



**University of
Nottingham Sport**



Discover
your
potential

Your Sport, Health and Wellbeing package 2022/23

nottingham.ac.uk/sport/shwp



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Welcome to the Green and Gold

Health and wellbeing is a huge part of life here at the University of Nottingham and we have a proud history of sporting success at all levels. We're incredibly proud of our offer and we're delighted to welcome you into our Green and Gold family!

In partnership with the University's Accommodation and Residential Experience team, the Sports, Health and Wellbeing package is a brand new offer just for students living in University halls on University Park and Jubilee campus, plus Dagfa and Varsity.

Your Sports, Health and Wellbeing package provides a huge range of options to stay active during your time on campus. You can access three fitness suites, over 150 classes every week, our swimming pool, climbing wall, squash courts and much more!

We've got a jam-packed programme of events scheduled just for students with the Sports, Health and Wellbeing package too.

Don't forget - there's also lots of activities to try in our award-winning programmes. We have over 70 sports clubs, a huge campus league structure (Intramural sport) and over 25 sports to try within our Just Play programme. Off the pitch you can gain invaluable skills through our Leadership Academy.

For those serious about competing, we have over 100 teams representing the University and comprehensive scholarship support for our top student athletes. We're the number one University for team sport in the UK and will host the highlight of the University sport season, BUCS Big Wednesday, right here in Nottingham in March.

Most importantly, we ensure everyone feels welcome and supported to get involved. We have a dedicated Inclusive Sport Officer who works with students with a disability or a long-term medical condition plus a range of initiatives to look after student welfare within our clubs and activities.

After a record-breaking season in 2021/22 we can't wait for this year to get started and we're really looking forward to meeting you!

This handbook tells you about everything about your Sport, Health and Wellbeing package plus the wider programme at University of Nottingham Sport. You can also check out nottingham.ac.uk/sport for more details.

Dan Tilley
Director of Sport

Sean Nolan
Sports Officer 2022/23



@UoNSport



#FindYour **ACTIVE**

There has never been a better time to enjoy meeting new people and discover new activities to give your wellbeing a boost. So, whether you're an elite athlete, partake in just-for-fun sport, or simply enjoy keeping fit, it's time to dive on in...

nottingham.ac.uk/sport/welcome



Right fit for you

I love keeping fit...

Your Sports, Health and Wellbeing package includes access to three fully-equipped fitness suites, over 150 weekly classes, swimming and much more! Our friendly team are always on hand to help you reach your goals. We also have a range of events just for you, from fun retro sports days to off-campus trips.

Learn more about your package from page 6 ►

I just want to play for fun...

Our Just Play programme is ideal. With over 25 sports on the programme, you can drop in for free with your Sports, Health and Wellbeing package. Lots of our sports clubs also have a social section for casual players.

Learn more about sports clubs on page 20 and Just Play on page 22 ►

I'd like to play competitive matches...

There's a huge intramural sports programme on campus at the University of Nottingham. You can choose from 11 different sports including football, netball and rugby and teams can be made up of halls, societies or groups of friends.

Learn more about our campus leagues on page 4 ►

I want to represent the University of Nottingham...

We have over 70 sports clubs, many of whom compete nationally and regionally for the University. For elite athletes, we offer a comprehensive sports scholarship programme and world-class training facilities.

Learn more about sports clubs on page 20 and performance sport from page 30 ►

I want to develop my leadership skills...

Our Leadership Academy offers several options to develop your leadership skills including delivering in local schools, coaching in clubs or officiating. Suitable for all students, the Academy provides training, mentoring and real hands-on experience.

Learn more about our Leadership Academy on page 28 ►

I'm a disabled student...

We have a dedicated disability sport offer and staff member to support you. This includes discounted memberships, supported fitness sessions and inclusive club sessions. Our sports clubs are committed to ensuring they are inclusive and welcoming to all.

