**Plymouth Raiders Placement 2019/2020 / Plymouth Marjon University / Kathryn Cox – Sports Therapist For Plymouth Raiders**

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| **BEFORE PLACEMENT:**  What am I aiming to achieve from my placement today? What do I need to be mindful of? What issues/questions need to be addressed to ensure I achieve my aim? Do I need to be aware of particular theories, or have particular skills? Have I thought about all of the ‘what ifs’? | **DURING PLACMENT:**  What did I notice happening around me today? What was I thinking and feeling? How was I involved? Did I do anything to intervene and change the situation that I found myself in e.g. how I conveyed a point or whether I decided not to do something I had planned to do? Did my reflections at the time change the session I had planned or my actions? | **AFTER PLACEMENT:**  My Roll? How did you feel during placement? What went well, badly & differently? Action plan. How will you apply what you have learnt from today’s activities to the rest of your placement and your future professional and personal development? Do you need to undertake further research or reading? Are there courses that you need to undertake to fill a skills gap? |
| **17th September 2019.**  My aim for this first session is to gain knowledge on Basketball, the movements / actions and the environment the players train in. I need to be mindful of my roll and my responsibilities as a student therapist. I will need to be observant throughout the training and build an idea of the training / rules and movements undertaken my players. I think building a relationship with the players and coaches would also help me within this roll to perform the best I can. Thankfully I am with two 3rd year students to support me and inform me of things I may miss. | My first thoughts of the environment I was in…was intimidating. However that swiftly changed, and I became a lot more comfortable within the setting and the people around me. We began with a team building game, called end zone. The players seemed to enjoy this and have a good laugh together. We then began their mobilisation / warm up routine. Elliot started the warm up, while myself and Rosin demonstrated the exercises to the players. We followed through with the plan we made at the beginning, knowing we will still need to make updates. | I thoroughly enjoyed myself during the session, and gained a much bigger idea of Basketball, how it’s played and the repetitive movements used by the players. I thought the warm up went well and the boys listened to what we said, however we need to really optimize the time we have to warm the players up and ensure its fully effective for their sport. At this moment I don’t think I can change much, due to me being new to all of this. Taking metal notes of the players and the plays to ensure you can help the players out, also by learning their sport to help with my own knowledge and to build a better relationship with the team. I believe I need to research more of the sports and common injury’s / preventions. I truly enjoy watching and learning about the sport and would be more then happy to continue with further research. I don’t think at this time there are any further courses I need to undertake. |
| **18th September 2019 / S&C Cover**  Today is slightly different, I am helping with the strength and conditioning students. I am aiming to understand the exercises used to utilise players performance on the court and during games. I am mindful of strength exercises, so feel confident to help out. However, I may struggle to understand the use of excises to basketball and how they help within the sport. I can ask the students or even research it after the sessions. I will be very mindful to any potential accidents that could happen, but we will all be keeping an eye on form to insure the players are getting the full movement correct. | The players were keen to do the exercises and take part. The environment was relaxed, but focused. I personally was feeling much calmer and exercised to see how the session was going to go. I walked around and helped with form / encouragement and demonstrating exercises to the players. I helped to alter some exercises to suit players that were struggling or give alternatives. | My roll was to support the S&C students if needed and to help players with the exercises. I was really happy during it, felt a lot more natural to me. I learn a lot from today, mostly about the players abilities and the reasoning behind the exercises / intensity’s. I am happy with what I have learn from today and may continue to find more research on Basketball. |
| **18th September 2019**  After S&C the players went straight onto the court, not needing a warm up due to the S&C previously. I’m going to continue to learn more about the sport and talk to more players. The 3rd yrs aren’t in the court session today, so its made me feel a little more worried, but I’m going to do my best and continue my practice and learning of the game. | The players today seemed more tired than normal, I think this is due to their S&C beforehand. Their court sessions aren’t easy at all, they work non stop and to their full ability. Feeling a little more worried during the practice without the 3rd years, but then I know what my roll is and what I need to do in any situation that may occur. Only difference today was getting ice for one of the players knees, we then spoke about how he is and his knees. | My roll was to check on any players that had injury’s or any questions they may have. The session went well and has made me feel a lot more confident being by myself. I may need to research more on first aid, more for a piece of mind for myself being alone, but other than that, the session was very good. |
| **20th September 2019 AM & PM**  Looking forward to court today, really starting to pick up on common movements, potential injury’s from these movements and learning more about the team. | Continued the same warm up with the team and observation within the training session. Slightly different today, couple of players fell over or needed some basic assistance, all players were fine however. So a little bit more of a scary situation, but I think I handled it well and to the book. | My roll came more into play today, with having to assist some players that had fallen over or needed some basic checking over. None of the players needed any further checks and continued to play on. I am doing to ensure I check through the medical bag to ensure I have everything I need and I know what and where everything is, including action plans. |
| **24th September 2019 AM & PM**  I am learning a lot about basketball and a lot about the players. We have defiantly built a better relationship and look forward to learning more. Two-ish players are out/ taking it very easy due to injury’s, so helping them and learning about their rehab programmes is very interesting. | During the session, I led the same warm up with minor changed due to me having a mind blank. Once everyone was warmed up, I observed the court session before talking to the injured players. I also helped them out with their rehab programme to ensure they were doing it properly. | Placement continued to go very well and Im gaining a lot more knowledge and confidence delivering the warm up. Im happy with the knowledge I continue to gain, and from my supervisor sending weekly reads. |
