



**University of  
Nottingham Sport**

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Nottingham Sport**  
Design/templates

Proposed design - 2 options

**University of Nottingham Sport**

**Vaughan Parry Williams Coaching Fund**

www.nottingham.ac.uk/sport

The University of Nottingham has an established sporting pedigree. Our family of alumni and current students includes Olympians and world class athletes. Enhancing access to quality coaching will benefit not just our elite athletes but inspire all our sportsmen and women to achieve their potential.

For more information about the Coaching Fund, our Sports Bursars and elite student athletes or any other Performance Sport enquiries, contact:

**Nigel Mayglothling**  
Assistant Director of Sport  
t: +44 (0)115 841 5517  
e: nigel.mayglothling@nottingham.ac.uk

**Impact**  
The Nottingham Campaign

The Vaughan Parry Williams Coaching Fund is part of The University of Nottingham's ongoing appeal which is delivering the University's vision to change lives, tackle global issues and shape the future. Do something inspirational today - make a gift and have a lasting impact on tomorrow.

The University of Nottingham is an exempt charity, ref. X15294

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**Phil Wood** - American Football  
Widely recognised as the leading British coach of American Football, Phil ran specialist camps in the UK for several years and spent six years in the States as a College Head Coach, before returning to join our staff and lead our own team.

**Laura Bell & George Harding** - Archery  
As well as both being University of Nottingham alumni, Laura works as a sports physio and George is current GB squad and the 2013 BUCS champion. The duo both coached the University Archery club for three years.

**Martyn Lewis** - Badminton  
A professional-level player for GB and Wales, Martyn also worked as Performance Coach Manager for Badminton England before joining us and still plays professionally in France.

**Andrea Congreaves** - Basketball (Ladies)  
Andrea was the first British woman to compete in the WNBA, as well as being a GB All-Star.

**John McKirdy & Chris Wamsley** - Boat  
John is now into his second season as Head Coach, and has a win in the Malaysian Varsity under his belt too. Chris is the Head Coach with Nottingham and Union, and coached a Henley Royal Regatta winning crew.

**Tommy Mortberg & Duncan Bradshaw** - Canoe Polo  
Tommy is a paddler and coach for the Swedish international squad, as well as a Nottingham alumna and former BUCS champion. Duncan is a highly experienced Nottingham alumnus with five University Championship medals as part of his long list of achievements.

**Gary Childs** - Football (Mens)  
An ex-England star, about to start his first year as Head Coach.

**Matt Taylor & Tom Sherratt** - Hockey (Ladies)  
Matt runs MT13 Hockey, is Lead Coach at Beeston Hockey Club and is a former England and GB Hockey player. Tom Sherratt had spells with Amber Valley and Beeston Hockey Clubs, and is in his first season as Ladies Head Coach.

**Matt Taylor & David Ames** - Hockey (Mens)  
David Ames works within the MT13 programme and is an experienced Beeston Hockey Club member in his third year assisting our teams.

**Kerry Shea & Clare Nelson-Johnson** - Lacrosse (Ladies)  
Former US All-Star Kerry is now into her 4th year coaching at Nottingham, as well as teaching at Trent College. Clare is the University Development Officer, officially appointed by England Lacrosse Association (ELA).

**Scott Heisler** - Lacrosse (Mens)  
Now in his second year coaching at Nottingham, Scott is another ELA Officer, and worked in Ireland in a similar role prior to joining us.

**Paul Walsh & Ben Buxton** - Rugby Union (Mens)  
In his first season as our University Head Coach, Paul is also Director of Rugby with Hinckley RFC and has led Leicestershire County senior squads and England U18 programmes previously.

**Richard O'Connor** - Squash  
A former World Top 25 player, Richard is Head Coach at Nottingham Squash Club and has coached World ranked players throughout his career.

**Nicola Perry** - Table Tennis  
Now in her third season coaching at Nottingham, Nicola is a European and multi-GB champion as well as another Nottingham alumnus.

