes

The UCC Sport Performance framework will focus on key strategies in order to enable UCC Student athletes to develop and fulfill their full potential.

STRATEGIES

Education:

- Educate student athletes about the importance and values of life skills. Innovative thinking, exploration and implementation are encouraged.
- Educate student athletes on the importance of proactivity and put them in a prime position to control their study and sport.
- Develop practices, which requires student athletes to be held accountable.
- Create opportunities to support the personal develop of student athletes:
 - Implementation of a student athlete forum
 - Encourage student athletes to identify and assists with local community projects, social activities and programme designed to raise awareness about sport and the accomplishment of student athletes.
 - Develop and implement a leadership training workshops for student athletes
 - Design and implement a mentoring support system among student athletes.

Communication:

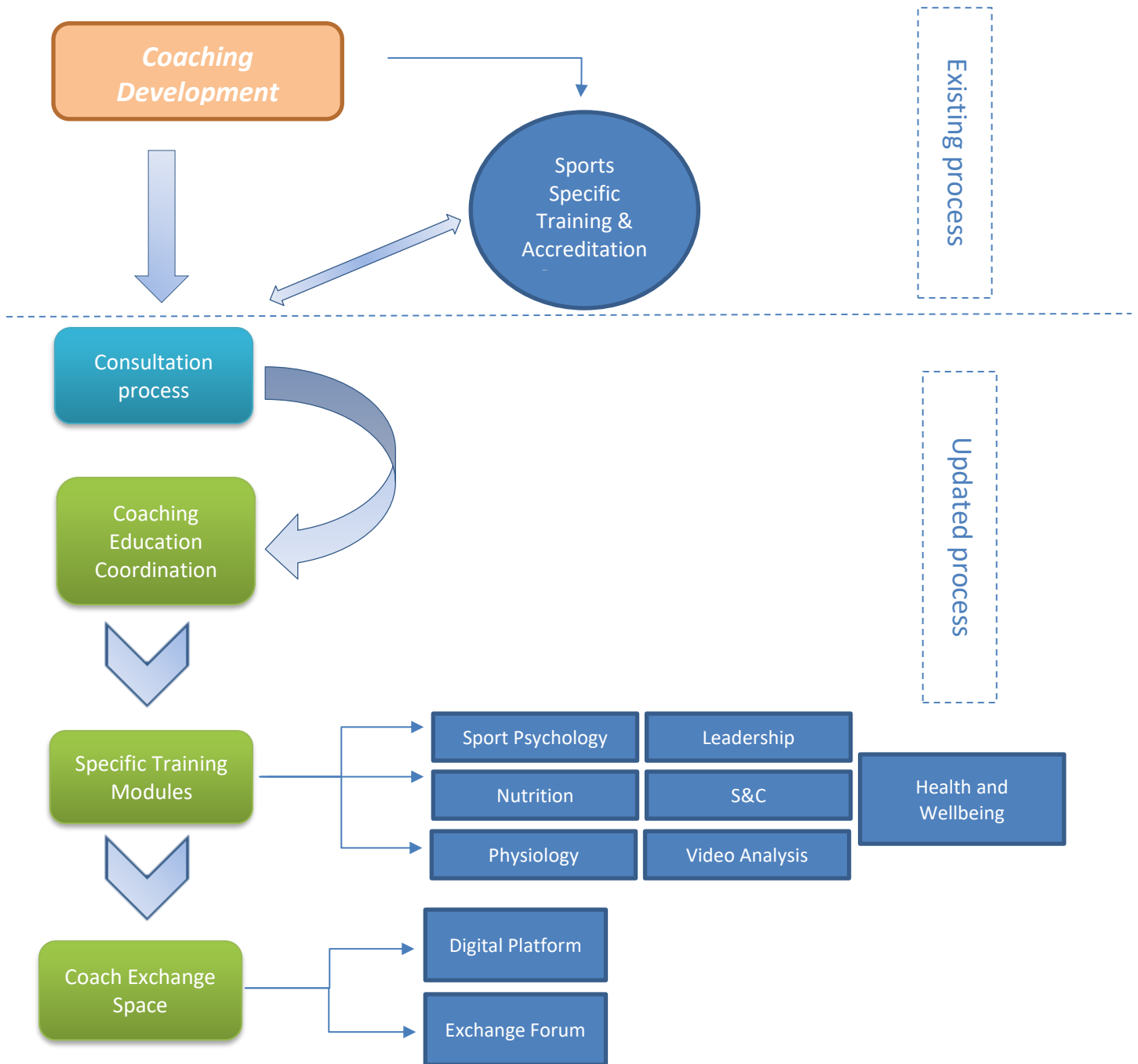
- Implement and develop innovative messaging to develop, promote and effectively convey student athletes' stories.
- Upgrade and enhance a UCC Sport Student athlete web platform aimed at informing student athletes on the various services available to them
- Foster relationships with former student athletes

