



**University of
Nottingham Sport**



Sport, Health and Wellbeing Handbook 2024/25

nottingham.ac.uk/sport

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Join the Green and Gold

Health and wellbeing are 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 can't wait to welcome you into our Green and Gold family!

Sport, health and wellbeing are a key priority here and we've invested over £50 million into our sports and fitness facilities over the last decade. We were delighted to be named both the Times and Sunday Times and Daily Mail Sports University of the Year and the winners of CUBO's Excellence in Sports Experience Award in 2024.

Students have priority access through our great value sport and fitness membership or award-winning Active Living package if you're staying in university-owned halls. You can access facilities across all three campuses, including our fitness suites, over 150 weekly classes, swimming, climbing and more. Our expert fitness team are always on hand to support you.

There's also lots of activities to try out in our popular programmes. We have 74 sports clubs, a huge social league structure (intramural sport) and over 30 sports to try within our Just Play programme. Off the pitch you can gain invaluable skills through our Leadership Academy programmes working in the local community.

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 with 17 national and 31 league titles won during the 2023/24 season.

Our individual athletes also secured over 140 podium finishes leading to a record point score and a 2nd place finish in the British Universities and Colleges Sport (BUCS) table. The University has also seen several alumni competing on the international stage this summer at the Paris 2024 Olympic and Paralympic Games.

Most importantly, we ensure that everyone feels welcome and supported to get involved. We have a dedicated Inclusive sport team who work with students with a disability or long-term health condition plus a range of initiatives to support student welfare.

Welcome to the University of Nottingham - we can't wait to meet you!

Dan Tilley
Director of Sport

James Miller
Sports Officer 2024/25



@UoNSport



#FindYour **ACTIVE**

There are so many different ways that you can get active with University of Nottingham Sport. From three on-campus fitness suites to a 25m swimming pool, our facilities are vast. With a number of different programmes to get involved in, you can #FindYourActive with us at any level.

From keeping fit to having fun, **what will you discover?**

nottingham.ac.uk/sport



#FindYourActive at the University of Nottingham

I love keeping fit...

Our student sports and fitness membership or Active Living package includes access to three fully-equipped fitness suites, over 150 weekly group exercise classes, swimming pool and much more! Our friendly team are also always on hand to help you reach your goals.

Learn more from page 6 ►

I just want to play for fun...

Our Just Play programme is ideal. With over 30 different sports, you can drop in for just a small cost or free if you have a UoN sports and fitness membership / Active Living 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 24 ►

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 12 different sports including football, netball and rugby. Teams can be made up of halls, societies or groups of friends.

Learn more on page 26 ►

I want to represent the University of Nottingham...

We have 74 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 32 ►

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 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 also are committed to ensuring they are inclusive and welcoming to all.

Learn more from page 16 ►

UoN sport and fitness membership

Whether you want to work out, swim, climb or compete in one of our sports clubs - our great value student UoN sport and fitness membership has you covered.

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

Student UoN sport and fitness membership includes:

- Three fitness suites equipped with the latest equipment
- Fitness inductions and 1-2-1 programme reviews
- Over 150 weekly group exercise classes
- Indoor climbing and bouldering wall
- 25m swimming pool
- Squash courts
- Indoor courts
- Snooker tables
- Outdoor courts; tennis, netball and 3 x 3 basketball
- Beginner and social sport sessions with Just Play
- BUCS UNiVersal access to over 80 university gyms

As well as discounted rates for:

- Our Health and Wellbeing Suite
- Our Sports Injury Clinic
- Nottingham Powerleague

* The 2024/25 student UoN sport and fitness membership is valid from 1 September 2024 to 30 June 2025.



Book online

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

Take your gym home in the holidays

We're part of the BUCS UNiVersal scheme which gives our UoN sport and fitness members to access to a network of over 80 University gyms across the country free-of-charge. Perfect when you head home for the weekend or holidays!

Something for all the family

You can add direct relatives to your UoN sport and fitness membership and we have a range of offers for your family. For the little ones, you can bring your children (under 16) for free in the University holidays - perfect for keeping them entertained!

