



University of
Nottingham Sport

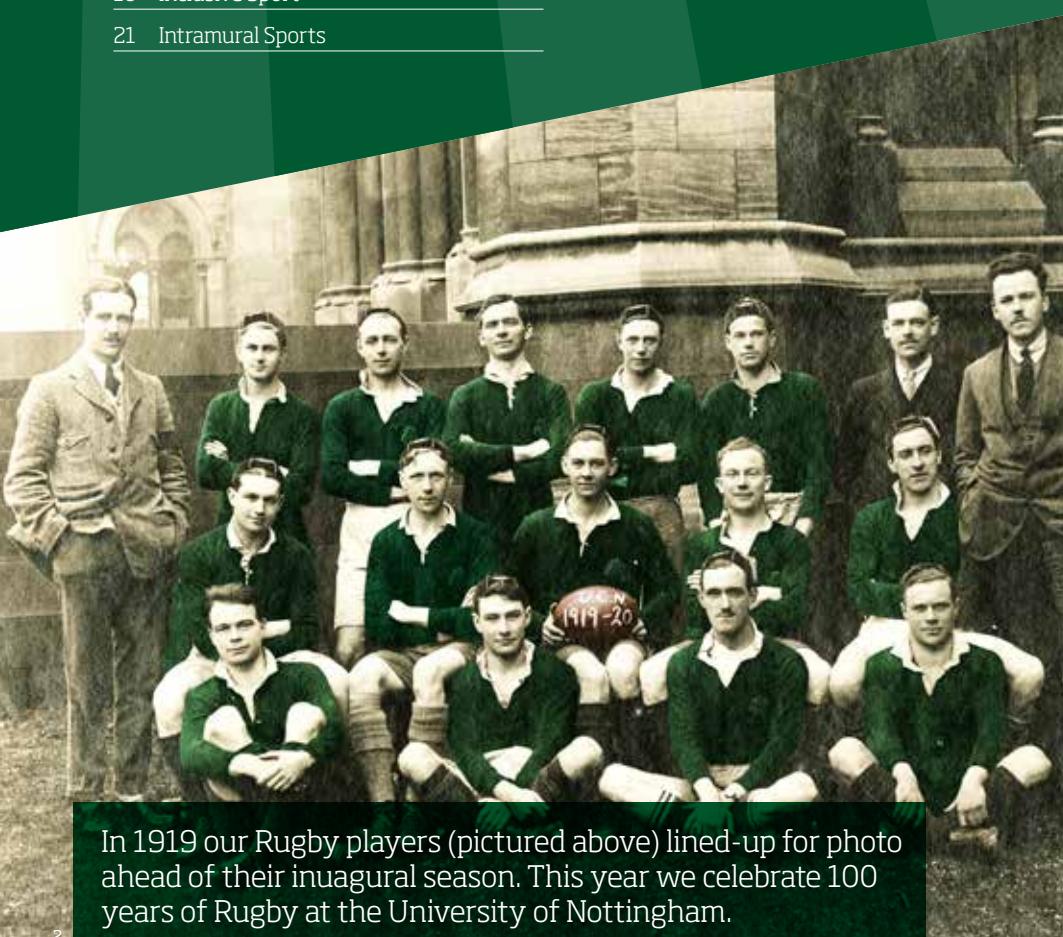


Sport, Health and Wellbeing Handbook 2019/20

nottingham.ac.uk/sport

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In 1919 our Rugby players (pictured above) lined-up for photo ahead of their inaugural season. This year we celebrate 100 years of Rugby at the University of Nottingham.

Join the Green and Gold

Health and wellbeing is a huge part of life here and we have a proud history of sporting success at all levels. One of the founding institutions of the inter-varsity competition in 1919, we have consistently finished in the top ten of the British Universities and Colleges Sport (BUCS) leagues. In 2018/19 we finished 2nd and were also awarded the Times & Sunday Times Sports University of the Year as well as being recognised as UK's healthiest campus.