Learn more about inclusive sport at Nottingham from page 17 ►

Your Sports, Health and Wellbeing package

Whether you want to work out, swim, climb or compete in one of our sports clubs - your Sports, Health and Wellbeing package has you covered. It's the perfect way to stay active and meet new friends at the same time!

With so many activities included on all three campuses, you have the power to shape your own fitness, health and wellbeing journey to suit you!

Your package includes;

- Three fitness suites equipped with the latest equipment
- Fitness induction and 1-2-1 programme reviews
- Over 150 weekly group exercise classes
- Indoor climbing and bouldering wall
- 25m swimming pool
- Squash courts
- Indoor courts: badminton, basketball and volleyball
- Snooker tables
- Outdoor courts: tennis and netball
- A wide range of sport sessions with Just Play
- Exclusive events for students with a Sports, Health and Wellbeing package

As well as priority access and / or discounted rates for;

- Our Health and Wellbeing Suite
- Our Sports Injury Clinic
- Our 3G pitches
- Nottingham Powerleague



Our Sport, Health and Wellbeing package is included at the following halls:

- | | |
|--------------------|---------------|
| ◦ Ancaster | ◦ Melton |
| ◦ Beeston | ◦ Newark |
| ◦ Cavendish | ◦ Nightingale |
| ◦ Cripps | ◦ Rutland |
| ◦ Dagfa House | ◦ Sherwood |
| ◦ Derby | ◦ Southwell |
| ◦ Jubilee | ◦ Varsity |
| ◦ Lenton & Wortley | ◦ Willoughby |
| ◦ Lincoln | |

Right on your doorstep

Your Sports, Health and Wellbeing package includes access to David Ross Sports Village on University Park campus, Jubilee Campus sports centre and Sutton Bonington sports centre. So there's an option just a short walk away from your halls of residence or you can reach all our centres via the University's Hopper Bus network.

Take your gym home in the holidays

We're part of the BUCS UNIVersal scheme which gives our Sport, Health and Wellbeing package holders to access over 70 University gyms across the country free-of-charge. Perfect when you head home for the weekend or holidays!

Book online

You can browse and book all your activities with ease via our online booking system. When you arrive simply swipe your student card to enter. No booking is required for our fitness suites.

nottingham.ac.uk/sport/shwp

Exclusive events for you and your hall friends

We've got a jam-packed schedule of activities lined up just for students with a Sports, Health and Wellbeing package. They offer a great chance to get active, try something new and get to know your new hall friends.

Try something new in your hall

Our friendly fitness team will deliver a series of group exercise class tasters in your halls so you can try out some of our most popular sessions. All the classes are from our central timetable which are included in your Sports, Health and Wellbeing package – so if you enjoy them you can join our regular sessions at one of our facilities.

Join one of our fun campus activities

We've got lots planned on campus to help you stay active with your friends and we'll be adding new events throughout the year. As well as our popular Girls' Night In events and Just Play Inclusive Sports Day, our programme includes retro sports days, making your own smoothie on our smoothie bike and the chance to celebrate the Football World Cup together. As well as staying physically active, our schedule of health workshops will give you time out to focus on your wellbeing.

Head off campus on our exciting trips

Want to explore more of Nottingham and the surrounding area? Our activity-filled trips will include walks in the picturesque Peak District and bouncing high at a huge local trampoline park! Activities will be free-of-charge to attend with just a small cost if transport to the venue is required.

Moves + virtual challenges

Join an online community of over 5000 University of Nottingham students on our popular Moves + app. Find your Hall group and get involved with a series of challenges just for halls. Register your steps or activity with the virtual tracker and you'll be able to earn prizes for you and your hall! Find out more on page 16.

Get involved:

To find out more about what's going on, speak to your ResX team, join your UoN Sport Hall Facebook group at facebook.com/uonsport/groups or check out the full events listing at nottingham.ac.uk/sport/shwp.