Purchase your membership

- Online
- On the phone at **0115 748 7000**
- In person at any sports centre reception

Don't forget

If you are living on campus in halls of residence at University Park or Jubilee campus (as well as Dagfa and Varsity), UoN sport and fitness membership is included in your Active Living package.

See overleaf or visit nottingham.ac.uk/sport/activeliving for more details.

nottingham.ac.uk/sport/studentmembership



Active Living

In partnership with the University's Accommodation and Residential Experience team, our Active Living package is for students living in University halls on University Park and Jubilee Campus, plus Dagfa and Varsity.

Included within your accommodation, the Active Living package offers all the same benefits as our UoN sport and fitness membership, plus a series of exclusive sessions and events. You can stay active, try something new and get to know your hall friends!

Try something new in your hall

Keep an eye out for our friendly fitness team and ambassadors who'll be running a range of classes and tasters in your hall. There will be dance classes, pop up badminton, yoga and gym challenges - so something for everyone!

Join one of our fun campus activities

We've got lots planned on campus with new events added throughout the year. From our Santa Run to Wollaton Hall walks, sports tournaments to a Halls' Night In - there's plenty to get involved in.

Head off campus with our exciting trips

Want to explore more of Nottingham and the surrounding area? As part of the Active Living schedule, you can sign up for picturesque walks in the Peak District, slip and slide at the inflatable aqua park, bounce high on giant trampolines parks and much more. Subsidised by your package, off-campus activities cost just a small fee for entry and transport.

Team up with your hall mates

We have lots of halls teams competing in our Intramural sports leagues (see page 26) - you could represent your hall in 12 different sports including football, netball, hockey and rugby.

If you're living in one of the following halls, you will have an Active Living package:

- Ancaster
- Cavendish
- Cripps
- Dagfa House (self-catered)
- Derby
- Florence Boot
- Lenton & Wortley
- Lincoln
- Melton
- Newark
- Nightingale
- Rutland
- Sherwood
- Southwell (self-catered)
- Varsity (self-catered)

Get involved

To find out more about your Active Living package and what's on visit [nottingham.ac.uk/sport/activeliving](https://www.nottingham.ac.uk/sport/activeliving) or speak to our Active Living Team who will be visiting your hall throughout the year.



Fitness suites

UoN sport and fitness members and Active Living 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 with your workout.

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 have an exciting Functional Training room and outdoor fitness space for classes.

Inductions and fitness programmes

You can book a fitness induction with a fitness instructor, who will show you how to use all the equipment correctly, safely and effectively. Our induction video is also available online for you to watch back at any time. Our fitness programmes provide a one-to-one session with a fitness instructor to plan a programme tailored to you and your goals.

Lifting workshops

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, motivate and encourage you, build your confidence and help you reach your goals quicker. Personal training is an additional paid service.

Get involved

Access to all our fitness suites is included in our UoN sport and fitness membership or Active Living package. No booking is required. You can also visit our fitness suites on a Pay as You Go basis for an additional charge.

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

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 our UoN sport and fitness membership or Active Living package.

Lots of classes to choose from

We offer a diverse range of classes created and developed by leaders in the fitness industry. You can choose from our signature LES MILLS programme 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.

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 our UoN sport and fitness membership or Active Living package. You can also attend a class on a Pay as You Go basis for an additional charge.

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 our UoN sports and fitness membership or Active Living package and we offer a range of aquatics activities to get involved in.

Swimming pool complex

Our 25m swimming pool has recently undergone an extensive upgrade to offer 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 are available throughout the week and sessions can be booked online. 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 or sign up for one of our intensive courses. We also offer both 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.

