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LEADERSHIP



HIGH PERFORMANCE INSTITUTE AT
GEMS METROPOLE MOTOR CITY



مدرسة جيمس متروبول
GEMS Metropole School
MOTOR CITY



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WELCOME NOTE

Dear Parents and Guardians,

I am delighted to share exciting news with you regarding a significant development at GEMS Metropole School. As the Director of Sport, it brings me great pleasure to introduce you to our latest addition: the High Performance Institute (HPI). This cutting-edge facility has been carefully designed to enhance the athletic potential of our students, whilst promoting their physical and emotional wellbeing.

The HPI will serve as a hub of excellence, offering an array of resources and expertise to drive high performance in sports. We are proud to have Conor Clarke, an experienced and dedicated Strength and Conditioning Coach and teacher as part of the team. Conor will work closely with our students, designing personalised training programs tailored to their individual needs. With his guidance, our students will develop the strength, speed, agility, and endurance required to excel in their chosen sports.

In addition to Conor Clarke, we are fortunate to have Brad Mant as our Sports Nutrition Coach. Brad is a highly qualified nutritionist and teacher who will provide expert guidance on fueling the body for peak performance. He will educate our students on the importance of appropriate nutrition and hydration strategies. By working closely with Brad, our students will gain the knowledge and understanding necessary to make informed dietary choices that optimize their athletic potential.

To ensure accurate assessments and tracking of our students' progress, the HPI will be equipped with state-of-the-art equipment; InBody Scanners will be available to provide precise measurements of body composition, including body fat percentage and muscle mass. This information will enable our coaches to tailor training programmes specifically to the needs of each student, ensuring they receive the most effective support possible. Moreover, we will have the privilege of offering LUMI Recovery ice baths as part of our recovery regimen. These ice baths have proven to be highly beneficial in reducing muscle inflammation and accelerating recovery. By incorporating this advanced recovery technique into our athletes' routines, we are prioritizing their physical and emotional wellbeing, enabling them to perform at their best.

Thank you for your ongoing support as we strive to provide the best possible opportunities for our students. Together, we can nurture their athletic potential and foster a culture of excellence at Metropole School.

Sincerely,

Mike Lowery
Director of Sport



MEET THE HIGH PERFORMANCE TEAM



Mike Lowery
Director of Sport



Conor Clarke
Head of Strength and
Conditioning
Sub-speciality: Recovery



Brad Mant
Head of Sports Nutrition
Sub-speciality: Mindset of an
Athlete



The High Performance Institute shows Metropole's commitment to striving for excellence and well-being – there is simply nothing else like this in the UAE.



HIGH PERFORMANCE INSTITUTE: STRENGTH AND CONDITIONING

Strength and conditioning is becoming a key element in the development of athletes. From the moment the athlete starts their warm up, we want to develop the body to be able to perform at the highest levels and give the athlete the extra 1% they need to compete. The HPI offers athletes the opportunity to train to maximum capacity with a fully dedicated strength and conditioning coach guiding them through their journey towards excellence.

To do this we will design tailor made programs specific to the athletes sport which in turn will unlock the potential in our Mustangs!



Strength and conditioning is the foundation upon which athletic success is built. It is the bridge that transforms potential into performance.



A study by Emery et al. (2015) found that strength training reduced the risk of sports-related injuries in young athletes by 66%”



What the HPI: Strength and Conditioning will offer students at GEMS Metropole

- All Active school students (Years 7 to 9) have access to fundamental strength and conditioning as part of their PE curriculum
- All Mustang Squad players from Year 9 upwards will be able to access the HPI on a weekly basis during their season to follow their sport specific programme – this can be tracked using TeamBuilder



TEAMBUILDER

- Termly parent workshops to educate the wider community. These workshops will include topics such as age specific strength and conditioning, cold water therapy, and sleep.



HIGH PERFORMANCE INSTITUTE: SPORTS NUTRITION

Nutrition plays a crucial role in childhood development and overall well-being. It also supports cognitive functioning, emotional wellbeing and strengthening the immune system. We believe that providing all students in the Active School the opportunity to explore the foundations of healthy eating habits then translate this into sports nutrition by providing our Mustangs with bespoke meal plans to drive performance.



Sports nutrition can provide students with the knowledge and tools needed to improve their athletic performance and overall health.