Fitness suites

Sport, Health and Wellbeing package holders enjoy unlimited access to our spacious fitness suites located across all three campuses. Our facilities have the latest in fitness equipment and our friendly team are always on hand to support you.

The latest in fitness equipment

We have three fitness suites located at David Ross Sports Village, Jubilee sports centre and Sutton Bonington sports centre. Our welcoming fitness suites have dedicated areas for cardio, fixed weights, free weights, functional training, plate-loaded machines, lifting racks and cable machines. At Jubilee, we've just added an exciting outdoor fitness space for functional and strength training.

Inductions and fitness programmes

You can book a fitness induction where our fitness instructors will show you how to use the equipment correctly, safely and effectively. Our induction video is also available online for you to watch back at any time. Our fitness programmes offer the chance to sit down with our specialist fitness team and plan a programme tailored to you and your goals. These services are included for all Sport, Health and Wellbeing package holders.

Lifting workshops

Free-of-charge, our lifting workshops are perfect if you haven't lifted before or would like to brush up on your technique. In small group sessions we'll show you the fundamentals of lifting and the three main lifts - squat, deadlift and press.

Personal training

Working with one of our Personal Trainers can be hugely rewarding. Our personal trainers will tailor your workouts to your specific needs and help to build your confidence, knowing you are performing the exercises correctly and safely. We're here to push and motivate you and remind you of the goal in mind when things get tough. New to our offer, personal training is an additional paid service. For more information speak to a member of the fitness team or email: personaltraining@nottingham.ac.uk

Get involved

Access to all our fitness suites is included in your Sports Health and Wellbeing package. No booking is required.

To find out more about our inductions, fitness programmes and lifting workshops please speak to a member of the fitness team.

[nottingham.ac.uk/
sport/gym](https://nottingham.ac.uk/sport/gym)





Group exercise classes

Delivered by our friendly team of specialist instructors, we offer over 150 classes a week as part of our popular timetable - all are included in your Sport, Health and Wellbeing package.

Extensive class timetable

We offer a diverse range of classes created and developed by leaders in the fitness industry. You can choose from our LES MILLS programmes of Body Balance, Body Combat or Body Pump or enjoy the variety of Yoga, Pilates or Zumba plus HIIT, Circuits and Box Fit.

Indoor cycling

Delivered from our dedicated cycle studios at David Ross Sports Village and Jubilee sports centre, our indoor cycling programme is hugely popular. Our Life Fitness IC7 bikes are the latest in technology available - ride live with our instructors or take a virtual MyRide class.

Spacious indoor studios and gym spaces

We have two spacious studios at David Ross Sports Village and one each at Jubilee and Sutton Bonington. We also offer small group classes in our fitness suites.

Head outdoors

We also run small group classes outdoors (weather permitting) that make the most of our beautiful campus setting as well as our Active Trail - a unique set of stations featuring the latest in outdoor gym equipment.

Get involved

All classes are included in your Sports Health and Wellbeing package.

The programme is very popular so we recommend booking in advance. You can view our timetable and book online or make a booking via reception.

**[nottingham.ac.uk/
sport/classes](https://nottingham.ac.uk/sport/classes)**



Swim

David Ross Sports Village offers a spacious 25m swimming pool complex, which has recently undergone a £1.4 million transformation. Swimming is included in your Sport, Health and Wellbeing package and we offer a range of aquatics activities to get involved in.

Swimming pool complex

Our recent upgrade offers a brand new changing village, spectator area and specialist accessible facilities. Our spacious pool is 25m with eight lanes and an adjustable floor for selected water sports.

Casual swimming and aqua-based classes

Both lane and social swimming is available throughout the week. Aqua Fit is also a popular option on our class timetable as a low-impact alternative.

Swimming lessons

Delivered by our qualified swim teachers, we offer a programme of lessons for adult swimmers at beginner, improvers and advanced level. You can choose from weekly sessions, intensive courses, group and private 1-2-1 options. So whether you want to learn to swim for the first time or improve your stroke technique, there's an option for you!

