



**University of
Nottingham Sport**

Official Partners and Sponsors



David Ross Foundation
Broadening Horizons



**University of
Nottingham Sport**

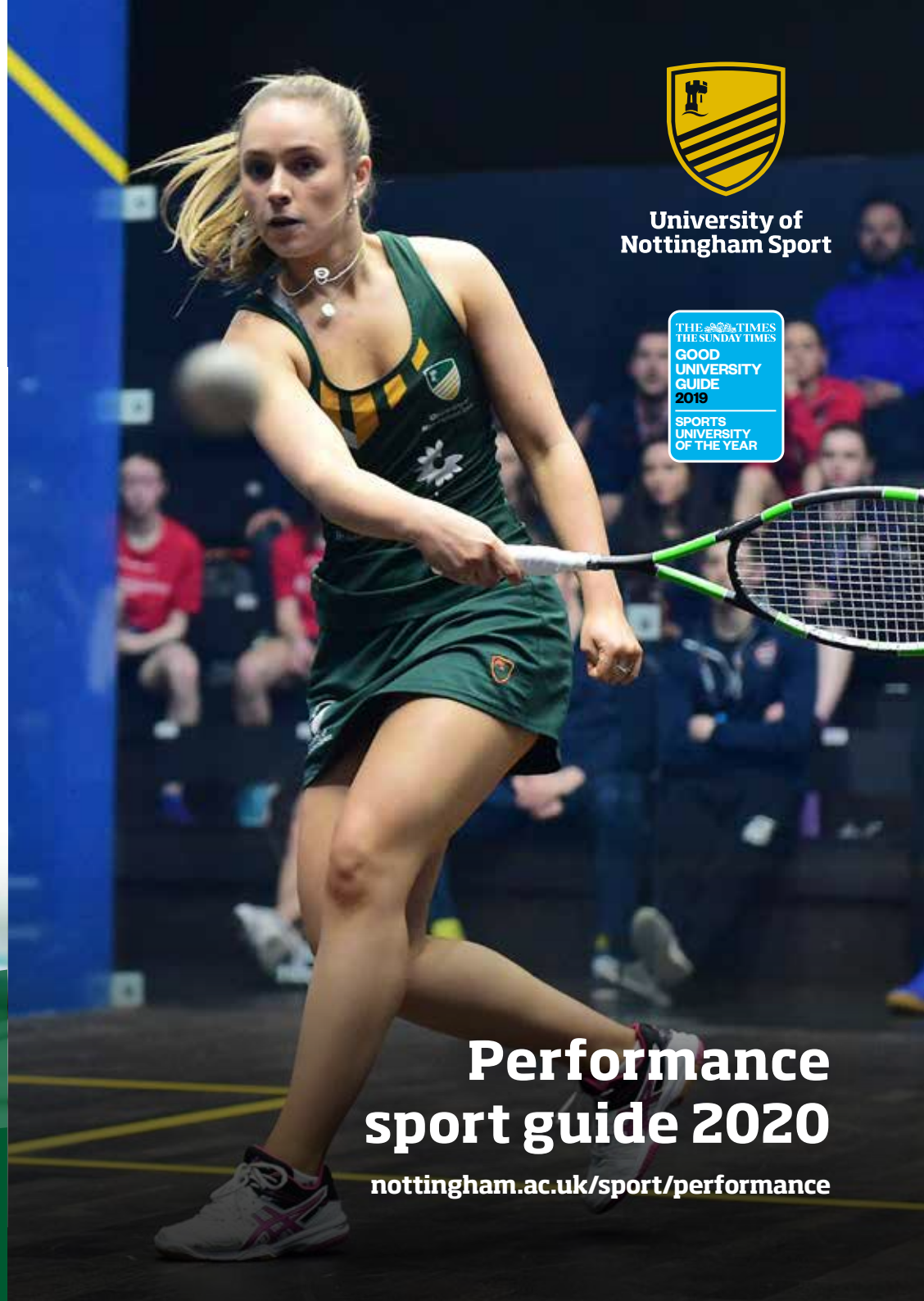


For more information:

sport@nottingham.ac.uk

+44 (0) 115 74 87000

nottingham.ac.uk/sport/performance



**Performance
sport guide 2020**

nottingham.ac.uk/sport/performance



The £40 million David Ross Sports Village opened in Autumn 2016.