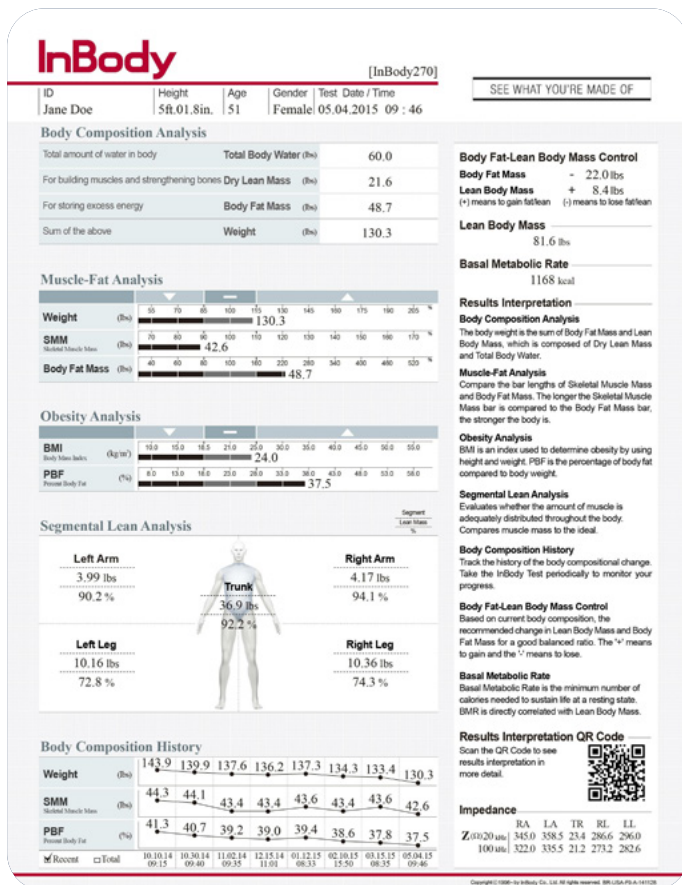
Poor nutrition can lead to decreased performance and increased risk of injury. According to a study by Desbrow et al. (2019) this can result in fatigue, impaired recovery, decreased immune function, and increased risk of musculoskeletal injuries among young athletes



What the HPI: Sports Nutrition will offer students at GEMS Metropole

- All Active school students have access to Sports Nutrition Lab as part of their PE curriculum
- All Mustang Squad players from Year 7 upwards will receive an age and sport specific nutrition plan to impact at home
- All Mustangs Squad players from Year 7 upwards will be able to purchase (at an additional cost) a daily nutrition package from our preferred supplier at a discounted rate
- Termly parent workshops to educate the wider community. These workshops will include topics such as age related nutrition, healthy eating habits and food myths.

HIGH PERFORMANCE INSTITUTE: CUTTING EDGE TECHNOLOGY



Physical performance is less than half of the story in sport – athletes need to adopt a high performance mindset and this needs to be trained in the same way a muscle would be.

Talent alone will not get you across the finish line; grit, determination and the absolute will to succeed will set you apart from the rest.



What the HPI: Cutting Technology will offer students at GEMS Metropole

- All Mustang students from Year 11 upwards will have the opportunity to use the results of the InBody Scanner to evaluate their body composition
- Selected Mustang fixtures video recorded using Veo Technology and gameplay evaluated with squad coach
- Cold water therapy workshops run with selected high performance students
- Termly parental workshops to educate the wider community. These workshops will include topics such as growth mindset, high performance in wider life, and marginal gains.

EXTENDED LEARNING

For extended learning on the topics of High Performance check out the following:

Metropole Mustang Podcast
Available on Apple & Spotify

Instagram
[@metropole_mustangs](#)

On Demand YouTube Videos
https://www.youtube.com/@metropole_mustangs



For more information regarding the High Performance Institute please don't hesitate to get in touch:

Mr Mike Lowery

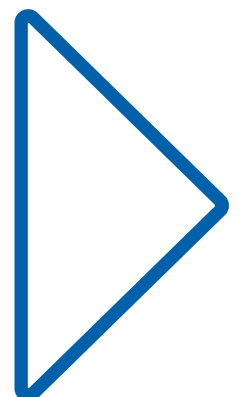
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