| **26th September 2019**  Looking forward to taking the warm up by myself again, as well as helping out with the players rehab. | The warm up went very well again, continued to learn more about basketball and helped some players with their rehab programmes. The players are really enjoying the programme, although frustrated about their injury’s. They are still making massive progress. | Very happy with everything that’s going on, and its very interesting to learn about the boys rehab programmes. I also had to check on a couple of the boys and get some ice for players. Very happy with everything im learning. |
| **2nd October 2019 -**  I hope to continue to gain knowledge and confidence throughout the court session. Also checking on the players to ensure they are feeling well and being there to help with any questions they may have. | Court session was very good. Continued to check up on players and they were all good, apart from minor bumps. The players were full recovered and completed their return to play. They are playing well and feeling good. I got asked to take the players through a stretch and warm down after court today, which was scary at first, but went very smoothly. The boys enjoyed it and I noticed they should maybe practice more stretching. | Learn a lot from the players and how they deal with injury’s and recovery. Continued to check on them and their injury’s, but everything is still going well. Really enjoyable to do the warm up and cool down for the Raiders. Was scary at first, but then went very smoothly. The coach also mentioned about doing a hydro / Aqua session for the boys at some point, which is very exciting. |
| **3rd October 2019**  **Change warm up**  Changed the warm up, and feeling nervous but excided for the players to try the new ideas I have put down. While continuing to make the warm up specific and practical for the players, I’m gaining a lot of knowledge from watching the players and what needs to be strong, powerful, flexible and ect. | Very pleased with how the session went and the boys seemed to enjoy the warm up and give everything a go. Everything on court went well. | Very happy overall for the court session, the players took well to my new warm up and I’m continuing my learning of the sports and players ,ensuring I always do a check-up on everyone. |
| **7th October 2019 – Clinic**  Massage for the boys recovery today. | Massage for the players went well today, the boys enjoyed and seemed to need it after the games and training they have been doing. A couple of the boys complained of knee pain, and had never had a massage so they were a little bit worried. However they said it helped with the pain and fell happy to have further treatments if needed. | Happy with the response from the boys after their treatment. And glad to help and give the players some knowledge about their body and preventions to common injury’s. |
| **9th October 2019 – New warm Up**  Looking forward to this session, as it’s the new and final (for now) warm up. | The session went very well and everyone enjoyed the new warm up. Court continued to go well and no accidents happened, nor did any players need any assistance. | The day went very well and smoothly, learning a lot from each session and continuing doing some research outside of the court sessions. |
| **14th October 2019 – clinic**  Another massage session for the players today. | Massage on the players went well, learnt some more from one of the players that’s also studying Rehab. | Happy with how the recovery session went, only had one player for a lower back minor tightness. The massage went well and he felt better after the massage. |
| **15th October 2019**  Another court session today, roll is to keep an eye on the players, check if they are all injury free and to continue learning more for the sport. | Court went well today, no injury’s and the players seemed all well. Slightly tired, but kept up the intensity. | Happy with how the session went and taking the warm up it continuing to go very well. Continued to speak to the players to make sure they are all well still and have no injuries. |
| **22nd October 2019 -Josh**  Looking forward to today’s session, my supervisor is going to helping another player, but overseeing my warm up and roll. | Beginning of the session went very well, boys playing well and putting in a lot of effort. However, one of the players go concussion and a potential neck injury. Thankfully my supervisor was there to handle the situation, while I assisted in the incident along side him. Thankfully after all the checks there were no neck or spinal injury, but the player did suffer from concussion. The rest of the court session I stayed with the player until he had someone else to keep an eye on him. | Today took a different turn, but it all went very smoothly. Put into perspective what can happen at a training session, or any time. I am comfortable with first aid and treatment, but I will defiantly be practicing and looking into injury prevention and first aid again. The player is defiantly in safe hands. |
| **29th October 2019 + Clinic**  Another court session today, looking forward to the session still. | Warm up continued to go very well, the players were also having a good practice with no injuries. | Very happy with todays session again, learning a lot and really enjoying this opportunity. I wouldn’t change anything this session, I’m happy with how everything went and it continuing to go. |
| **5th November 2019**  I have been informed that the players will be watching clips from their previous game. So their court session will be later this morning. | The players were only doing shooting today, as their film watching ran over so my assistance wasn’t need during the court session. I just insured all the players were feeling fine and left them to do their shooting. | My roll wasn’t needed at this court session, however I did talk to the players to ensure they are well and didn’t have any questions about injuries. They were all happy. |
| **12th November 2019**  Looking forward to another court session. | Warm up continued to go well, as did the court session. No injuries nor any concerns from players. A couple of minor falls, but nothing major and all the boys were fine. | Court continued to go well and the players seemed happy with the session. |
| **26th November 2019**  Another court session, looking forward to doing. | Warm up went very well, and the session continued to go well for the players. | Court continued to go well and I felt very happy during the session and how it went. The players were all fine and no incidents happened. |
| **28th November 2019**  Court session again today, continuing to take the warm up and learn more about the sport. | Warm up and the rest of the court session went very well. Really enjoying the court sessions. | Everything went very well on the court session today, the warm up and the main session for the players was very good with no incidents. |
| **29th November 2019 (36hr)**  Court session again today, looking forward to another smooth session. | Warm up went very well. Had a slight check up on one player that got hit on the head with the ball (More eye side than head) he said he felt completely fine, but then also got sweat in his eye. We continued to check on him throughout the session and the player was completely fine. The other players were also fine, no other accident happened. | Good session over all today, a minor accident but it got checked over. Enjoying myself on the court session and look forward to the next one. |
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