Join the Green and Gold

Sport is a huge part of life here and we have a proud history of sporting success. One of the founding institutions of the inter-varsity competition, we have consistently finished in the top ten of the British Universities and Colleges Sport (BUCS) leagues since their official introduction 40 years ago. In the 2018/19 season we finished 2nd and were also awarded the Times Good University Guide Sports University of the Year.

Our alumni have won World, Olympic, Commonwealth and European medals across the globe; table tennis superstar and Chinese athlete of the 20th century Deng Yaping and Rio 2016 medallist and canoe slalom star David Florence are both Nottingham graduates.

Our heritage is important to us but our ambitious vision is all about the future. We've invested millions in facilities including the David Ross Sports Village which opened in Autumn 2016 and talented young athletes are supported with world class coaching and highly competitive scholarships.

Ranked in the top 1% of universities world-wide, the University of Nottingham is shaping the future with cutting-edge teaching and research. As the Times University of the Year for both Sport and International students, Nottingham offers our students an award winning experience throughout their education.

If you are serious about your academic and sporting future, then the University of Nottingham is the university for you.

Dan Tilley
Director of Sport

#GreenandGold



Benefit from comprehensive scholarship packages

Our range of sports scholarships offer unrivalled support for our top student athletes, providing comprehensive financial assistance and specialist support services.

If you are competing at national or international standard in your sport, or show strong evidence of future outstanding potential, then you may be eligible for a sports scholarship at the University of Nottingham.

We have four packages; foundation, bronze, silver and gold; worth up to £12,000 per athlete. Dependent on award level, our scholars access:

- financial support of up to £8000 towards training and competition expenses
- UoN sports and fitness membership
- specialist strength and conditioning training
- physiotherapy, nutrition and psychology support
- performance lifestyle and academic mentoring

Thanks to our partners we also offer bespoke packages including:

- Disability sports scholarships (all sports)
- Deng Yaping sports scholarship (table tennis and badminton)
- Nova Centurion sports scholarship (swimming and para-swimming)
- Speedo sport scholarship (swimming)
- Sheila Armstrong scholarship (all sports)
- Attractive offers for NCAA athletes wishing to study at postgraduate level in the UK

We're an official Talented Athlete Scholarship Scheme (TASS) delivery site, supporting TASS athletes studying here at University of Nottingham and in Education within the East Midlands.



The University of Nottingham has supported me financially and in many other ways, in order for me to develop my hockey.

I wouldn't be able to train and play at the highest level with the GB team without the support of Nottingham and I can't thank them enough. 👍👍

Esme Burge

(BSc Psychology), Team GB Hockey 2019

nottingham.ac.uk/sport/scholarships

Head of Hockey Matt Taylor coaches his team on the road to the 2018 British Universities and Colleges' Sport (BUCS) National Championship final.



Learn from the best

At the University of Nottingham, our world-class coaches are key to ensuring our student athletes reach their potential. Our team of elite coaches includes:

Badminton: Martyn Lewis

A former Wales international, Martyn won over 100 caps for his country and held the top Welsh ranking for Men's Doubles for over five years. His nine European and World title wins include Spanish and Belgian Open titles.

Hockey: Matt Taylor

Matt has directed our programme since 2010 winning BUCS Men's championship gold in 2015 and reaching the final in 2017. A former England senior international, Matt has led local side Beeston Hockey Club to three Premier League championship wins and EHB Cup victory.

Women's Lacrosse: Cora Delfini

Previously a women's lacrosse standout player for Montclair State University (New Jersey, USA), Cora was awarded multiple All-Region and All-Skyline selections over her four years of competitive NCAA Lacrosse. Cora now represents Stockport and the North of England.

Squash: Richard O'Connor

With over 30 years in the sport, Richard has coached some of the world's top players including Nottingham alumni Peter Marshall and Emma Beddoes. He has lead our programme and supported the women's championship team to four consecutive wins.

Table Tennis: Kelly Sibley

A Commonwealth bronze medallist and London 2012 Olympian, Kelly has won numerous England senior titles. She has led our programme, supporting players to win every BUCS Championship and 16 individual medals in the 2018/19 season.