Our alumni have gone on to win Olympic, World, Commonwealth and European titles; table tennis superstar and Chinese athlete of the century Deng Yaping and Rio 2016 canoe slalom medallist David Florence are both Nottingham graduates.

Sport and exercise has always been part of our DNA and our ambitious vision for sport continues to be inspired by Jesse Boot who believed that providing open spaces and opportunities to exercise would improve health and enable students to get the most out of their studies. University of Nottingham has invested over £50 million in our facilities and developed award-winning programmes to ensure every student can get involved during their time here.

For those who wish to compete at the top level, we offer comprehensive scholarships, world-class coaches and some of the best training and competition facilities in the UK.

If you'd like to represent the University of Nottingham, we have over 70 sports clubs to choose from. Our intramural sports programme (IMS) is one of the largest in the country and these social sport sessions welcome thousands of students every week.

For fitness enthusiasts, our facilities are state-of-the-art and we've invested in the latest technology. Students get priority access to our venues and our expert team is always on hand to support.

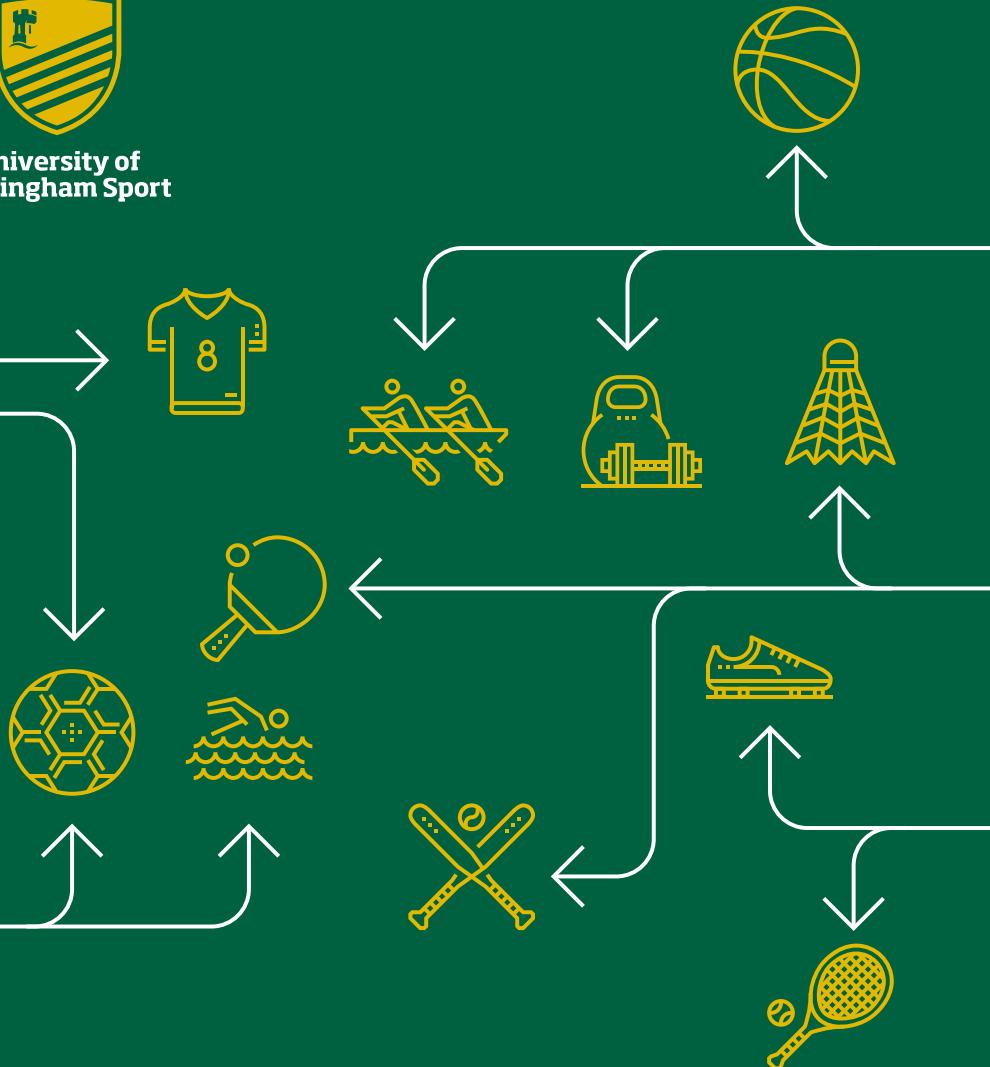
Of course, we know the value of sport goes beyond the pitch and can provide powerful life experiences. We hope to inspire our students to become the next generation of leaders through innovative campaigns and programmes as part of our Leadership Academy.