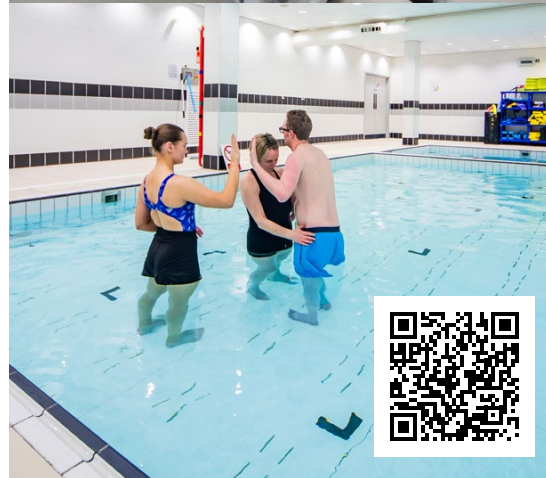
Get involved

Casual swimming and Aqua Fit are included in our UoN sport and fitness membership or Sports Health and Wellbeing package. You can also swim on a Pay as You Go basis for an additional charge. 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)





Sports Injury Clinic

Our 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.

Physiotherapy and sports massage are our most popular services for those suffering with sports-related injuries and chronic pain.

Our team of specialist staff pride themselves on delivering in depth diagnoses ahead of creating a bespoke rehabilitation package really focussing on getting you back to sport, work or whatever activities are important to you.

Services offered by our Sports Injury Clinic are;

- Physiotherapy
- Hydrotherapy
- Concussion clinic
- Gait analysis
- Sports massage
- Shockwave therapy

Book an appointment

Clinic services are not included within our UoN sport and fitness membership or Active Living package, however we do offer discounted rates for members.

To find out more and to book, please email us at sportsinjuries@nottingham.ac.uk or call **0115 748 7070**.

nottingham.ac.uk/sport/sportsinjuryclinic

Climb

David Ross Sports Village includes a state-of-the-art indoor climbing and bouldering wall and access to the wall is included in our UoN sport and fitness membership.

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 linked 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 book onto a competency test before your first climb - you can book online or at David Ross Sports Village reception.

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 UoN sport and fitness membership or Active Living package. The wall can also be used on a Pay as You Go basis for an additional charge. 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 a competency test before your first climb.

nottingham.ac.uk/sport/climb

Championing inclusion

We have our own dedicated Inclusive Sport team to support students with a disability and/or long-term condition. We work closely with the Students' Union, Disability Support and Mental Health Advisory 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 medical condition. These will help you make the most of our fitness suites as well as offering a programme of adapted workouts where required. This is included in your UoN sport and fitness membership or Active Living package.

Sensory 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 member or support worker with you to assist you during your workout, then please email the Disability Sport Officer and we'll activate a 'buddy' pass for them.

Discounted memberships

We work alongside the Disability Support and Mental Health Advisory teams to provide a membership referral scheme. For eligible students referred, we offer discounted UoN sport and fitness memberships to support you to stay active at University.

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 24) - 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 Disability Sport Officer at adam.lever@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)



A supportive community

We want to make sure all our students feel welcome taking part in our activities and programmes and can use sport and activity to look after their physical and mental wellbeing.

Men's Health Active

Men's Health Active is for all male identifying students to use sport and physical activity to look after your mental health. Led by students with personal experience of managing their wellbeing through sport, you can join sporting activities as well as talk shops with the University's counselling service.

nottingham.ac.uk/menshealthactive

LGBTQIA+ students

We work closely with the University's LGBT+ Network and Student Officers. Our Rainbow Laces campaign in partnership with Stonewall to promote LGBTQIA+ inclusion in sport and LGBTQ+ History Month are key parts of our sporting calendar.

nottingham.ac.uk/sport/pride

Rugby Minds

Led by student ambassadors, the campaign focusses on building a positive rugby culture at the university. Players can benefit from bespoke resources, workshops, in-person activities and online content all designed to support mental health and welfare.

nottingham.ac.uk/sport/rugbyminds

Black Sport Collective

Our award-winning Black Sport Collective helps bring together Black students and provides a support system to inspire and motivate you to excel. We offer a range of events and opportunities as well as highlighting the achievements of our Black students.