Volleyball: Rogerio Ponticelli

U18 champion of the Brazilian National League as a player. He started his career as a coach in 1995 and reached the Brazilian National League Championships. Rogerio coached the Icelandic National Men's Team, where he led Iceland to participate in the World Volleyball Championship for the first time.

As well as group sessions, scholarship students also benefit from 1-2-1s, ensuring tailored support for you as an athlete. For more information visit:

nottingham.ac.uk/sport/performancesport

Compete at the top level of your sport

With over a hundred teams entered in the British Universities and Colleges Sport (BUCS) competitions and squads in the top tiers of the UK domestic leagues, our student athletes have the opportunity to regularly compete at the top level of their sport.

British Universities and Colleges Sport

The governing body for university sport, BUCS run weekly leagues and events where all institutions battle for points towards the overall trophy. With more than one hundred teams competing and over 40 league wins and championship golds in 2018/19, saw Nottingham finish 2nd in the BUCS Table, our highest ever finish. Nottingham is a key player in University Sport, in 2019 Nottingham became the first University to host BUCS Big Wednesday for two consecutive years.

Nottingham Varsity Series

A hotly anticipated event in the sporting calendar, the series attracts huge crowds as University of Nottingham battle against Nottingham Trent University. Highlights include ice hockey in front of a sell-out crowd of 8,000 at the Motorpoint Arena, as well as football fixtures at Meadow Lane, the home of Notts County FC.

The Headliner Series

A new series, hosted on campus, showcasing our BUCS performance teams competing at the top level of university sport.

The series is free to attend and support from RedBull promises an extra special match day experience for spectators. The event has been known to bring in crowds of over 600 #GreenandGold supporters.

2nd in the British Universities and Colleges Sport (BUCS) Table in 2018/19



Benefit from bespoke support services

Strength and conditioning

Our dedicated High Performance Zone allows us to offer a comprehensive programme of physical fitness testing and training for our talented athletes.

Housed within the multi-million pound David Ross Sports Village, the High Performance Zone includes:

- 60m indoor sprint track
- cardio zone with the latest in fitness technology
- performance gym with free weights and weightlifting platforms

Our specialist full-time strength and conditioning team deliver bespoke training programmes to ensure our athletes stay ahead of the competition.

The strength & conditioning team also offer a training diary application, sending up-to-date training programmes to athletes all year round for training both at university and at home.

nottingham.ac.uk/sport/highperformancezone

Physiotherapy

Careful injury prevention and management is crucial to staying at the top of your game. Our student athletes access our in-house Sports Injury Clinic as part of their scholarship package.

Also located within the David Ross Sports Village, the Sports Injury Clinic includes:

- a state-of-the-art hydrotherapy pool
- private treatment rooms and large exercise area
- physiotherapy services
- sports massage
- weekly concussion clinic

Our full-time team of physiotherapists and sport masseurs also offer a pitch side presence for selected teams during the season.

We offer an integrated service with our strength and conditioning teams as well as individual coaches to ensure the smoothest transition possible back to play for student athletes.

nottingham.ac.uk/sport/sportsinjuryclinic



Train and compete in sector-leading facilities

We've invested millions over the last decade into our venues and our student athletes get priority access to an incredible range of international-standard facilities and the latest in fitness technology.

For our clubs and athletes, our three sports centres plus our partner venues offer bespoke training areas for your sport including:

- six full-sized sports halls (36 badminton courts)
- fencing, archery and table tennis salle
- martial arts dojo
- all-glass squash court
- water-based hockey pitch
- indoor, clay and grass tennis courts
- synthetic 3G pitches
- beach volleyball courts

Our all-inclusive sports and fitness membership, included within our sports scholarship packages, also gives access to:

- three state-of-the-art fitness suites with over 450 stations
- free fitness inductions and programme reviews
- over a hundred weekly group exercise classes
- swimming pool
- climbing wall

Voted the UK's Home of Sport by Visit UK, the city of Nottingham offers several iconic sporting venues to spectate and play. University of Nottingham have partnered with Nottingham Tennis Centre, Nottingham Hockey Centre, National Ice Arena, Notts Gymnastic Academy and the National Water Sports to ensure our students can train at the best domestic facilities the UK offers.

nottingham.ac.uk/sport/facilities



Dual career: combine sport with your studies

Achieving the balance between your academic and sporting ambitions is at the heart of our approach to supporting you at the University of Nottingham.