We're incredibly proud of our offer and however you decide to get involved, we are really looking forward to welcoming you into our green and gold family.

Dan Tilley
Director of Sport

Millie Doherty
Sports Officer 2019/20

#GreenandGold



#FindYourActive

Check out a huge range of opportunities to stay active with University of Nottingham Sport - we've got over 70 sports clubs, outstanding fitness facilities and lots of great social programmes so there really is something for everyone.

nottingham.ac.uk/sport/welcome

#FindYourActive

There are lots of different ways to get active depending on how involved you want to be. With state-of-the-art facilities, inclusive and disability sport provision, and the chance to see world-class sporting events right on your doorstep, there really is something for everyone.

“I want to represent the University”

We have over 70 sports clubs at the University, several of whom compete in the British Universities and Colleges Sport (BUCS) leagues or in other national and regional competitions. Some clubs run trials and tasters at the beginning of the Autumn term to welcome new members, however there are opportunities to join throughout the year.

“I’d like to play competitive matches”

As well as playing against other Universities, we also offer a intramural sport programme. You can choose from 13 different sports including football, netball and rugby and teams can be made up of halls, societies or groups of friends. Matches all take place on campus, either on Wednesdays or weekends.

“I love to keep fit”

Our student sports and fitness membership includes access to three fully-equipped fitness suites as well as over two hundred weekly group exercise classes and swimming pool access. Members can also take advantage of 1-2-1 sessions with our fitness instructors, where you can build your own personal fitness programme.

“I want to try a new sport”

Our sports clubs welcome new members who have little or no experience, however for students who want to play sport for fun, our Engage programme is ideal. With over 20 sports on the programme, you can drop in for just a small cost or free if you have a UoN sports and fitness membership.

nottingham.ac.uk/sport/welcome



Join a sports club

Our 70+ sports clubs are at the heart of sport here at the University of Nottingham, so from beginner to elite player there is something for everyone to try.



Joining a club at The University of Nottingham is something I couldn't recommend highly enough. The tennis club provides countless opportunities to develop yourself as an athlete on court at every competitive level, as well as building an extensive network of lifelong friendships and connections between students who may otherwise have never met.

Jamie Praditngam

University of Nottingham Tennis - UoN Tennis Club Captain

A

Aikido
American Football
Archery
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
Goalball
Golf
Gymnastics

H

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

I

Ice Hockey

J

Jiu-jitsu
Judo

K

Karate
Kayak
Kendo
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
Synchronised Swimming

T

Table Tennis
Taekwondo
Ten Pin Bowling
Tennis
Thai Boxing
Trampoline
Triathlon

U

Ultimate

V

Volleyball

W

Wakeboard & Waterski
Water Polo
Wheelchair Basketball
Windsurf & Kite

Don't forget that for many of our sports clubs you also need to have a University of Nottingham (UoN) Sport & Fitness Membership, for details visit nottingham.ac.uk/sport/membership

nottingham.ac.uk/sport/clubdirectory



Gym, Swim & Fitness

Want to get fitter, healthier or just more active... whatever your workout goals, our team of qualified fitness instructors are on hand with a range of complimentary services as part of your sport and fitness membership.

Our all-inclusive membership includes access to all three of our sports centres on University Park, Jubilee and Sutton Bonington Campuses.