Health and Wellbeing Suite

Our Health and Wellbeing Suite is the perfect place to unwind after a tough workout or training session. Located adjacent to the swimming pool, the Suite boasts a Finnish sauna, steam room, arctic ice fountain and ice-cold bucket shower.

Get involved

Casual swimming and Aqua Fit are included in your Sports Health and Wellbeing package. You can view available times and book online or at reception.

Please note, Swim School programmes and our Health and Wellbeing Suite are charged in addition - please speak to our reception team for details.

**[nottingham.ac.uk/
sport/swim](https://nottingham.ac.uk/sport/swim)**



Climb

David Ross Sports Village includes a state-of-the-art indoor climbing and bouldering wall and access to the wall is included in your Sport, Health and Wellbeing package.

Climbing facilities

Our climbing wall is 12m high with over 50 graded routes which are changed regularly throughout the year. It offers permanent top ropes, space for lead climbing and three auto belays. Our 3m bouldering wall has a huge range of graded problems as well as a Moon Board - where climbers can set almost an unlimited number of problems via the free to access app.

Getting started

If you haven't climbed before, we ask you to attend one of our induction sessions or Learn to Climb courses before you use the wall unsupervised. Our expert climbing team will guide you through the basics to give you the skills and confidence to climb safely. If you're an experienced climber, please complete our registration form before your first climb.

Climbing courses

As well as our sessions for beginners, we have a huge range of courses delivered by our trained instructors. You can choose from sessions on improving your technique, using the auto belay, lead climbing and inclusive classes. Please note, some classes are free-of-charge for members and others will be at an additional charge.

Get involved

Access to the climbing wall is included in your Sports Health and Wellbeing package. You are asked to book your climb in advance online or at reception. Don't forget to book onto an induction session and / or leave time to complete our registration forms before your first climb.

nottingham.ac.uk/sport/climb



Sports Injury Clinic

Our award-winning Sports Injury Clinic is a state-of-the-art rehabilitation facility located within David Ross Sports Village. The clinic provides a bespoke treatment environment for students, staff and the local community, whilst also delivering specialist support for our elite athletes and scholars.

With our leading equipment - including a hydrotherapy pool complex - we can help you get back to your best, get back on track in the gym or even start a new activity.

Physiotherapy and sports massage are our most popular services for those suffering with sports-related injuries and chronic pain. However, our team of specialist staff pride themselves on delivering in depth diagnoses ahead of creating a high-quality treatment plan.

Services offered by our Sports Injury Clinic are;

- Sports massage
- Gait analysis
- Physiotherapy
- Rehabilitation
- Hydrotherapy
- Concussion clinic

Book an appointment

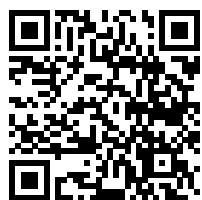
Clinic services are not included within your Sport, Health and Wellbeing package, however we do offer discounted rates for members. To find out more and to book, please call us on **0115 748 7070** or visit the website.

nottingham.ac.uk/sport/sportsinjuryclinic



University of
Nottingham Sport

M+ Moves



Join your Hall Moves
group and earn
rewards for you
and your hall just
by being active!

Prioritising inclusion and wellbeing

We want to make sure all students feel welcome taking part in our activities and programmes and that everyone can use sport and activity as a tool to look after their physical and mental wellbeing. We provide a range of initiatives to make sure this happens!

Welfare within our sports clubs

All of our sports clubs have a dedicated **welfare officer** to make sure that their club offers a supportive environment for everyone. All welfare officers and club committee members receive special training from UoN Sport and the Students' Union to help them support their fellow students.

Welfare in Sport is a campaign group led by students to raise awareness of mental health issues and to help sports clubs look after their members. Over 60 sports clubs have pledged their commitment to the award-winning campaign.