Coordinated by University of Nottingham Sport's scholarship team, we offer tailored support to our current and future performance athletes in a number of areas;

- Individualised advice and support during the admissions process.
- Allocation of a mentor to provide performance lifestyle advice.
- Close liaison between our performance lifestyle advisors and academic tutors to support athletes studying here.
- Free Wednesday afternoons on the majority of courses to allow students to represent the University in sport.
- Priority access for our sports clubs to facilities before 9am and at evenings and weekends to ensure training sessions don't clash with class timetables.
- Training programmes with 1-2-1 and small group sessions designed to fit around lecture schedules.
- Online lecture capture and notes to support student athletes with busy competition schedules.
- Support from University of Nottingham Sport to performance athletes facing extenuating circumstances due to sporting commitments.
- Opportunities for flexible study.

Focus sports

The University of Nottingham has a huge choice of sports clubs – you can choose from over 70 different disciplines. We welcome scholarship applications for all sports, with each case reviewed individually against our decision criteria. Selected sports receive additional support through our performance sport programme.

Badminton

Our performance badminton squad is one of the top training groups in the UK with both Men's and Women's squads competing in the BUCS Premier tiers. Head coach Martyn Lewis leads the programme and this season Li Lian Yang won her third consecutive BUCS championship gold and BUCS championship team gold with the Women's squad.

Players train from the David Ross Sports Village with 24 training courts and a specialist show court. This year our players travelled to Poland for the European University Championships where they were crowned European Champions and came home with four medals from the individual competition.

nottingham.ac.uk/sport/performancebadminton



Canoe

University of Nottingham has been the top ranked university in canoe for the last 3 years. Our squad included multiple BUCS Champions in slalom and sprint, including 7 national champions from 2018/19 season.

The training facilities in Nottingham are world-class; the National Watersports Centre at Holme Pierrepont is just a short drive from University Park campus. You'll join a team that boasts numerous high-profile alumni such as Olympic gold medallists Tim Brabants, Tim Baillie, Etienne Stott and Campbell Walsh as well as current Team GB canoe slalom star and Rio 2016 medallist David Florence.

nottingham.ac.uk/sport/performancecanoe





Cycling

Riders coming to the University of Nottingham will form part of one of the best set ups in the country. Head Coach Bryan Steele is a two-time Olympic Medallist and leads a thriving performance culture which saw the club end the 2018/19 season ranked 3rd in the UK, a rise of 7 places from the previous year. Utilising world class facilities such as Derby Velodrome, Harvey Hadden Closed Circuit and the Peak District the club provides a performance outlet for students specialising in all disciplines (Track, Road, Mountain Biking).

Additional support is available to riders through strength and conditioning, workshops in nutrition, psychology and anti-doping as well as personalised training programmes to help athletes achieve their goals. There are opportunities to represent the University at a range of BUCS competitions as well as the chance to ride at the National Track Cycling Championships, which the club did so for the first time this year. The city of Nottingham is surrounded by some fantastic roads and race opportunities for cyclists, meaning there's no excuse not to get on your bike and explore!

nottingham.ac.uk/sport/performancecycling



Fencing

Elite fencers studying at the University of Nottingham join an extensive programme, with access to the top fencing facilities of any UK university. Students train in our bespoke fencing salle within the new David Ross Sports Village, which boasts ten competition pistes and four training pistes.

The programme includes team training, individual lessons and strength and conditioning sessions in our state-of-the-art High Performance Zone. Our head coach Paul Sibert has a wealth of experience; with over 30 years in the sport he's coached several fencers to British and European medals. With the British Cadet and Junior championships and British Athlete Development Camps hosted here in 2017 and 2018, it's an exciting time to join.

nottingham.ac.uk/sport/performancefencing

Football (Men's and Women's)

Football players studying at the University of Nottingham join a thriving set up in a city steeped in footballing history. Our facilities are extensive – we have more football pitches than any other university and have invested in three new pavilions.

Leading the Men's programme, Nick Tester brings a wealth of experience from the education sector with an impressive track record of producing professional players.