For just **£209*** per academic year, members enjoy:

- Three state-of-the-art fitness suites
- 25m swimming pool
- Over 200 weekly group exercise classes including Les Mills™ favourites
- Dedicated indoor cycling studios
- Climbing and bouldering wall
- Snooker room
- Outdoor tennis and netball courts
- Indoor courts
- Access to 77 gyms nationwide via BUCS UNIversal
- Free access to engage
- Discounted access to Sport Injury Clinic, artificial pitches and Health & Wellbeing Suite

Our expert fitness team are on hand to make sure you make the most of your workouts. Fitness inductions and programme reviews are free-of-charge and for students with a disability, our supported fitness programmes offer discounted membership and 1-2-1 support in the fitness suite.

200 group exercise classes available every week

All of our classes are included in your UoN Sport and Fitness membership at no additional cost.

There's something for everyone across our class timetable, so grab a friend and come along and try out something new.

There are a myriad of different training styles out there, and they all offer different benefits. While some workouts will burn maximum calories in a short space of time, others build strength and lean muscle which enables you to sustainably burn calories for longer periods. Some workouts are simply designed to be fun - so you burn calories without even noticing.

Favourites include Indoor Cycling in our dedicated studio as well as popular Les Mills™ programmes such as Bodypump or GRIT Cardio.

*Early Bird rate available until 2 October 2019, after this date price will be £229.

**[nottingham.ac.uk/sport/
studentmembership](http://nottingham.ac.uk/sport/studentmembership)**



Sports Injury Clinic

Offering outstanding physiotherapy and sports massage services to the public and University of Nottingham community.

- Sports massage
- Physiotherapy
- Hydrotherapy
- Sports rehabilitation
- Remedial massage
- Occupational health

Call us on 0115 74 87070 or book online at
nottingham.ac.uk/sport/sportsinjuryclinic



The best version of you

We recognise the important role that physical activity and sport can have in not only maintaining a healthy lifestyle, but also in preventing and supporting recovery from illness or injury.

Club Welfare

All of our sports clubs have a welfare officer, who along with club committees receive training and support from the University and Student Union, to ensure that they are providing a supportive environment for their student members to play, train and compete in.

Supported Fitness Sessions

We provide disabled students and students with mental health conditions the opportunity to access 1-2-1 supported sessions in the gym environment with our friendly fitness instructor team.

We hope that by encouraging an open and inclusive atmosphere through our fitness offer and sports clubs that more people will feel able to join us, make friends and keep active during their time in Nottingham.

Gym Quiet Time

New for 2019 we are providing designated quiet times in our fitness suites in order to make accessing the fitness facilities more comfortable for members who prefer working out in a quieter environment.

Welfare in Sport

Welfare in Sport is a campaign group run by students at the University. The aim of the group is to raise awareness of mental health issues amongst members of sports clubs, remove barriers for students participating in sport, and to provide a platform for sports clubs at UoN to improve welfare support for all their members.

Men's Health Active

Men's Health Active is a new initiative which has been designed to encourage male students to use sport and physical activity to help them maintain good levels of mental health.

Empower

Tackling female inactivity - a new initiative aimed at providing female students with an opportunity to keep fit, receive healthy lifestyle advice and become part of a dynamic community.

Opened in October 2016, the multi-million pound David Ross Sports Village offers world-class sports and fitness facilities for our students.



