

## Durham Institute of Sport video transcript

[At the top left of the image a Durham County Council logo followed by the text 'Durham Institute of Sport.' is displayed. Both are visible throughout the video.]

[Uplifting music plays throughout the video. The sound level reduces when people speak.]

[A Durham Institute of Sport (DIS) branded introductory video clip plays. The screen is split into three squares separated by black bands and with a yellow dot between the first two squares and above the third outline in black. Each square shows a series of short video clips, in quick succession, of a variety of sports including swimming, cricket, rowing, sprinting and it ends with each square turning into the Durham Institute of Sport logo which has three main squares of colour – blue, green and red, with two yellow dots and all with bands of black separating them.]

[Text on screen: Emily.]

[No video of Emily speaking is shown. As Emily speaks a series of video clips are shown with different views of her as an athlete running on an outdoor running track towards the camera.]

[Emily]

I'm an athlete, I'm a triple jumper.

[Text on screen: Zoe.]

[No video of Zoe speaking is shown. As Zoe speaks a series of video clips of her are shown in the following order;

The feet of Zoe as an athlete with a white football, standing on an outdoor grass football field, controlling the ball whilst running, dropping and controlling a received long kicked ball and then passing the ball.]

[Zoe]

I'm 18 now and I'm playing for Durham in the Super League 2 and Scotland Under 19s.

[Text on screen: Dan.]

[No video of Dan speaking is shown. As Dan speaks a series video clips of him are shown in the following order;

Head and shoulders view of Dan wearing a protective cricket 'head cage' helmet, at the stumps watching for the cricket ball.

Dan runs and then bowls the cricket ball towards the [out of shot] stumps in an indoor sports building.]

[Dan]

Pretty much since six, non-stop cricket.

[Text on screen: Amy.]

[No video of Amy is shown speaking. As Amy speaks a series of video clips of her as an athlete are shown in the following order;

Practicing in an indoor sports building on the parallel high bar equipment. She grips the bar above her head and swings to a full turn around the bar with straight body and arms outstretched, then releases her grip to do a backward somersault, after which she lands standing upright beside her coach.

Amy does a somersault on the Beam, whilst both her arms are held outstretched to the sides.]

[Amy]

I'm a gymnast. I started when I was three and it's just set off from there really.

[Text on screen: Reece.]

[Reece's Dad speaks for Reece. No video of Reece's Dad speaking is shown. As Reece's Dad speaks a series of video clips are shown of Reece as an athlete, in the following order;

Close up view of Reece's face focusing on the task ahead.

Reece in the starters blocks at the start of an outdoor running track, getting ready on the marks, set crouched, then setting off and running on the track.]

[Reece's Dad.]

Reece is a sprinter. He does 100 metres, 200 metres and has started doing 400 metre sprints.

[No narration, video clips are shown in the following order;

The athletes training lifting weights on the Squat Racks in the indoor gym area at the sports building.

A cricketer practicing at the stumps with a close-up view of the bat, stumps and their legs with protective padding on.]

[Text on screen: Isaac Mitchell, Durham Institute of Sport (DIS), Coordinator.]

[Head and shoulders view of Isaac speaking to camera. As Isaac speaks a series of video clips are shown in the following order;

A coach lifts an athlete to enable her to start practicing swinging and turning on the bar equipment.

Eight athletes are sat rowing in the rowing practice machine.

Athletes training lifting weights on the Squat Racks

A man with headset and microphone sat at a desk with another person.

A close-up view of an athlete 'chalking' their hands to aid grip.]

[Isaac]

Durham Institute of Sport is all about supporting County Durham's most talented athletes and coaches to achieve their potential. We do this by providing a range of support services which will ultimately lead to increasing the probability of them having sporting success.

[No video of Zoe speaking is shown. As Zoe speaks a series of video clips are shown in the following order;

A footballer controlling the ball.

An athlete training in the gym.

Various video clips of an athlete laid on a bench receiving physiotherapy to different parts of the body, including their back and knee. Text on screen reads 'Physiotherapy'.]

[Zoe]

Through the scheme they offer the opportunity to have physiotherapy. It's ideal that I can access that if I need it.

[As Reece's Dad speaks to camera Reece is standing beside him. A series of video clips are shown in the following order;

Reece stood outside near the running track with his dad, another person and Isaac, and then with Isaac and another person talking. Text on screen reads, 'Strength and Condition'.

Close-up of a runner's shoes in the racetrack starting blocks, followed by a track view of the athlete setting off from the blocks and running.]

[Reece's Dad]

The support has been fantastic. At first we were unsure with Reece having a learning disability, but strength and condition's been absolutely fantastic. He's competing at a much higher level now than what he would've been without Durham Institute of Sport.

[As Amy speaks to camera a series of video clips are shown in the following order;

Amy in the gym using the bars on a gym apparatus frame to pull herself up above head height (Military press exercise).]

[Amy]

We get access to the gym as well, where we do fitness.

[No video of Emily speaking is shown. As Emily speaks a series of video clips are shown, of Emily using bar weights, chalking her hands from a bowl of chalk powder and using the gym equipment.]

[Emily]

Well, I do weights and it's really specific to my triple jump, so I can relate every aspect of the gym to triple jump and it's really helped me improve.

[As Reece's Dad speaks to camera, with Reece standing beside him, a series of video clips are shown in the following order;

A view of the outdoor running track and football field.

The swimming pool water

The entrance doorway and steps to Spennymoor Leisure Centre.]

[Reece's Dad]

It's not just about coming down and paying for the track. He can go for a swim, he can access anything he wants in County Durham.

