



University of  
Nottingham Sport

# Commonwealth

## Training Camps & Preparation Venue

# Introducing Nottingham

## Ranked University of the Year for Sport 2019

THE TIMES  
THE SUNDAY TIMES  
**GOOD UNIVERSITY GUIDE 2019**  
SPORTS UNIVERSITY OF THE YEAR

Home of legendary outlaw Robin Hood and recognised as one of the most vibrant cities for sport in the UK, Nottingham has become one of the top destinations for major sports events and cultural visits in Europe.

The University of Nottingham, alongside our city partners, has a proud and successful track record of hosting elite teams and major sports events including the ICC Cricket World Cup, England Lionesses World Cup international warm-up fixtures, European Archery Championships, European Individual Squash Championships and the World Triathlon Series.

Having recently invested over £50m in sports facilities, the University of Nottingham facility portfolio includes the David Ross Sports Village with the largest indoor sports hall and one of only four all-glass squash courts in the country, a dedicated archery, fencing and table tennis salle, martial arts dojo, high performance zone as well as a sports injury clinic. In addition to this, the University also offers over 40 grass pitches, access to two water-based hockey pitches, a bowling green and four brand new beach volleyball courts.

Our combination of facilities, accommodation and support services available on our beautiful 330 acre parkland campus and across the city creates the optimum training and competition environment to help athletes and teams prepare for major competitions whilst also providing the opportunity to enjoy cultural activities available in Nottingham.

We hope you will consider the University of Nottingham and our city as your next training camp venue.



Dan Tilley  
**Director of Sport**

# Testimonials



The Australian Cricket team in the High Performance Zone ahead of the ICC World Cup 2019



Italy team training ahead of the ITU Accenture World Triathlon Mixed Relay

“The University of Nottingham’s David Ross Sports Village has a fantastic range of facilities to cater for all of our needs. The staff have been instrumental in ensuring that our event runs smoothly and have consistently made our lives easier through their customer service and level of detail through the planning process. The facilities are clean, modern and have the ‘Wow’ factor for all visiting athletes and coaches.”

“The David Ross Sports Village and its close proximity to the De Vere Orchard Hotel, made the University of Nottingham the ideal base for our team during the ICC Cricket World Cup 2019. The players were able to complete their conditioning and recovery sessions in top-quality facilities, all within walking distance from our accommodation, creating the perfect training and preparation environment for our team.”

“The David Ross Sports Village was the perfect setting for our Invictus UK training camps, with world-class facilities across all nine of our sports and plenty of space for our 100+ competitors. With a well-stocked café and brilliant accessibility, we had everything we needed and the staff couldn’t do more.”

“The service provided by the University for the Accenture World Triathlon Nottingham was excellent. As our education partner, the University of Nottingham hosted elite triathletes in their swimming pool prior to competition. A number of international federations were looking for a performance sport environment to maintain their training needs before competition. The venue staff were incredibly cooperative and provided a wide range of training times to suit our needs. The support from the University of Nottingham really helped British Triathlon deliver an exceptional experience for the world’s best triathletes while competing here in the UK.”



**Jessica Hastings**  
Events and Competitions Officer



**Gavin Dovey**  
Australian Team  
High Performance Manager Cricket Australia



**Beth Barratt**  
Major Events and Invictus Games Officer  
Help for Heroes



**Hayden Arrowsmith**  
Sport Operations Manager  
British Triathlon

# Location

Conveniently situated in the heart of central England and with excellent air, rail and road links, Nottingham is the epitome of a modern hub city.

University Park Campus is within two miles of two train stations offering direct trains to central London. Nottingham city centre is only a stone's throw away from the main campus and can be reached by a direct tram taking less than ten minutes.

By road the proximity of major motorways, including the M1, A1, A52, A46 and M/A42 means the University of Nottingham is easily accessible by car and coach and is well connected to major international airports such as London, Manchester, Birmingham as well as East Midlands Airport.

Our central location is not only ideal for travelling teams but our on-site accommodation and easy access to city centre ensures there are ample options to support all.



