

Research project – University of Edinburgh

“The effect of drinking carbohydrate drinks on the performance of adolescent male and female football players.”

My name is Shaun Phillips, a PhD researcher at the University of Edinburgh. I am researching the effect of drinking carbohydrate drinks on the exercise performance of adolescent male and female football, rugby and field hockey players. Some of this work has already been published in a prestigious scientific journal and I am now working on two new projects, and am recruiting volunteers to take part in these. I was hoping that you may be able to assist me in this.

I have put together project information packs that contain all necessary information regarding the projects. I would very much appreciate the opportunity to distribute these information packs to members of your youth squads who are between the ages of 12-14. This would only take about 5 minutes. The players can then take this information pack home to their parents, and if both the player and their parents would like to take part, the parents can sign a consent form that is in the pack and send it back to me at the University. I then contact the parents directly to arrange things further. Therefore, there is no workload or responsibility placed on you - all I am requesting is the opportunity to hand out the information.

Should any of your players volunteer to participate, the exercise sessions would take place at the University outside of all other commitments (school, training etc). Therefore, your players will not miss any of your training sessions, or be requested to break any standing commitments. I would also like to reinforce that after handing out the information packs, I will not request any information from the players, and will not contact them in any way until I receive a signed permission slip from the parents. Also, the projects have full ethical clearance from the University, and I hold an Enhanced Disclosure Scotland Certificate. I would be more than happy to bring along any documentation to show you should you give me the opportunity to visit you.

Thank you for taking the time to read this notice. I hope I will have the opportunity to engage some of your players in a project that is of direct relevance to them, and will help to improve their performance in their chosen sport. If you would like to discuss this further, please don't hesitate to contact me on the details below.

I look forward to hearing from you soon,

Kind regards
Shaun Phillips.

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