**Gary Skinner** - Taekwondo  
As our longest serving coach and another alumnus, Gary has helped Nottingham grow to become one of the leading clubs in the country, regularly achieving national success and with several pupils progressing through to high senior grades and national squad level.

**Matt Wildt & Ash Broomhead** - Tennis  
Matt is our University Tennis co-ordinator supported by the Tennis Foundation as well as being a performance coach in his own right, while Ash Broomhead coaches on the Tennis Performance Programme at Nottingham Tennis Centre, working with talented Juniors as well as our own players.

**Paul Lamb** - Volleyball  
Paul Lamb was recently recognised by Volleyball England with their 2013 Long Service Award, and is Head Coach to the Nottingham Rockets City side as well as the Assistant Coach for the England Central Ladies Squad.

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Proposed design



**No matter what your level of fitness, our classes offer something for everyone!**

You won't need any special kit or equipment to take part, just comfortable clothes and a pair of sports shoes.

Our classes run across the University's three main campuses, throughout the academic year.

With the exception of the drop in classes, all classes must be booked in advance and paid for at the time of booking. Book your class up to 7 days in advance at the listed class venue.

The Department of Sport reserve the right to change the timetable as required. To keep up to date with any changes, please check the web site at: [www.nottingham.ac.uk/sport](http://www.nottingham.ac.uk/sport)

**Key:**  
**F** Free to all members, non member with University card £5.00  
**E** Free to gold members, bronze and silver £3.00, non member with University card £5  
**D** Drop in i.e. no need to book, just turn up - Free to Bronze, silver and gold members  
**P** Progressive course - whole course to be booked in advance - Check cost and course dates online  
**A** Advanced  
**T** Term time only  
**NU2** must have completed a Kurtzweil assessment prior to attending this class, no membership required, £1 per session (check dates)

Please note the Sports Centres and Swimming Pool will be closed on the Bank

UP Sports Centre	Call 0115 951 5536
Fitness Centre	Call 0115 951 7520
SB Sports Centre	Call 0115 951 6444
Swimming Pool	Call 0115 951 5540

**Monday**

Time	Class	Location	Instructor	Cost	Max No	Notes
7:30-8:00am	HIT the Gym	Fitness Centre	Gym Team	£ 10	10	Not Apr 21
8:30-9am	Core & Flex	Fitness Centre	Gym Team	£ 12	10	Not Apr 21
9:45-10:20am	Tone and Shape	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
10:25-10:55am	Fit and Active	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
11-11:30am	Flex & Stretch	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
12:30-1:15pm	Yoga	SB Sports Centre	Kim	£ 10	10	Apr 21 only
1:15-1:45pm	Yoga	SB Sports Centre	Kim	£ 20	10	not Apr 21, May 5
3:15-5pm	HIT the Deck	Fitness Centre	Gym Team	£ 15	10	Not Apr 21
6-7pm	Running Club	Fitness Centre	Gym Team	£ 10	10	Not Apr 21
6-7pm	Vinyasa Yoga	UP Sports Centre	Karen	£ 10	10	Not Apr 21, May 5
6:15-7:15pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£A 10	10	Not Apr 21
7-8pm	Body Conditioning	SB Sports Centre	Clare	£ 10	10	not Apr 21, May 5
7:45-8:30pm	Supple Strength	Fitness Centre	Gym Team	£ 12	10	Not Apr 21
8-9pm	Pilates	SB Sports Centre	Clare	£ 25	10	not Apr 21, May 5