## To Nottingham from...



London Heathrow and London Stansted Airports: **2 hours**



London Gatwick Airport: **2.5 hours**



Manchester Airport: **1.5 hours**



Birmingham Airport: **50 minutes**



East Midlands Airport: **25 minutes**

## To Birmingham from Nottingham



**60 minutes**



**70 minutes**





# David Ross Sports Village



Opened in 2016, the David Ross Sports Village offers a world-class competition, training, conditioning and recovery facility all under one roof.

- + Located within walking distance of the Orchard Hotel and Halls of Residences
- + 24-hour campus security
- + Indoor and outdoor sports facilities
- + On-site café and lounge area
- + Sports Injury Clinic
- + Team meeting rooms
- + High Performance Zone



## Sports Halls

4 x sports halls with total dimensions: 88.95m x 44.10m / 3845sq m

Minimum clearance height: 9m

Adjustable lighting schemes up to 1000 Lux level

Boen stadium wooden sprung floor

Sports markings for up to:

20 x badminton courts

4 x futsal / handball / indoor hockey courts

4 x netball courts

4 x basketball courts

8 x volleyball training courts

4 x volleyball competition courts

4 x korfbal courts

5 x indoor cricket nets

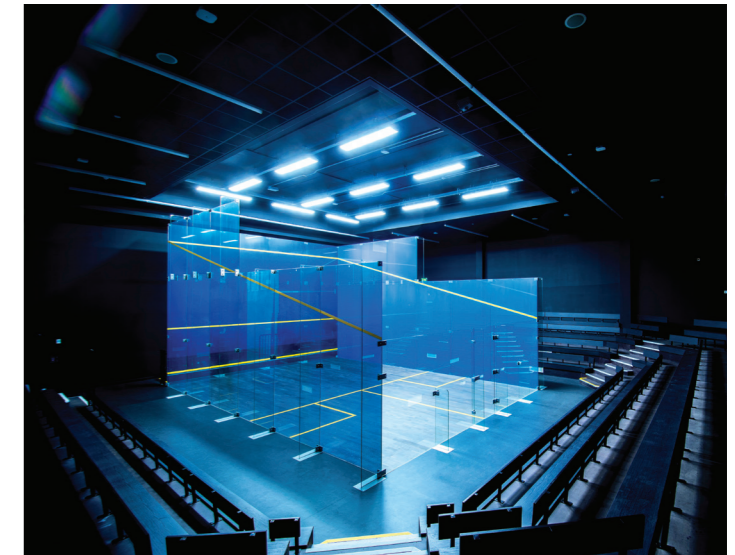
4 x indoor cricket nets

Built-in electronic scoreboards and PA systems

Media gantry and crow's nest

Bleacher seating capacity: 936

Balcony seating capacity: 202



## Squash Courts

6 x glass-back squash courts

1 x all-glass squash court with lighting schemes up to 1200 Lux level and spectator seating for up to 200

Built-in PA system



## Martial Arts Dojo

Dimensions: 28m x 15m

Minimum clearance height: 5m

Set-up with tatami judo and jigsaw mats to support a range of martial arts and activities

4 x wall-mounted punching bags



## Climbing Wall

Dimensions: 12m climbing wall and 5m bouldering / 128 sq m

Designed and installed by Rockworks with a simulated rock area, feature crack, roped wall, climbing holds and auto belays

14 belay lines including 2 equipped with auto-belay machine

50 graded routes from 3 to 7a+ suitable for beginners up to experienced and dedicated climbers

## Archery, Fencing & Table Tennis Salle

Dimensions: 21m x 35m / 730sq m

Minimum clearance height: 4m

Accommodates:

8 x competition table tennis tables

16 x training table tennis tables

10 x fencing pistes marked on the floor

8-10 x archery bosses

Red Taraflex floor and walls painted blue 2.5m high for table tennis.