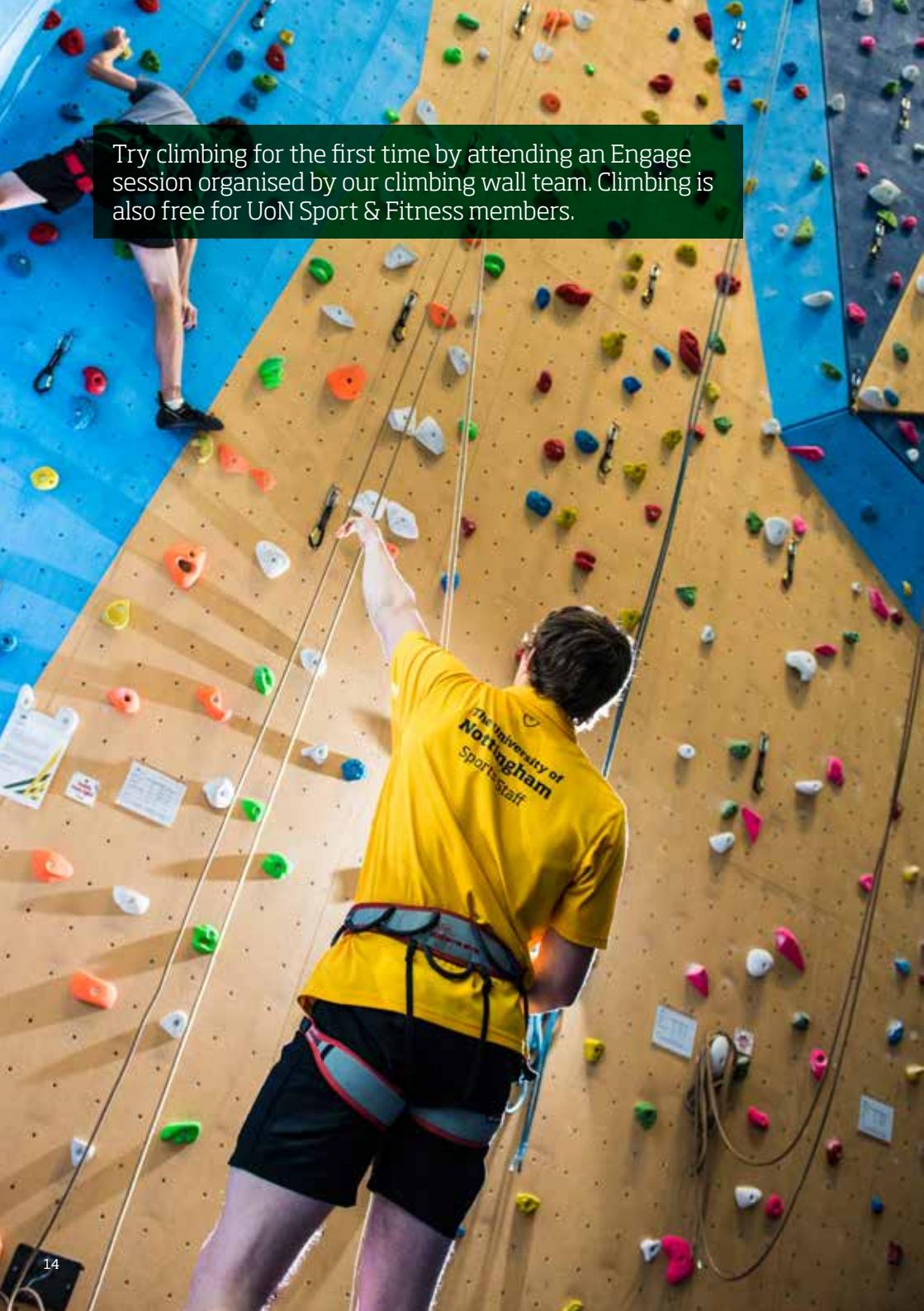
Train and compete in world-class facilities

We've invested over £50 million over the last five years to provide our students with some of the best sports and fitness facilities in the UK Higher Education sector.

Our extensive range of training and match facilities are sector-leading. Our world-class facilities include:

- Seven sports halls
- Three 3G rubber-crumb pitches
- Eight lane 25m pool
- Four beach volleyball courts
- Table tennis, archery and fencing salle
- Martial arts dojo
- All-glass squash court
- International-standard water-based hockey pitch
- Over forty grass pitches
- High Performance Zone
- Sports Injury Clinic
- Health and Wellbeing Suite
- Functional Training Room
- Outdoor Active Trails

nottingham.ac.uk/sport



Try climbing for the first time by attending an Engage session organised by our climbing wall team. Climbing is also free for UoN Sport & Fitness members.