**Tuesday**

Time	Class	Location	Instructor	Cost	Max No	Notes
7:30-7:55am	Fit Camp	Fitness Centre	Gym Team	£ 12	10	
8:30-8:55am	Abx Blast	Fitness Centre	Gym Team	£ 10	10	
9:25-10:10am	SS+Gymfit	Fitness Centre	Gym Team	£ 10	10	For members 55 or over
10:25-10:45am	Core & Flex	Fitness Centre	Gym Team	£ 12	10	
1-1:45pm	Nuptials	SB Sports Centre	Clare	£ 20	10	
5-6:45pm	Zumba Tone	UP Sports Centre	Stacy	£ 10	10	
6:50-7:15pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£ 10	10	Not Apr 21
7:30-8:15pm	Yoga	UP Sports Centre	Lisa K	£ 10	10	Not Apr 21
6-6:45pm	Body Combat	SB Sports Centre	Lisa K	£ 25	10	
6:30-7:15pm	Steamp	Fitness Centre	Gym Team	£ 10	10	
7-8pm	Pump and Tone	SB Sports Centre	Lisa K	£ 10	10	
7:15-8pm	Aerobic Bootcamp	UP Sports Centre	Marjara	£ 25	10	
6:30-8:00pm	Yoga	SB Sports Centre	Kim	£ 10	10	
7:30-8:15pm	Box fit	Fitness Centre	Gym Team	£ 12	10	

**Wednesday**

Time	Class	Location	Instructor	Cost	Max No	Notes
7:30-7:55am	U.C.E.	Fitness Centre	Gym Team	£ 10	10	
8:30-8:55am	ABSolute Hardcore	Fitness Centre	Gym Team	£ 10	10	
9:45-10:30am	SS+ Fit Camp	Fitness Centre	Gym Team	£ 10	10	
10:25-11:10am	ABSolute Hardcore	Fitness Centre	Gym Team	£ 10	10	Not Apr 21
5-5:30pm	ABSolute Hardcore	Fitness Centre	Gym Team	£ 10	10	
5:30-6:30pm	Yoga	UP Sports Centre	Bethina	£ 10	10	
6:30-7:00pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£A 10	10	
6:30-7:30pm	Zumba	UP Sports Centre	Stacy	£ 25	10	
7-7:45pm	Aerobics	SB Sports Centre	Sue	£ 10	10	Not Apr 21
7:30-8:15pm	Fit Ball Fit Body	Fitness Centre	Gym Team	£ 10	10	



**Thursday**

Time	Class	Location	Instructor	Cost	Max No	Notes
7:30-7:55am	Steamp	Fitness Centre	Gym Team	£ 10	10	
8:30-8:55pm	Supple Strength Xpress	Fitness Centre	Gym Team	£ 12	10	
9:25-10:10am	Aerobics	Fitness Centre	Gym Team	£ 12	10	For members 55 or over
10:15-11am	Fit Ball Fit Body	Fitness Centre	Gym Team	£ 10	10	
12:15-1:45pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£ 10	10	
1-1:45pm	Pilates	SB Sports Centre	Clare	£ 25	10	
1:15-2:15pm	Swim Fit	Swimming Pool	ASA	£ 20	10	Not Apr 21
2:15-3:15pm	Yoga	UP Sports Centre	Clare	£ 10	10	Not Apr 21
3:15-5:45pm	Watt Bike Workout	SB Sports Centre	Gym Team	£ 5	10	
5-6pm	Yoga	UP Sports Centre	Emusula	£ 25	10	
5:30-6:15pm	Steamp	Fitness Centre	Gym Team	£ 5	10	
6-6:30pm	Watt Bike Workout	SB Sports Centre	Gym Staff	£ 5	10	
6:30-7:15pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£ 10	10	Not Apr 21
6-7pm	Pilates Power Ability	UP Sports Centre	Emusula	£ 25	10	
6:30-7:15pm	U.C.E.	Fitness Centre	Gym Team	£ 10	10	
7:30-8:15pm	Pump Fit	Fitness Centre	Gym Team	£ 12	10	