As well as competing in the top BUCS Midlands divisions, our students have the opportunity to compete in truly unique events like the annual Varsity series at Notts County's iconic Meadow Lane stadium.

nottingham.ac.uk/sport/performancefootball

nottingham.ac.uk/sport/performancefootball



Futsal (Men's and Women's)

Players join a unique performance programme; our Men's and Women's squad compete in the top tier of University futsal, playing in the BUCS Premier leagues following the Men's promotion from Tier 1 in 2018. With both squads also competing in the National Futsal League and in the FA Cup, the set up offers several opportunities to face top domestic opposition.

A season highlight is the hotly contested Varsity fixture against Nottingham Trent University in front of a sell-out crowd at the UK's largest futsal fixture. Other opportunities include the chance to volunteer with our youth academy in the local community.

nottingham.ac.uk/sport/performancefutsal

nottingham.ac.uk/sport/performancefutsal



Golf

Players train and play from Beeston Fields-student membership at the club gives access to team and individual sessions with their golf professionals, including lead coach Antony Ryder, at a very competitive rate.

Our top team is an established presence in the BUCS Premier league; the highest tier of competition for University golf. First team games are hosted at the Hollinwell Golf Course - the top ranked golf course in Nottinghamshire and number 22 in the country.

Golf is a key sport in the popular annual Varsity series against Nottingham Trent University and forms part of the popular Varsity Big Wednesday event alongside eight other sports.

nottingham.ac.uk/sport/performancegolf



Hockey (Men's and Women's)

Our Hockey set up is one of the best in the country; based from the world-class Nottingham Hockey Centre where we have our own international-standard water-based pitch. Players join a highly successful programme, which has produced top stars such as Rio 2016 players George Pinner, Nick Catlin and Harry Martin and London 2012 bronze medallist Annie Panter.

Led by Director of Hockey Matt Taylor, our Men's team reached the BUCS Championships final and sealed promotion to the England Hockey National League in 2017. Our women's squad, also competing in the top tier of BUCS leagues, won the 2017 Investec Trophy and reached the 2018 BUCS final.

nottingham.ac.uk/sport/performancehockey

nottingham.ac.uk/sport/performancewhockey



Korfball

Players join one of the strongest and most established university korfball set ups in the UK - consistently ranked in the top 4 over the past three seasons in BUCS competition.

There's a strong pathway to the international set up; current England senior captain Benjamin King and teammate Joe Bedford are both Nottingham alumni and Marcus Tighe has been a key member of the England U21 squad. Training is based from the David Ross Sports Village, where we offer four marked pitches for korfball.

nottingham.ac.uk/sport/performancekorfball

Lacrosse (Men's and Women's)

Players join one of the UK's leading university programmes, competing at the top level of BUCS competition. Our Men's team have been BUCS national championship finalists twice in four years and coached by experienced international coach Scott Weddell, the squad includes England senior player William Prescott.

Our women's squad have been in the top ten nationally for over a decade and play in the Premier North BUCS League. Our teams train on a purpose-built 3G pitch at our Jubilee sports centre and access the state-of-the-art strength and conditioning facilities within the High Performance Zone.

nottingham.ac.uk/sport/performanceclacrosse

nottingham.ac.uk/sport/performancewclacrosse



Netball

Players studying at University of Nottingham join one of the university's fastest developing programmes, with access to some of the best netball facilities in higher education sport. Following a phenomenal season in 2018/19 the 1st team won the trophy cup and secured promotion to the BUCS Premier North for the first time since 2008. With great links between the University and England Netball the facility has already hosted a number of major NPL events and competitions.

The training programme includes both on and off court sessions, a strength and conditioning programme and classroom and tactical sessions. Talented athletes including Emily Hollingworth of Loughborough Lightning and England U19 International Ally Housley are amongst some of the clubs most recent stars.

nottingham.ac.uk/sport/performance/netball



Rowing

Our dedicated boathouse situated on the banks of the River Trent offers University of Nottingham rowers a centre for training on a wide 9km stretch as well as squad ergo training. A partnership with the National Water Sports Centre, where the BUCS championships are hosted annually offers extensive access to their 2km buoyed course throughout the season.