Enhance Performance

- Sport Specific S&C programme
- Provide psychological and nutritional workshops to help student athletes enhance their performance and wellbeing
- Develop a collaborative model of health care across University and external medical services
- Provide educational programming to assist student athletes with leadership, personal growth and decision making skills



13. UCC Sport Performance Pathway: Supporting Coaches



14. Performance Strategy & Management Committee

The UCC Sport Performance committee is composed of:

Morgan Buckley *UCC Head of Sport* | Michele Power: *Quercus* | Christine O'Donovan *Deputy Director of Sport & Physical Activity* | Jeff Gomez *Performance Manager* | Greg Yelverton *Sport Development Officer Representative* | Trevor Woods *UCC Sport Exercise Physiologist* | Daniel Moloney *UCC President Club Executive*

The role of this committee is to:

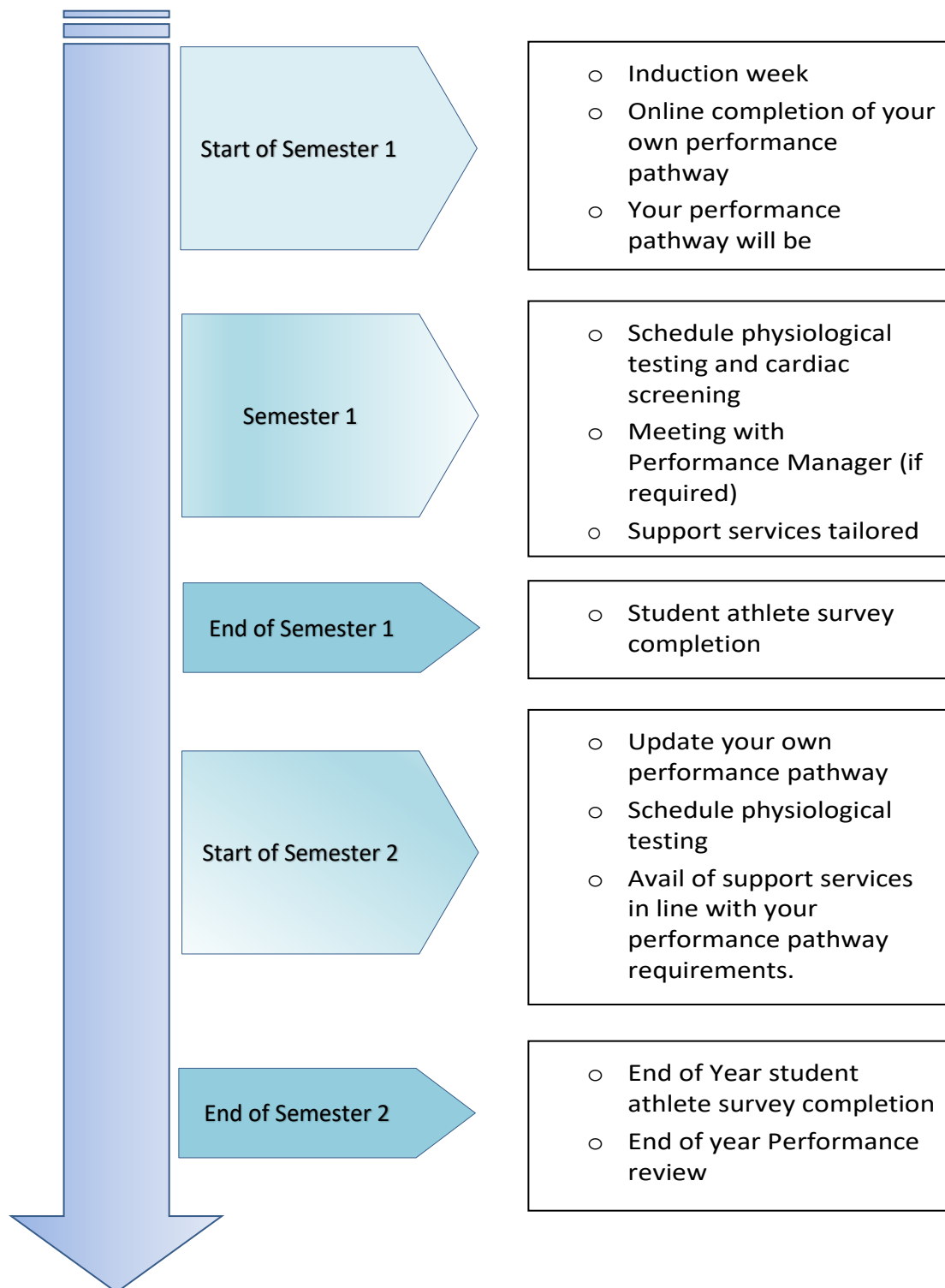
1. Keep UCC Sport HP vision, strategic priorities and values at the forefront of associate decision-making.
2. Review the effectiveness and development of the HP strategy.
3. Empower staff and accountability.
4. Provide opportunities for debate, learning and sharing of complex issues associated with the UCC Sport HP development and implementation.
5. Evaluate, explore and discuss opportunities to enhance the UCC HP Strategy