Beginner Sport with Engage

We know that trying to fit everything in when you first start university can be a challenge, so here at Nottingham we make it as easy as possible to take part.

Try as many sports as you want

From kayak to netball, dodgeball to shooting, basketball to polo - there really is something for everyone. You don't have to commit to going every week and can take part in as many sessions as you can fit in!

You can try something new like korfball or even ice hockey or join a football or netball session - whatever fits with your schedule.

Engage sessions are free for UoN sports and fitness members or £3 per session for non-members, so it is a great value option.

Engage Timetable

All of the opportunities are set out in a Term timetable, with activities available every single day. Make sure you pick one up from Welcome Fair or one of our sports centres! The timetable is also available online.

No experience, zero commitment - Just Play!

Delivered for students by student ambassadors from our clubs, the Engage programme includes over 20 different sports.

There's no matches or league points to win, so you can just turn up and play for fun.

You don't need any previous experience to join in and we offer options for beginners. If you've played a little before, or just want to get straight into a game then Engage social sessions are ideal.

When it comes equipment and clothing, we have got you covered. Everything you need to take part in the session will be provided. Just make sure you are wearing something that you can get active in!



Inclusive Sport for everyone

For students with a disability or long-term medical condition, our Disability and Inclusivity Sports Officer offers a wide range of support to make sure you can get involved.

We understand that physical activity and sport can have a positive impact on the wellbeing of our students. Our dedicated Disability and Inclusivity Sports Officer works closely with key groups to develop our offer - ensuring that we best support the needs of the community and enable all students to be active whilst at University.

Work out with us

We offer 1-2-1 supported fitness sessions with our friendly fitness instructors as well as adapted wellbeing workouts and classes to ensure disabled students can make the most of our extensive facilities. Our referral scheme via the Disability Support and Mental Health Advisory teams also offers discounted UoN sports and fitness membership to eligible students.

Join a sports club

Our popular Wheelchair basketball and Goalball clubs welcome disabled and non-disabled students and several clubs run specific inclusive Engage sessions including archery, athletics, climbing, equestrian, handball, swimming and trampoline. Over 55 clubs have also pledged commitment to our award-winning Welfare in Sport programme, which promotes mental health awareness in sport.

Wheelchair basketball is just one a number of inclusive sports teams which compete on campus

Train with a buddy

If you want to get fit or prepare for a competition, our Sports Buddy scheme pairs up like-minded students to support each other during their workouts. You can volunteer as a buddy or request a companion for your training by contacting the Disability Sports Officer.

Volunteer with us

Students can volunteer within our Wheelchair basketball or Goalball clubs or join our Leadership Academy (see page 20), where our student leaders can access training and opportunities in local special schools.

nottingham.ac.uk/sport/inclusivesport



Create a brighter future for children with brain tumours

We work to give every child with a brain tumour the very best chance to continue living as all children should - free from major disabilities and the constant fear of their tumours returning. You can join us.

Get involved in fundraising!

You could hold a bucket collection at your next fixture, organise a charity match or take part in a sponsored activity related to your sport. For your free fundraising pack and more information, please contact Dawn Broomfield on 0115 74 84809 or dawn.broomfield@nottingham.ac.uk

Find out more
www.cbtrc.org



We're all stronger as a team.

That's why **your SU and UoN Sport have clubbed together** to provide you with top-class facilities, **over 70 sports clubs** and more sporting opportunities than you can shake your hockey stick at.

But that's not all. **Your SU is here for you** – whether you want to Get Involved with our societies and volunteering, Make Change through elections and representation or Find Support when you need a helping hand.

When it comes to great University experiences, we're hard to beat.



f The Club House Café,
David Ross Sports Village

t @DRSVClubhouse

MYPROTEIN



We accept
Daily Bite
Cards

f UofNSU

t UoNSU

www.su.nottingham.ac.uk



Intramural Sports Leagues

One of the largest on-campus sports league structures in the country, University of Nottingham's Intramural Sports (IMS) programme is hugely popular with over 3000 students taking part every year.