Rowers join an incredibly successful programme; under head coach John McKirdy the current squad have won multiple BUCS championships in 2018 and several individuals are part of the GB under 23 set up. Alumni include London 2012 silver medallist Chris Bartley and World championship medallist Olivia Whitlam.

nottingham.ac.uk/sport/performance/rowing



Rugby Union (Men's)

Our Rugby Union programme is very well established; currently competing in the BUCS Premier North, we are a key on tender for promotion to the Super League competition. Supported by our RFU partnership, we have four BUCS teams led by Head of Rugby, Paul Westgate, who brings significant experience from international rugby from his previous roles. Talented players can link with local Championship side Nottingham Rugby; several players train with their academy and we have strong links with Leicester Tigers and Wasps.

Our rugby facilities are excellent; we offer seven pitches at our Highfields complex, including a first-team pitch alongside the iconic Vaughan Parry Williams pavilion and strength and conditioning training takes place in our High Performance Zone.

nottingham.ac.uk/sport/performance/rugbyunion

Squash

Players join a club at the top of university squash rankings; our women's squad have won four consecutive BUCS Championship team titles led by individual champions Hana Ramadan (2015, 2016) and Coline Aumard (2017). Both our Men's and Women's teams compete in the BUCS Premier Leagues.

Playing from our all-glass show court at the David Ross Sports Village and led by head coach Rich O'Connor, the Premier squash league team has offered student players the opportunity to train and play alongside domestic starts such as 2018 Commonwealth medalist Declan James.

nottingham.ac.uk/sport/performance/squash





Table Tennis

Led by Head Coach Kelly Sibley, a London 2012 Olympian and 2014 and 2018 Commonwealth medallist, the team train from our bespoke salle within the David Ross Sports Village. A hub for performance table tennis, we host national squad training offering an unrivalled opportunity to train and play with the best.

You'll join a dominant force in UK university table tennis; our squads won all 7 BUCS championships in the 2018/19 season and 16 out of 20 individual medals, several Nottingham athletes have been selected for the World University championships. Sports scholar Tin Tin Ho also won team bronze at the Gold Coast Commonwealth Games alongside coach Kelly in an incredible finish to the season for the programme.

nottingham.ac.uk/sport/performance/tabletennis



Tennis

Talented tennis players join one of the leading set ups in the country. Supported by Tennis Foundation funding, our programme boasts an experienced coaching team led by Head of Tennis Matt Wildt and supported by elite coaches Ash Broomhead and Andy Higham. The weekly training schedule includes six team court sessions, individual options, strength and conditioning as well as video analysis. Both our top Men's and Women's teams secured promotion to the National Premier League in the 2018/19 season.

Our partnership with the Nottingham Tennis Centre, located adjacent to our University Park campus offers unrivalled training facilities for tennis players. The venue, which boasts a total of 34 courts, hosts multiple major tournaments including the Nottingham Nature Valley Open ahead of Wimbledon.

nottingham.ac.uk/sport/performance/tennis



Volleyball

Players join an ambitious programme, one of a selected few to be awarded Senior Academy status by National Governing Body Volleyball England. The set up offers extensive opportunities to compete at the top level of UK volleyball. Both our male and female squads compete weekly in the BUCS Premier North divisions. In addition, our Women's squad recently won their league in Division 1 of the Volleyball England National League and the Men's team will play in Division 2 North in the 2019/20 season.

Training facilities are unrivalled in the sector; the David Ross Sports Village includes eight training courts and four full-match sizes courts and four brand-new beach volleyball courts in addition to the state-of-the-art strength and conditioning facilities in the High Performance Zone.

nottingham.ac.uk/sport/performance/volleyball



Water Polo

We offer excellent water polo facilities for student players plus a formal link with local National League side Hucknall. Our squads train from the David Ross Sports Village swimming pool which has an adjustable floor and access the state-of-the-art High Performance Zone for strength and conditioning training. The annual Varsity fixture against Nottingham Trent packs more than 300 spectators pool-side for a sell-out home crowd.

Players join a top ranked University programme with multiple athlete's part of the Great Britain under 19 set up. Led by Head Coach Sam Joyce and supported by national coach Tim Dunsbee, both our Women's and Men's Squads compete in the in Midlands 1A BUCS University League. Having won both the Men's and Women's BUCS Trophy Finals in 2019 it's an exciting time to join the set up!

nottingham.ac.uk/sport/performance/waterpolo