Supporting female students

The **Girls' Night In** event series offers a great opportunity for students who identify as female to try a range of new activities completely free of charge! Run throughout the year, Girls' Night In is a festival of sport and fitness with plenty of freebies to take home with you from the night!

Supporting male students

Our **Men's Health Active** initiative encourages students who identify as male to use sport and physical activity to look after their mental health. Led by student ambassadors with personal experience of managing their wellbeing through sport, it includes sporting activities and talk shops with the University's counselling service.

Supporting LGBT+ students

We work closely with the University's LGBT+ Network and Student Officer to ensure all students feel welcome within our clubs and programmes. Our Rainbow Laces campaign in partnership with Stonewall to promote LGBT+ inclusion in sport is a key part of our sporting calendar.

Supporting students with a disability or long-term health condition

We have a dedicated Disability Sport Officer and a range of programmes to ensure that students with a disability or long-term health condition can stay active during their time at the University. See overleaf for all the details.

Find out more
[nottingham.ac.uk/
sport/inclusive](https://nottingham.ac.uk/sport/inclusive)

Inclusive sport for everyone

We have our own dedicated Inclusive Sport Officer to support students with a disability and/or long-term health condition. We work closely with the Students' Union and Disability Support Team to ensure there are accessible opportunities for everyone during their studies.

Supported fitness sessions

Our friendly fitness team offer 1-2-1 supported fitness sessions for students with a disability or long-term health condition. These will help you make the most of our extensive facilities as well as offer adapted workouts where required. This is included in your Sports, Health and Wellbeing package.

Gym quiet times

We have dedicated quiet times within our fitness suites at David Ross Sports Village and Jubilee sports centre for students who prefer a quieter environment. All TVs and music are turned off, lights are dimmed where possible and we ask all users to work out as quietly as possible.

Train with a buddy

If you'd like to bring a friend, family or support worker with you to support you during your workout, we'll activate a 'buddy' pass for them.

Inclusive sports clubs and sessions

The University's Wheelchair Basketball and Goalball clubs welcome both disabled and non-disabled students. Several clubs also run inclusive Just Play sessions (see page 22) including climbing, equestrian and handball. No previous experience is needed, so it's a great opportunity to try something new!

Volunteering opportunities

We endeavour to offer leadership opportunities to all students and can discuss any accessibility needs with you beforehand. As part of our Leadership Academy (see page 28), students can join our Inclusive Sports Leaders programme, where you receive training to deliver to disabled young people and adults in our local community. You can also volunteer within our Wheelchair Basketball and Goalball clubs.

Find out more

For more details of any of our support, please contact our Inclusive Sport Officer at hannah.webber@nottingham.ac.uk or speak to a member of our fitness team who will be happy to help.

**[nottingham.ac.uk/
sport/inclusivesport](https://nottingham.ac.uk/sport/inclusivesport)**





Join a sports club

Our sports clubs are at the heart of sport here at the University of Nottingham. With over 70 different clubs to choose between, there's something for everyone to try from beginner to elite athlete.

Over 100 teams represent the University of Nottingham each week at local, national and international level. We're incredibly proud of our success and in the 2021/22 season we finished 2nd in the overall University sport rankings delivered by British Universities and Colleges Sport (BUCS).

Get involved

Our sports clubs offer lots of different ways to get involved throughout the year. To find out more, including if there are trials for teams, get in touch with our clubs online or via social media or visit the Welcome Fair at David Ross Sports Village on 26 and 27 September 2022.

nottingham.ac.uk/sport/clubs

A

Aikido
American Football
Archery
Artistic Swimming
Athletics

B

Badminton
Basketball (Men's)
Basketball (Women's)
Boat Club
Boxing
Brazilian Jiu-jitsu

C

Canoe Polo
Caving
Cheerleading
Climbing
Cricket (Men's)
Cricket (Women's)
Cycling

D

Dodgeball

E

Equestrian

F

Fencing
Floorball
Football (Men's)
Football & Futsal (Women's)
Futsal (Men's)