nottingham.ac.uk/sport/bsc

Empower

Empower is for all women, trans and non-binary students. It's a dynamic and welcoming community where you can try something different, meet new people and get active. The programme includes our popular **Girls' Night In** events and **EMPOWER Week**. Students can also volunteer to become a student leader.

nottingham.ac.uk/sport/empower





Join a sports club

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

Over 140 teams represent the University of Nottingham each week at local, national and international level. We're incredibly proud of our success and in the 2023/24 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 23 and 24 September 2024. Don't forget that for many of our sports clubs you will also need to have a UoN sport and fitness membership or Active Living package.

nottingham.ac.uk/sport/clubs



A

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 & Padel
Thai Boxing
Touch Rugby
Trampoline
Triathlon

U

Ultimate

V

Volleyball

W

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

FOR YOUR UNIVERSATILE LIFE.



RED BULL GIVES YOU WIIINGS. 

ONE CITY
ONE TEAM

PLAYERLAYER



UON SHOP



Play for fun with Just Play

Try something new or come along to make new friends with our popular Just Play programme. With over 30 sports on our timetable and no weekly commitment needed - it's easy to fit a session into even the busiest of schedules!

Lots to choose from

Delivered by our friendly student leaders, our Just Play programme offers a huge range of sports to try. From dodgeball to table tennis, volleyball 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.

Free events throughout the year

Our Just Play team run a great choice of free events throughout the academic year. This includes the Just Play Festival on 2 October 2024 which is the perfect chance to try out lots of sports on our timetable.

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 our UoN sport and fitness membership or Active Living package, or just £3.50 if you don't have a membership. 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)



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:

We offer weekly halls leagues for netball and football - register for and attend one of our free Hall sports tournaments on **Friday 27 and Sunday 29 September** to find out more and meet your new team mates! Halls can also enter teams in our other sports - find out more at nottingham.ac.uk/sport/ims

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 or our Team Finder on the IMS 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 an 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

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

We offer a range of opportunities to work with local schools. Through the Sport for Good project our student leaders work in primary schools to develop pupils' transferable skills. We also welcome schools onto campus for our Discovery Days delivered in partnership with the University's Widening Participation team.

All are ideal opportunities 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 to get involved. Volunteer roles available include ticketing support, team liaison, media management and officiating. You don't need any previous experience to volunteer.

Benefit from our comprehensive training programme

We deliver a comprehensive training programme for Leadership Academy students including safeguarding training and access to continued professional development (CPD) such as Multi Skills Activator and leadership workshops.

Gain recognised qualifications

The Leadership Academy Qualification Fund offers financial support to complete a recognised coaching qualification in your sport. We have also partnered with UK Coaching to offer funded training to our volunteers.

Earn rewards for your time

We highly value the commitment of our student leaders. Using our bespoke hub 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 volunteer with us. Just register online to search all our latest opportunities and courses.

nottingham.ac.uk/sport/leadership



Moves

Today's activity summary

- 3,845 steps
- 1.8 miles
- 38 points
- 81 points

You have ★ 3450 points in total

Congratulations on completing this challenge

Moves

Be active, collect points, earn rewards

Scan to download the app



University of Nottingham Sport



Shop our stash

Shop the full range in-centre today or scan the QR to visit our online store

PERSONAL TRAINING

Take your workouts to the next level with personal training sessions!

- ▶ Workouts tailored to your goals
- ▶ Friendly and knowledgeable instructors
- ▶ Exercise plans specific to you
- ▶ Make the most of our fitness spaces

Scan the QR code or speak to a member of our team in centre to find out more.





Train and compete in world-class facilities

University of Nottingham has invested over £50 million to provide our students with some of the best sports and fitness facilities within the UK Higher Education sector.

Our extensive range of training and match facilities are set across our three campuses at University Park, Jubilee and Sutton Bonington.

The multi-million pound David Ross Sports Village, opened in 2016, boasts a huge range of facilities including bespoke areas for specific sports and a unique High Performance Zone for our student athletes. In 2022 our swimming pool complex also underwent a £1.4 million upgrade.