Graduate Attributes Programme

Appendix 1. A brief summary guide

This brief layout below will provide a summary of what to expect once you join UCC as a student athlete.



Appendix 2. Key Contacts

UCC Sports		
Head of Sport & Physical Activity	Morgan Buckley	morgan.buckley@ucc.ie
Deputy Head of Sport & Physical Activity	Christine O'Donovan	C.odonovan@ucc.ie
Sport Administrator	Emma Martin	emma.martin@ucc.ie
Exercise Physiologist	Trevor Woods	t.woods@ucc.ie
UCC Sport Development Officers		
UCC GAA	John Granger	J.Grainger@ucc.ie
UCC Hockey	Paudie Hartnett	P.Hartnett@ucc.ie
UCC Rugby	Jack Casey	j.casey@ucc.ie
UCC Soccer	Greg Yelverton	G.Yelverton@ucc.ie
Performance Manager UCC Sports/Mardyke Arena		
	Jeff Gomez	J.gomez@ucc.ie
Mardyke Arena UCC		https://www.mardykearena.com/contactdetails.cfm
Quercus Talented Student's programme		
	Michele Power	Mpower@ucc.ie
Clubs President		
	Daniel Moloney	president@uccclubs.ie
Keep Well Digital Platform		
- Mental Wellbeing	https://www.ucc.ie/en/keep-well/	
- Physical WellBeing		
- Environment & Behaviour		
- Social Wellbeing		
- Crisis Contacts		
- Tools & Resources		
- Contacts		
Physioterapist		
	Brid Mc Evoy	Telephone enquiries: 4902311 https://www.ucc.ie/en/studenthealth/about/contact/
	Mardyke Arena Clinic	https://ucc.connect.tm3app.com/
Sport Medicine		
		Telephone enquiries: 4902311 https://www.ucc.ie/en/studenthealth/about/contact/
UCC Skills Centre		Skillscentre@ucc.ie



Appendix 3. Support Tree

SUPPORTING UCC STUDENTS IN 2020/21 SUPPORT TREE SHOWING STUDENT SERVICES

The "Acorn to Mighty Oak" has come to symbolise students' academic, personal and professional development journey throughout their time at UCC. In alignment with this rich metaphor, the support services available to students are presented in the form of a **Support Tree**. This tree depicts the support services currently available to students and provides links to further information about each service.



<https://www.ucc.ie/en/media/support/studentexperience/SupportTreeInfo>



Graduate Attributes Programme