G

Gaelic Football
Gliding
Golf
Gymnastics

H

Handball
Hockey (Men's)
Hockey (Women's)

I

Ice Hockey

J

Jiu-jitsu
Judo

K

Karate
Kayak
Korfball

L

Lacrosse (Men's)
Lacrosse (Women's)
Lifesaving

M

Mixed Martial Arts
Motorsport
Mountaineering

N

Netball

P

Polo
Powerlifting

R

Rambling & Hillwalking
Rugby (Men's)
Rugby (Women's)
Rugby League

S

Sailing
Shooting
Skydiving
Snooker & Pool
Snowsports
Softball & Baseball
Squash
Sub Aqua
Surf
Swimming

T

Table Tennis
Taekwondo
Tennis
Thai Boxing
Trampoline
Triathlon

U

Ultimate

V

Volleyball

W

Wakeboard & Waterski
Water Polo
Wheelchair Basketball
Windsurf & Kite
(Windriders)



Play for fun with Just Play

Try something new or just come along to meet new friends with our popular Just Play programme. With over 25 sports to try and no weekly commitment needed - it's easy to fit a session into even the busiest of schedules!

Try something new

University is the perfect time to try something new and meet new friends at the same time. Delivered by our friendly student ambassadors, our Just Play programme offers a huge range of sports to try. From dodgeball to table tennis, golf to climbing and gymnastics to futsal - there really is something for everyone.

Fit in with your timetable

There are no matches or league points to win - you just turn up and play for fun. Our Just Play sessions are all drop in, meaning you don't need to commit every week and can take part in as many sessions (and sports) as you can fit into your schedule! Sessions run across all three campuses.

Get involved

You don't need any previous experience of a sport to attend a Just Play session - beginners are very welcome! Sessions are included in your Sports, Health and Wellbeing package, Off-campus activities may incur further costs.

All our Just Play sessions can be found on our online timetable. You can pre-book a session online to speed up entry when you arrive or just turn up on the day. Any bookings are pre-loaded onto your student card, so just swipe in when you arrive.

We provide all equipment, so please just come in comfortable clothing and footwear ready to get active!

**[nottingham.ac.uk/
sport/justplay](https://nottingham.ac.uk/sport/justplay)**



GET ACTIVE





Compete here on campus

Join over 4,000 University of Nottingham students playing weekly in our intramural sports leagues (IMS). One of the largest campus league programmes in the country, it's a great way to enjoy competitive sport on your doorstep and meet new friends.

Our IMS programme offers a huge range of weekly leagues and one-off tournaments in the following sports:

- Badminton (Mixed)
- Basketball (Mixed)
- 11-a-side Football (Men's)
- 7-a-side Football (Men's and Women's)
- Hockey (Mixed)
- Netball (Women's)
- Rugby Union (Men's)
- Squash (Mixed)
- Table Tennis (Mixed)
- Tennis (Mixed)
- Touch Rugby (Mixed)
- Volleyball (Mixed)

You can represent your hall of residence, academic course, society or get together with a group of friends to play. You can play in more than one league and / or sport - whatever works for your schedule!

The IMS calendar also include a series of popular events, including the Friday Night Lights Rugby showcase, Finals Day for selected sports and IMS All Stars, where our top campus players take on our club teams.

League winners also get the chance to represent the University of Nottingham in the hotly contested annual IMS Varsity against Loughborough University.

Get involved

I want to play for my hall: Speak to your Hall sport representative, head down to Hall Sports Day during Welcome Week or join your Hall Sport Facebook group at facebook.com/uonsport/groups to find out more details.

I want to play for a society or course team: Get in touch with your course or society group (you can find contact details on the Students' Union website) to find out what teams are running.

I want to play as a group with my friends: If you already have a team together, enter your team via our online form at nottingham.ac.uk/sport/ims.