We have sports centres located on Jubilee and Sutton Bonington campuses both offering fitness suites, studios, squash courts, sports halls, 3G pitches and more. In addition, our extensive outdoor facilities at our Highfields and Riverside sports complexes are expertly managed by our award-winning grounds team.

We actively prioritise accessibility and offer a range of inclusive facilities to ensure all visitors can access their activity safely, including specialist accessible fitness equipment in our gyms.

Our world-class facilities include;

- Seven sports halls
- Eight-lane 25m swimming pool
- Table tennis, archery and fencing salle
- Martial arts dojo
- All-glass squash court
- High Performance Zone
- Health and Wellbeing Suite
- Sports Injury Clinic
- Clubhouse Café
- Three 3G rubber-crumb pitches
- International-standard water-based hockey pitch
- Over 40 grass pitches
- Four beach volleyball courts
- Outdoor active trails

Find out more

For more details on all our facilities including virtual tours, please visit

nottingham.ac.uk/sport/facilities





The sports scholarship set up at the University of Nottingham was incredibly helpful. The fantastic coaching team helped me improve technically and tactically, whilst also making sure sessions were fun and enjoyable. The strength and conditioning support is excellent and my personalised gym programme was crucial to my development as a hockey player. Having the financial support too enabled me to dedicate the time I needed to my sport to reach my goals. 🙌🙌

Conor Williamson

BSc Psychology, BUCS Men's Hockey Champion 2023, Team GB Hockey - 2024 Olympics.

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.

Talented Athlete Scholarship Scheme (TASS)

University of Nottingham are an official TASS delivery site and hold TASS Dual Career accreditation status, demonstrating 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 1-2-1 sessions 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 Commonwealth medallist and Olympian Kelly Sibley (Table Tennis), former England senior international and current Men's U20 coach Mike Smith (Lacrosse), Super League and England Roses star Paige Reed (Netball) and former England senior international Matt Taylor (Hockey).

Leaders in team sport

In the 2023/24 season we were the number one team sport University in the UK with 31 teams winning their league and 17 national championship titles. Our individual athletes also recorded over 140 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 hockey star Conor Williamson (Psychology 2023) competing at Paris 2024. We were the most successful University at London 2012 and our alumni have won multiple Olympic, World, European and Commonwealth medals.

Find out more

Visit nottingham.ac.uk/sport/performance for more details on our performance sports and support for student-athletes or pick up a copy of our Performance Sport Guide.



YOUR STUDENTS' UNION



WHO ARE WE?

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.

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.



STAY IN THE KNOW

@UoNSU
su.nottingham.ac.uk

CHECK OUT OUR FRESHERS GUIDE



Children's Brain Tumour Research Centre

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

For more than 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 adventure challenges to bake sales or organising a team quiz night.

Contact supportus@nottingham.ac.uk to start fundraising.



Children's Brain Tumour Research Centre



<https://bit.ly/CBTRCFundraise>

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working in partnership with
Nottinghamshire County Council

Show your support

We have over 140 teams competing in the British Universities and Colleges (BUCS) leagues and events every year plus several sports clubs compete nationally in the top leagues for their respective sports. 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.

Our first Headliner of the 2024/25 season will be on **Wednesday 24 September 2024**. Join thousands of other supporters to cheer on our BUCS Super Rugby team in their opening fixture against Leeds Beckett. Tickets are now on sale, so don't miss out!!

Nottingham Varsity

Each year, the Green and Gold face local rivals Nottingham Trent University in a hotly contested Varsity series, featuring over 20 different sports. A highlight is the Ice Hockey fixture where over 5,000 students pack Nottingham's Motorpoint Arena to cheer on their University. Scheduled for 10 February 2025, follow our socials to be notified when ticket sales open!

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



Get involved

#FindYour

ACTIVE

Enjoy our all inclusive sport
and fitness membership from

£249*



Scan me
and join
today

*valid until 4 October 2024

If you are staying in eligible halls you will enjoy membership as part of our Active Living package