

Durham Institute of Sport Video transcript

[Text and logo: Durham Institute of Sport]

[Video montage of athletes carrying out different sports]

[Audio: upbeat background music with speech]

[Tia]

Durham Institute of sport is a talented athlete programme. It is designed to help and develop County Durham's up and coming athletes.

[Simone sitting in the gym, talking to the camera] [Text: Simone, Taekwondo]

[Simone] When I first took up Taekwondo, I was four.

[Joshua sitting in the gym, talking to the camera] [Text: Josh, wheelchair fencer]

[Joshua]

My name is Joshua Widell and I am a GB wheelchair fencer.

[Tia, standing on the athletic track outside, talking to the camera] [Text: Tia, sprinter]

[Tia]

I took up the sport of athletics when I was twelve.

[Jack sitting in the gym, talking to the camera] [Text: Jack, golfer]

[Jack]

I've been on the programme now since 2014. Now I'm ranked in the top five hundred in the world and for a young lad from County Durham I think that's pretty good.

[Joshua sitting in the gym, talking to the camera]

[Joshua]

From a month of being on this programme I was able to become Under 17 World Champion.

[Travis, standing on the athletic track outside, talking to the camera] [Text: Travis, sprinter]

[Travis]

I want to go to Paris Olympics in 2024 to do the 400 metres.

[Video of Joshua pointing a fencing sword towards the camera]

[Joshua]

The 2024, Paris paralympic games, I think it will be gold is where I get it in.

[Video montage of athletes carrying out different sports]

[Jack]

The facilities here are absolutely amazing. We've got access to some of the best strength and conditioning coaches in the country.

[Simone sitting in the gym, talking to the camera]

[Simone]

One of the best things for DIS is that they give us free access to sports facilities across County Durham. So, we've been able to go in and use them for free.

[Tia, standing on the athletic track outside, talking to the camera]

[Tia]

The DIS workshops have helped me massively, especially when involving psychology. Because, I feel like that's a massive thing in athletics and mental health does drive you to help you succeed and I think it's been really important to help me recognise my weaknesses in order to improve my performance.

[Travis, standing on the athletic track outside, talking to the camera]

[Travis]

What I like best is the nutrition side of it because ever since before I joined the programme I never used to eat that much and if I did eat it would be only the same thing, constantly, all of the time.

[Video montage of athletes carrying out different sports]

[Joshua]

With each programme being tailored to each athlete and kind of me being in a chair it's kind of it's very it's very specific.

[Video montage of Tia and Travis on the athletics track]

[Tia]

What I like best about the programme is the physio screening because it helps identify my strengths and weaknesses which I can then relay back to my coach to help develop my performance.

[Travis]

The strength and conditionings helped me in many ways. It's helped me progress in my start, it's helped me to get my correct running technique.

[Video montage of gym equipment]

[Jack]

Having access to things like the leisure centres, all the gyms, the nutrition workshops, the psychology workshops, injury prevention, it's just them little one percent's that improve your performance.

[Simone practicing taekwondo]

[Simone]

As individual sport you think your always by yourself but you're not because you've always got a team behind you. Like especially with DIS.

[Jack practicing golf]

[Tia]

I think being involved in the DIS programme has really helped my confidence because I think I've been recognised for my sport, and I understand that I am good.

[Video montage of Tia and Travis on the athletics track]

[Jack sitting in the gym, talking to the camera]

[Jack]

For me as an athlete it's an absolute privilege to be on the DIS programme. I'm surrounding myself with the best athletes in the region. I know that each athlete is going to excel and try and push each other on.

[Video montage of athletes carrying out different sports]

[Tia]

County Durham has some fantastic athletes, and we all work together to help reach our sporting potential.

[White background with Durham Institute of Sport Logo]

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