I want to be an official: If you have a officiating qualification, or are interested in obtaining one, then we offer paid opportunities through IMS. Please get in touch at imschair@nottingham.ac.uk for details!

nottingham.ac.uk/sport/ims



SPONSORS OF
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Uber
Eats



Your Students' Union

The Portland Building on University Park
Campus is the home of your Students' Union
...so come and say hello!



We're here to make sure you have the best possible University experience - from the day you accept your place, to the day you graduate. Welcome to your Students' Union!

We're an inspiring, vibrant community run by you, for you. And because we're independent from the University, we represent you, defend your interests, and fight for the changes you want to see.



Keep up to date
with all the latest
news and events:

uonsu.com
0115 846 8800



Grow your leadership skills

Want to combine your degree with practical and transferable life skills that you can then take forward in the career of your choice? From working in local schools, coaching in clubs, engaging the local community or working on both national and international events, there is a range of opportunities that you can get involved with through the Leadership Academy.

Inspire your local community

Our Sport in Schools leaders deliver a series of introductory sessions in one sport to local schoolchildren in Nottingham. The sessions are tailored by the students running them, so you can really be creative!

Sport for Good Nottingham

We run the Sport for Good project alongside global charity Laureus. Here our student leaders work with schoolchildren to design and undertake social action projects which help with the transition from primary to secondary school - all through sport. It's an ideal opportunity to develop important leadership skills and gain real work experience in the education sector.

Experience major sporting events

The University of Nottingham attracts several major national and international events to our world-class facilities every year bringing a huge range of opportunities for student leaders to get involved. Roles available include ticketing support, team liaison, media management and officiating.

Benefit from our comprehensive training programme

We deliver a comprehensive training programme for Leadership Academy students including safeguarding training for those working in schools. Our Leadership Academy portal also offers access to continued professional development (CPD) including mentoring events.

Gain recognised qualifications

The Leadership Academy Qualification Fund offers financial support to complete a recognised coaching qualification in your sport. The popular Nottingham Advantage Award (NAA) also includes a Sports Leadership module, so you can use your Leadership Academy experiences to gain credits towards the official NAA accreditation on your degree transcript.

Earn rewards for your time

We highly value the commitment of our student leaders. Using our bespoke portal you can log your leadership hours and exchange them for rewards on campus.

Get involved

You don't need any previous sporting or leadership experience to be part of our Leadership Academy. Just register online to search all our latest opportunities and courses.

**[nottingham.ac.uk/
sport/leadership](https://nottingham.ac.uk/sport/leadership)**





I have absolutely loved being a part of the University of Nottingham and University of Nottingham Sport. I have been provided with so much support over the past two years and I feel so lucky to be affiliated with such an incredible university and programme. My course, Health Psychology, have been extremely understanding of my sporting commitments and both the academic and sporting departments have really helped me to excel in my studies and my squash. Winning gold at the Commonwealth Games is the cherry on top of a fantastic year and I really appreciate all of the support from the University that I've had throughout. 🍌🍌

Gina Kennedy

MSc Health Psychology, Commonwealth Gold Medallist 2022 - Squash (Women's Singles)

Achieve your sporting goals

We pride ourselves in the investment we make in our elite athletes to help them achieve their ambitions. Our scholarship programme offers a comprehensive level of support including financial awards, strength and conditioning, physiotherapy and performance lifestyle advice.

Scholarships

We offer three levels of sports scholarship worth up to £12,000 including bespoke para-sport scholarships. Coordinated by our scholarship team, our packages include financial support, performance lifestyle mentoring and UoN sport and fitness membership. Scholars also access specialist strength and conditioning training within our High Performance Zone and physiotherapy within our in-house Sports Injury Clinic. Our programme also includes bespoke para-sport support.

Talented Athlete Scholarship Scheme (TASS)

University of Nottingham are an official TASS delivery site and we're proud to be have been granted TASS Dual Career accreditation status. This demonstrates our commitment to supporting our athletes to achieve academic success. Our performance lifestyle advisors work closely with students and academic tutors and online lecture capture, flexible training and 1-21-session all ensure you can balance course requirements with the needs of your sport.