[No video of Dan speaking is shown. As Dan speaks a video clip shows the reception area inside Spennymoor Leisure Centre, with a customer carrying a large holdall for several racquets walking towards the person at the reception desk.]

[Dan]

It's really good that Durham Institute of Sport offer these facilities for free, with no financial burden on yourself.

[Video clip of Amy chalking a bar, followed by her using the apparatus and with her trainer ensuring safety.]

[Text on screen: Mentorship]

[As Zoe speaks to camera a series of video clips are shown in the following order;

Zoe outside on the football pitch heading a ball and then running and controlling the ball.

Zoe studying indoors with fellow athletes.

Athletes using trampolines in the sports building.

Zoe sat socialising with friends.

[Zoe]

Athlete mentorship scheme offers an opportunity for players that are maybe having a bit of struggle with balancing studying, training, social life.

[As Dan speaks to camera a series of video clips are shown in the following order;

Reece in running gear listening to his trainer as his trainer makes actions with his arms while they are stood near the running track.

Athletes using gym equipment.

An athlete practicing running technique, running on the track as it gets dark.]

[Dan]

The key benefits, I'd say, are someone to talk to, you know, if you've got problems... or do you want to do this commitment or this commitment, he can sort of guide you through that.

[As Emily speaks to camera a video clip moves to a closeup of the DIS logo on a sweatshirt.]

[Emily]

Through the mentorship scheme I've been given advice on where I can find funding.]

[Text on screen: Workshops.]

[No video of Reece's Dad speaking is shown. As Reece's Dad speaks a series of video clips are shown in the following order of athletes being tutored.

A man sat at a desk talking to the seated athlete.

Athletes sat in rows taking notes from the tutor stood speaking to them.]

[Reece's dad]

It opens up workshops to help Reece with nutrition.

[As Dan speaks to camera a series of video clips are shown in the following order;

An athlete receiving physiotherapy on their knee.

A lady speaking into a microphone and wearing a headset.

A person's hand adjusting a media mixer desk.

A person seated taking written notes.]

[Dan]

Another workshop we've had is injury prevention. Then we've also had a media workshop. Another workshop we've had is sport psychology.

[Head and shoulders view of Isaac speaking to camera. As Isaac speaks a series of video clips are shown in the following order;

An athlete practicing bowling in the sports building.

Athlete's practicing in a practice rowing machine.

An Athlete practicing on the high parallel bars, moving from one bar to the other.

Close view of cricketer at the stumps.

Athletes studying.]

[Isaac]

By working closely with the governing bodies we can make sure that we're supporting the athletes at the right time with the right support services. Whilst we provide a menu of opportunities for that athlete to access, we then work with them to tailor that support. So each athlete will have a slightly different package that suits their needs.

[Text on screen: Nick Ruddock, Womans Artistic National Coach, British Gymnastics.]

[As Nick speaks to camera a gymnast performs a somersault on a trampoline with the coach observing from the side.]

[Nick]

Our job as coaches is to maximise the athlete's potential and to give them the best opportunity that they can to achieve their dreams.

[As Isaac speaks to camera, video clips are shown in the following order,

Closeup view of the DIS logo on the back of a black Tshirt.

Coaches speaking to groups of gymnasts.]

[Isaac]

We engage with the coach, we make sure that the coach understands what we're doing with the athlete.

[As Nick speaks to camera from the gymnastics area, video clips are shown in the following order,

A gymnast completes a double forward somersault and lands in the soft foam landing pit.

A physiotherapist, practicing skills on an athlete's shoulder.

A gymnast practicing a double backward somersault on the Beam

A footballer practicing skills in the goalmouth

An athlete sprinting on the track.]

[Nick]

In terms of the standard of the athletes it's always going up and that's a real challenging for us. What sports science and sports medicine can add to that, and strength and conditioning, is looking at injury prevention, benefitting and maximising the human body potential and making sure that the athlete again is going to fulfil their physical potential.

[As Reece's Dad standing with Reece speaks to the camera, a series of video clips are shown of Reece as an athlete in the following order;

Reece sprinting on the track, running towards the camera.

Reece with groups of other athletes

[Reece's Dad]

He started the season 12.24 and he's brought it 100 metres down to 11.4.

[As Emily speaks to camera from the side of the track a series of video clips are shown in the following order;

Closeup view of spiked running shoes being fastened.

Emily warming up and then practicing long jump steps on the track.

Emily lifting bar weights in the gym.

[Emily]

Well, when I started training here, I think my PB was 11 metres 22 and I've improved 50cm on that and managed to compete for England.

[Reece's Dad stood with Reece at the side of the track.]

[Reece's Dad]

It's a pleasure as a parent to see your child doing so well and for being given this wonderful opportunity that Durham Institute of Sport offers.

[As Nick speaks video clips are shown in the following order;

The DIS logo on the back of a footballer who then kicks a ball into goal.

A gymnast practicing a somersault on the Beam.

Athletes lifting weights and putting strapping on their wrist.

An athlete on the track crouched over, exercising their legs to warm up.]

[Nick]

We're trying to be as proactive as we can now, identifying real talent at a young age and making sure we iron out the creases so that they're able to fulfil their potential, with the support services that DIS are offering.

[Text on screen: DIS logo at top centre of screen, followed by white text on a black background which reads,]

Durham Institute of Sport

[www.durham.gov.uk](http://www.durham.gov.uk)

03000 266 555

[Music fades out]

[Text on screen reads, a film by three motion. Copyright symbol.]

[End of video]