**Friday**

Time	Class	Location	Instructor	Cost	Max No	Notes
7:30-7:55pm	U.C.E.	Fitness Centre	Gym Team	£ 10	10	Not Apr 18
8-8:15am	ABS Blast	Fitness Centre	Gym Team	£ 10	10	Not Apr 18
9:45-10:20am	Tone and Shape	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
10:25-10:55am	Fit & Active	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
11:40-11:55am	Flex & Stretch	Fitness Centre	Gym Team	£ 10	10	For members age 55 or over
12:30-1:15pm	U.C.E.	Fitness Centre	Gym Team	£ 10	10	Apr 18th only
12:15-12:45pm	Teams in Burns Xpress	UP Sports Centre	Kelly	£ 20	10	Not 18th Apr Good Friday
12:45-1:15pm	Speedy Shape Up	UP Sports Centre	Kelly	£ 20	10	Not 18th Apr Good Friday
1-1:45pm	Gym Circuit	SB Sports Centre	SB Staff	£ 10	10	
6:15-7:15pm	U.C.E. Xtreme	Fitness Centre	Gym Team	£A 10	10	Not Apr 18

**Saturday**

Time	Class	Location	Instructor	Cost	Max No	Notes
8:15-9:00am	HIT the Gym	Fitness Centre	Gym Team	£ 10	10	8:30am start on Apr 19
10-11am	U.C.E. Xtreme	Fitness Centre	Gym Team	£A 10	10	
2:15-3pm	Kettlebell Xtreme	Fitness Centre	Gym Team	£ A&R 12	10	

**Sunday**

Time	Class	Location	Instructor	Cost	Max No	Notes
9:15-10:00am	HIT the Deck	Fitness Centre	Gym Team	£ 12	10	Not Apr 27
10:25-11am	U.C.E.	Fitness Centre	Gym Team	£ 10	10	

For general enquiries contact:  
**Sports Centre**  
 t: +44 (0)115 951 5536  
 e: [sport@nottingham.ac.uk](mailto:sport@nottingham.ac.uk)  
 w: [www.nottingham.ac.uk/sport](http://www.nottingham.ac.uk/sport)



**Proposed design - Portrait**  
Front & rear options





**Proposed design - Landscape**  
Front & rear options





Proposed designs - A



University of  
Nottingham Sport

## T<sup>3</sup> Sport & Fitness Membership only £25

All yours, all on campus!

- 1.unlimited access to three Fitness Centres
- 2.unlimited access to over 100 group exercise classes every week
- 3.unlimited sport including FREE swimming

[nottingham.ac.uk/sport](http://nottingham.ac.uk/sport)  
Follow the link to 'Buy your membership'  
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**Proposed designs - B**



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**Proposed designs - C**



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Proposed designs - D



**Your  
new year  
Resolution  
starts now!**

Enjoy life	Join a sports team
Relieve stress	Hit the gym
Run a mile	Learn to swim
Be more active	Meet new friends
Look great, feel great	Save money
Lose weight	Exercise more
Stay motivated	

**6 month UoN Sport and Fitness membership only £120\***

- Enjoy unlimited use of three Fitness Centres, with over 100 group exercise classes every week
- Unlimited access to the University's excellent sports facilities
- And free swimming in our superb 8-lane indoor pool
- The best student offer for price and quality in Nottingham

To join, simply visit [www.nottingham.ac.uk/sport](http://www.nottingham.ac.uk/sport), follow the links for 'Buy your membership' and then select 'Current offers'