It's a perfect way to enjoy competitive sport and make new friends without the commitment of weekly training or away game travel.

You can represent your hall of residence, academic course or get together with a group of friends to play.

Leagues are weekly and we also host one-off tournaments throughout the year with a superb range of sports on offer including:

- Badminton (Mixed)
- Basketball (Mixed)
- Football (Men's 11-a-side)
- Football (Men's 7-a-side)
- Football (Women's 7-a-side)
- Futsal (Men's)
- Hockey (Mixed)
- Ultimate
- Netball
- Rugby Union (Men's)
- Squash (Mixed)
- Table tennis (Mixed)
- Tennis (Mixed)
- Volleyball (Mixed)
- Badminton
- Ten pin bowling
- Dodgeball

Previous competitors of the leagues have traveled to Malaysia and China as part of the Tri Campus Games.

League winners compete against Loughborough University in the hotly contested annual IMS Varsity, of which we currently hold the title.

How can I get involved?

IMS teams can be made up of any group; hall teams, society teams, course teams or a group of friends. To join an existing team, contact your hall, society or sport representative to find out what's available.

IMS fixtures are officiated by students. If you are already qualified or would like to become qualified and earn some money whilst officiating then please do contact us.

imschair@nottingham.ac.uk

Find out more about competing on campus at
nottingham.ac.uk/sport/IMS

Leadership Academy

Our Leadership Academy offers students the opportunity to develop their skills and experience in a sporting context. Our student volunteers receive bespoke training and recognised qualifications, allowing them to deliver to schools, their local community as well as their fellow students.

No previous sporting experience is required and with a key focus on sport as a tool for behavioural change, the Leadership Academy offers valuable experience for a future career in education or psychology.

Our programmes are award winning and in 2019 the Leadership Academy was awarded BUCS Workforce Programme of the year for it's huge impact benefiting over 5000 people across Nottingham.

Gain coaching qualifications

You can apply for our qualification fund to study for nationally recognised coaching qualifications. We offer plenty of options to use your skills amongst your peers, leaders can volunteer within sports clubs, intramural sport, the Engage programme or our disability sport initiatives. We also offer a Sports Leadership Module on the popular Nottingham Advantage Award (NAA), allowing you to gain credits towards the official NAA Accreditation on your degree transcript.

Inspire your local community

Working closely with our Widening Participation team, our leaders work in local schools to deliver programmes using sport to raise aspirations and drive behavioural change. Our training programme includes opportunities with the world-renowned Laureus Sport.

Sign Up, Volunteer, Earn Rewards

You can log your hours, exchange them for rewards around campus, and gain access to specialised Continued Professional Development and mentoring events throughout the year. With no prior experience to join our Leadership Academy required, finding a course or programme couldn't be easier.

To register, simply visit uonsportleaders.com and sign up to one of the vast array of opportunities that are on offer.

Start your volunteering journey by heading to

uonsportleaders.com



I'm so thankful to the University of Nottingham for providing me with the opportunity to volunteer on the Sport For Good Project. Volunteering has been instrumental to developing my leadership skills and career prospects! 🌟

Zak Smith

(BSc Mathematics and Economics)
Laureus Sport for Good Volunteer 2019



Achieve your sporting goals

We pride ourselves in the investment we make in our elite athletes to help them reach 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 four levels of sports scholarships worth up to £12,000 and include a bespoke disability sport option. Coordinated by our scholarship team, our packages include financial support, performance lifestyle mentoring and UoN sports and fitness membership.

Sports scholars also access specialist strength and conditioning training in our new High Performance Zone and physiotherapy within our in-house Sports Injury Clinic, both based in the new David Ross Sports Village.

Your academic success is a key priority for us - our performance lifestyle advisors work closely with students and academic tutors to support our scholarship athletes. Online lecture capture, flexible training slots and 1-2-1 sessions with coaches all ensure you can balance your course requirements and needs of your sport.

