



St Mary's
University
Twickenham
London



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St Mary's University announce new partnership with The Royal Ballet to deliver strength and conditioning and sports science support

The School of Sport, Health and Applied Science (SHAS) at St Mary's University, Twickenham and the Royal Opera House are delighted to announce an exciting new partnership to deliver sports science support services to the highly prestigious and world-renowned Royal Ballet based in London's Covent Garden.

The partnership will see St Mary's academics providing strength and conditioning and sports science support to the world-class ballet dancers, working closely with The Royal Ballet's Clinical Director Greg Retter. They will also design bespoke programmes to enhance dance performance and recovery after injury.

In addition, the partnership will give opportunity for research into the mechanics behind ballet and professional dance. To facilitate the research St Mary's is offering a fully funded position on its new Masters by Research degree, giving the St Mary's student the unique opportunity to work and study in an internationally renowned ballet environment. The student will also improve knowledge and understanding of conditioning for ballet through an innovative programme of research.

Head of SHAS Prof John Brewer said, "It is an honour and privilege to have been awarded this contract, and it is testimony to the reputation and expertise of our sports science and strength and conditioning staff at St Mary's. We are looking forward to working closely with the Royal Ballet and the dancers over the coming years, and I am certain that we can contribute to the marginal gains that are critical for improving and sustaining their performance."

Greg Retter said "The health of our dancers is of the utmost importance to us at The Royal Ballet and the prevention of injury and the highest quality rehabilitation is



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constantly at the forefront of our thinking. We have grown our healthcare provision significantly over the years to ensure the best conditions for our dancers to meet the ever increasing demands on their bodies, and this new partnership is another milestone in that journey. We're very excited to be partnering with St Mary's and look forward to working with their team to directly improve the health and well-being of dancers at The Royal Ballet, and to help influence a robust evidence-based sports-science model for the wider dance community."

ENDS

Notes to Editors:

St Mary's University, Twickenham

Founded in 1850, St Mary's is a successful, London-based University with strong international links. It is an inclusive institution founded on Catholic values with a mission to provide students with an excellent education. From its original intake of just six students, St Mary's has grown to around 6,000 undergraduate and postgraduate students across four academic schools.

The University has a proud history of sports excellence, which is expected to continue at Rio 2016. St Mary's has already seen nine athletes and alumni qualify for the Games in a range of sports including track and field events, rowing, boxing and fencing, with more expected as selections continue.

St Mary's has recently invested more than £6 million in campus improvements in the last 12 months including a new Library, cutting edge Media Production Suite and state-of-the-art Strength and Conditioning Facility that is used by international athletes and students alike.

The Royal Ballet

The Royal Ballet is one of the great ballet companies of the world. Under the leadership of Director Kevin O'Hare, the Company is renowned for its illustrious heritage and its commitment to commissioning new works from some of the leading choreographers of today including Resident Choreographer Wayne McGregor, Artistic Associate Christopher Wheeldon and Artist in Residence Liam Scarlett.

Beyond the iconic Covent Garden theatre, the Company tours internationally, has a national presence through its Learning and Participation activities, presents six



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productions in cinemas around the world each year through ROH Live Cinema and actively engages with global audiences through digital technologies.

www.roh.org.uk

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