\* Students only, see website for full details



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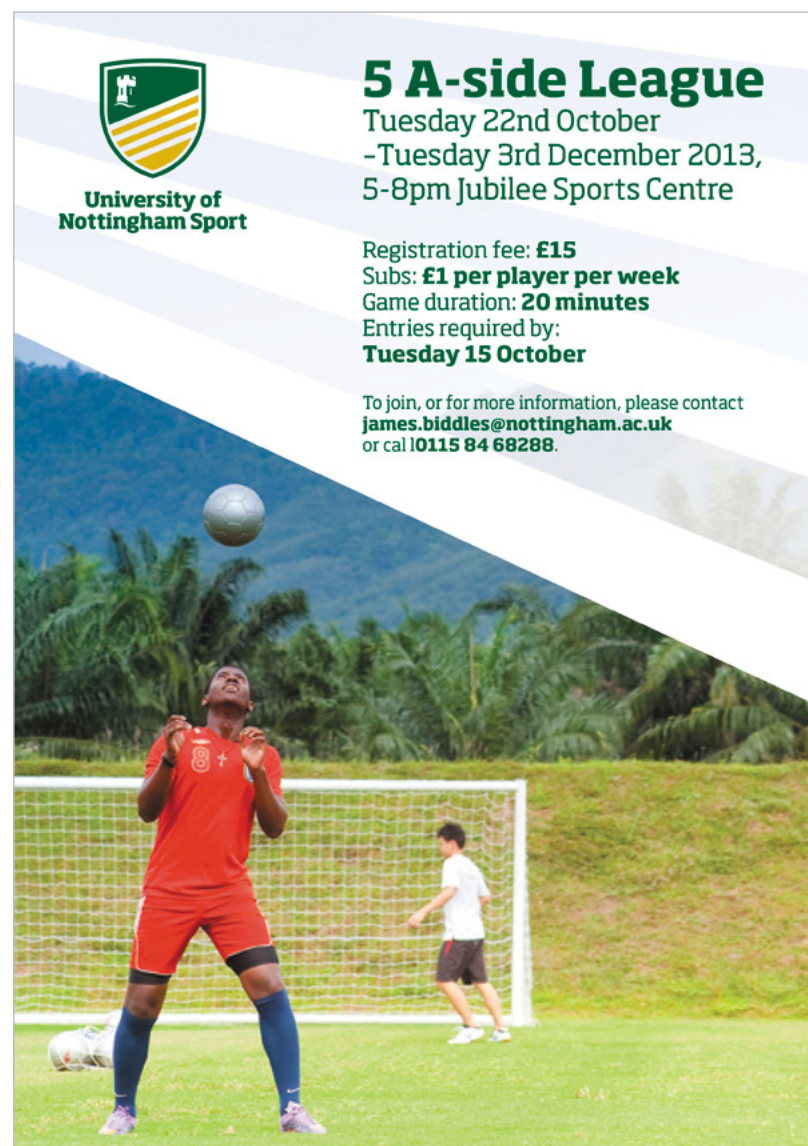
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**Proposed designs**



The poster features the University of Nottingham Sport logo in the top left. The background is a photograph of a soccer player in a red kit jumping to head a ball on a grassy field with a goal in the background. The text is arranged in a clean, modern layout with a mix of green and black colors.

**5 A-side League**  
Tuesday 22nd October  
- Tuesday 3rd December 2013,  
5-8pm Jubilee Sports Centre

Registration fee: **£15**  
Subs: **£1 per player per week**  
Game duration: **20 minutes**  
Entries required by:  
**Tuesday 15 October**

To join, or for more information, please contact  
[james.biddles@nottingham.ac.uk](mailto:james.biddles@nottingham.ac.uk)  
or call **0115 84 68288**.



The poster features the University of Nottingham Sport logo in the top left. The background is a photograph of a man in a white jacket leaning over a snooker table, preparing to take a shot. The text is arranged in a clean, modern layout with a mix of green and black colors.

**Snooker  
Tournament**  
24 - 29  
November

To join, or for more information,  
please contact Sutton Bonington  
Sports Centre reception or call  
**0115 9516444**  
[www.nottingham.ac.uk/sport](http://www.nottingham.ac.uk/sport)



The poster features the University of Nottingham Sport logo in the top left. The background is a white space with green and yellow diagonal stripes at the bottom. The text is arranged in a clean, modern layout with a mix of green and yellow colors.

**Term 1 Sports  
Bundle - on  
sale now!**

**Sport bag +  
Gym Towel +  
Padlock +  
Sports Bottle +**

**Only £20**

Show Your **True Colours...**