World-class coaching

Our coaches are recruited from amongst the best in the world. Our team includes former Welsh No. 1 and former Commonwealth Games athlete, Martyn Lewis (Badminton), London 2012 Olympian Kelly Sibley (Table Tennis) and former England Senior Hockey International Matt Taylor (Women's Hockey). This season they have supported our teams to over 40 league wins and 13 British Universities and Colleges Sport (BUCS) championship titles.

Sporting history

The University of Nottingham has a rich heritage of sport, from our first Olympian John Dudderidge in 1936 to fellow canoe star David Florence, silver medallist at Rio 2016. We were the most successful university at London 2012 and our alumni have won multiple Olympic, World, European and Commonwealth medals.



Nottingham provides me with a professional environment with coaches that inspire me to be the best I can be. I have a lot of fun with my team mates as well as achieving my sporting and academic aspirations.

Hayley Mills

PhD Mathematics (School of Mathematics)
UoN Sport Scholar, 2019 British Indoor 200m Champion
BUCS Sports Woman of the Year

To learn more pick up a copy of our Performance Sports Guide for more information.

nottingham.ac.uk/sport/performance



Be part of something unique

University of Nottingham offers unique sporting experiences for students choosing to study here. You could play in front of a crowd of thousands, travel across the globe with your teammates or get right behind you fellow students as they compete on campus!

Nottingham Varsity

Every year, the University of Nottingham and Nottingham Trent University compete for the coveted Varsity Series title. It's the largest Varsity event outside of the United States and highlights include the sell-out ice hockey crowd of more than 8,000 at the Motorpoint Arena.

nottsvarsity.co.uk

The Headliner with Red Bull

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

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

nottingham.ac.uk/sport/headliner

BUCS Big Wednesday- 25th March 2020

BUCS Big Wednesday is the culmination of our team sport leagues and the event will see over 60 of the UK's top university teams head to Nottingham to compete for Championship and Trophy titles in front of thousands of spectators.

nottingham.ac.uk/sport/performance

Join the #GreenandGold

Competing

We have over a hundred teams competing in British Universities and Colleges Sport (BUCS) leagues and events each year.

These teams will host home fixtures on campus and travel to play against other universities. We have a proud history of sporting success and have been in the top ten of the BUCS league tables for 30 years.

Last year University of Nottingham teams finished a record 2nd place in the BUCS standings.

Outside of BUCS, a number of sports clubs provide students with the extra challenge of competing in a National League.

Spectating

With a number of our teams competing against other universities to win league titles and reach national finals they need as many of you as possible to head out and support.

In 2019/20 the University of Nottingham Sport will be selecting a number of fixtures during term time for live coverage. Last year we broadcast to over 42 countries worldwide so make sure you follow [@UoNSport](#) on social media to find out how you can get behind the team and bring the noise.

Whether you head down to watch one of our fixtures during the regular season, join us at one of our "Headliner" events with RedBull or get tickets to Varsity matches we look forward to welcoming you.

#GreenandGold



University of Nottingham Men's Football on their way to winning the BUCS Trophy at BUCS Big Wednesday

PLAYERLAYER



KIT AVAILABLE TO BUY NOW FROM
WWW.PLAYERLAYER.COM
AND IN DRSV SHOP



University of
Nottingham Sport

Early bird
rate

£209

until 2 October
2019

Early bird sport and fitness membership

Access our state-of-the-art David Ross Sports Village, Jubilee and Sutton Bonington sports centres.

Your membership includes:

- Fully-equipped fitness suites with training workshops
- 25m Swimming Pool and Climbing Wall
- The choice of over 200 fitness classes per week
- Squash courts and Indoor sports hall

Join online at nottingham.ac.uk/sport
or visit any sports centre reception

*Price shown for UoN Students only, costs may vary for other groups.
Membership valid until 31 July 2020





**University of
Nottingham Sport**

Engage Inspire Excel



For more information:

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nottingham.ac.uk/sport
@UoNSport