World-class coaching

Our coaches are recruited from the best in the world. Our team includes former Welsh No.1 and Commonwealth Games athlete Martyn Lewis (Badminton), Commonwealth medallist and Olympian Kelly Sibley (Table Tennis) and former England senior international Matt Taylor (Hockey).

Leaders in team sport

In the 2021/22 season we were the number one team sport University in the UK with 38 teams winning their league and 17 national championship titles. Our individual athletes also recorded over 100 podium finishes leading to a record points score and 2nd place in the BUCS overall table.

Sporting history

The University of Nottingham has a rich heritage of sport, from our first Olympian John Dudderidge in 1936 to current medical student and table tennis star Tin-Tin Ho at Tokyo 2020. We were the most successful University at London 2012 and our alumni have won multiple Olympic, World, European and Commonwealth medals.

Find out more

Pick up a copy of our Performance Sport Guide or visit

nottingham.ac.uk/sport/performance



Show your support

We have over a hundred teams competing in the British Universities and Colleges (BUCS) leagues and events every year. Many sports clubs also compete within local, regional and national leagues with several competing in the top tier of competition for their respective sport. Supporters are welcome at all our games and we also run a series of special events throughout the year.

Headliner Series

Sponsored by RedBull, our award-winning Headliner series showcases selected BUCS fixtures. With live DJs, giveaways and fan activities, the Headliners offer a big match day experience right here on campus and tickets usually sell out fast! Everyone can catch the action however as we broadcast all the action complete with commentary.

Nottingham Varsity

Each year, the Green and Gold face local rivals Nottingham Trent University in a hotly contested Varsity series. With over 20 sports involved in the series, a particular highlight is the Ice Hockey fixture at Motorpoint arena where over 5,000 students head to cheer on their University.

BUCS Big Wednesday

The pinnacle of the university team sports programme BUCS Big Wednesday will once again be hosted in Nottingham in 2023. Join us on 22 March to watch the national finals of over 15 different sports including football, netball and hockey. Last year, the Green and Gold had a record 14 teams winning gold in front of sell-out home crowds!

Watch the action live wherever you are

We stream many of our fixtures live via our YouTube channel (search University of Nottingham Sport) so you can view from anywhere in the world or watch your favourite moments back whenever you want!

Look the part

We sell a range of clothing and accessories for our Green and Gold athletes and supporters. Check out the full range at our David Ross Sports Village store or online via our PlayerLayer store.

Get involved

Follow us on social media to get all the latest notifications on what's coming up at or check our website out for event listings.

nottingham.ac.uk/sport/whatson



Stick that in your memory bank



Children's Brain Tumour Research Centre

Children's brain tumours account for around a fifth of childhood cancers in the UK.

For 25 years, our world-leading researchers and clinicians at the Children's Brain Tumour Research Centre (CBTRC) have been working to stop brain tumours from shattering the lives of children. Though diagnosis times have halved, there is much more yet to do. **CBTRC is proud to be the Official Charity Partner of University of Nottingham Sport.**

Get involved with fundraising!

There are lots of fun and easy ways you can support CBTRC, from personal and team challenges to doing a bake sale or organising a quiz night.

You can also join in with our '25 for 25 challenge' to celebrate our 25th anniversary. Maybe cycle or run 25 miles, or even give up something for 25 days! Find more ideas on our website, and if you want to chat through an idea, just get in touch.

Contact jo.brailsford-finnis@nottingham.ac.uk to maximise your fundraising now!

<https://bit.ly/CBTRCfundraise>



£10.50
~~£15.00~~

Get started with our bundle

Get all your fitness essentials - a bag, bottle, padlock and lanyard!

Search 'fitness bundle' at **store.nottingham.ac.uk** or pick up from any sports centre reception.



Get social with us