Kevlar curtain available on either end of the salle for archery

Built-in electronic scoring system for each fencing piste

Built-in PA system

Adjustable lighting schemes up to 750 Lux level

## Fitness Suite

Dimensions: 1251sq m

200 stations including 70 CV machines, 12 lifting platforms and functional training rigs

Built-in sound system

## Sport & Exercise Science Lab

Dimensions: 189sq m with additional Biomechanics Lab

Full sports science support and elite athlete testing services available including: body composition analysis, VO<sub>2</sub> max testing, balance and dynamic human motion capture analysis



Dr Deng Yaping - Chinese Athlete of the Century and University of Nottingham Alumna, coaching as part of Nottingham's performance programme in the David Ross Sports Village Table Tennis Salle

England Lionesses making use of the High Performance Zone for recovery after their victory against Brazil in a World Cup warm-up fixture hosted in Nottingham



## High Performance Zone

Dimensions: 1146sq m / running track 77.7m by 9.3m

60m, 6-lane indoor running track with Mondo Sportsflex Super X 720 floor

Fully equipped strength and conditioning area including:

12 x lifting racks + 14 x platforms

Free weights section with dumbbells 1kg-50kg

Functional training rig

1 x Kayak Urg

2 x Curve Woodway treadmills

4 x Power Plates

2 x Concept2 rowers

4 x Wattbike Pros



## Outdoor Facilities

1 x full-size floodlit 3G pitch:

Dimensions: 108m by 63m

IRB and FA certified with 2 x team shelters

Suitable for football, rugby union training, lacrosse and American football

Elevated spectator viewing gallery

1 x full-size floodlit Sand Dressed Hockey Pitch:

Dimensions: 102m by 64m

2 x team shelters

Outdoor PA

3 x outdoor netball or tennis courts

1 x bowling green

Surrounded by 1.7mile campus Active Trail connected by 5 separate exercise workstations

Scenic 2k, 5k and 10k campus running routes are available



## Swimming Pool

Dimensions: 25m by 18m, maximum depth 2.2m

Up to 8 x swimming lanes with moveable floor

Diving blocks and electronic timing system available

Water temperature typically 27.5 °C





## Health & Wellbeing Suite

- Finnish sauna
- Steam room
- Arctic ice fountain and ice-cold bucket shower
- Private changing and shower facilities

## Clubhouse Café

- Dimensions: 259sq m
- Seating capacity: 80
- Flexible menus available to suit your nutritional requirements

## Conference Room

- Dimensions: 11.5m x 7.2m / 90sq m
- Maximum capacity: 72 theatre style
- Equipped with two flat screen TVs

## Sports Injury Clinic

Offering physiotherapy, sports massage, sports rehabilitation and gait analysis services

Hydrotherapy pool - typically 32-34°C / maximum occupancy at any one time: 16

Ice bath with walkway and full plunge - typically 9-10 °C / maximum occupancy at any one time: 8

5 x private consulting rooms and dedicated changing facilities

## Studios

2 x studios each with dimensions of: 18m by 19m per studio

Minimum clearance height: 9m

Fully sprung floor

Marked for 2 x badminton courts per studio

Each equipped with built-in PA systems

Adjustable lighting schemes up to 500 Lux level

## Indoor Cycling Studio

Dimensions: 12.5m x 9.9m / 70sq m

25 x IC7 bikes

Built-in sound system, projector screen and black-out curtains

## Other Facilities

- 1 x Changing Places Room
- 10 x Team Changing Rooms with accessible showers
- Snooker Room with 3 x tables
- Event management office dimensions: 3.6m x 4.3m



# Jubilee Sports Centre

Located 10 minutes by car from the David Ross Sports Village and within walking distance from Jubilee Campus accommodation.



## Sports Hall

Total dimensions: 34.7m x 38m / 735sq m

Minimum clearance height: 9m

Lighting scheme up to 500 Lux level

Gerflor Sport M Performance Floor

Sports markings for up to:

- 8 x badminton
- 2 x netball
- 2 x basketball
- 2 x korfbal
- 2 x futsal / handball or 1 x show court
- 2 x volleyball

## Fitness Suite

100 stations including 46 CV machines and 4 lifting platforms

Built-in sound system

Functional training room including 4 x Synrgy training rigs

## Artificial 3G pitch

1 x full-size floodlit pitch:

Dimensions: 111.5m x 68.5m

IRB and FA certified with 2 x team shelters

Standing spectating area

Outdoor PA

## Studios

1 x group-exercise studio with dimensions of 10m x 10m

1 x indoor cycle studio with 17 x IC7 Life Fitness Bikes

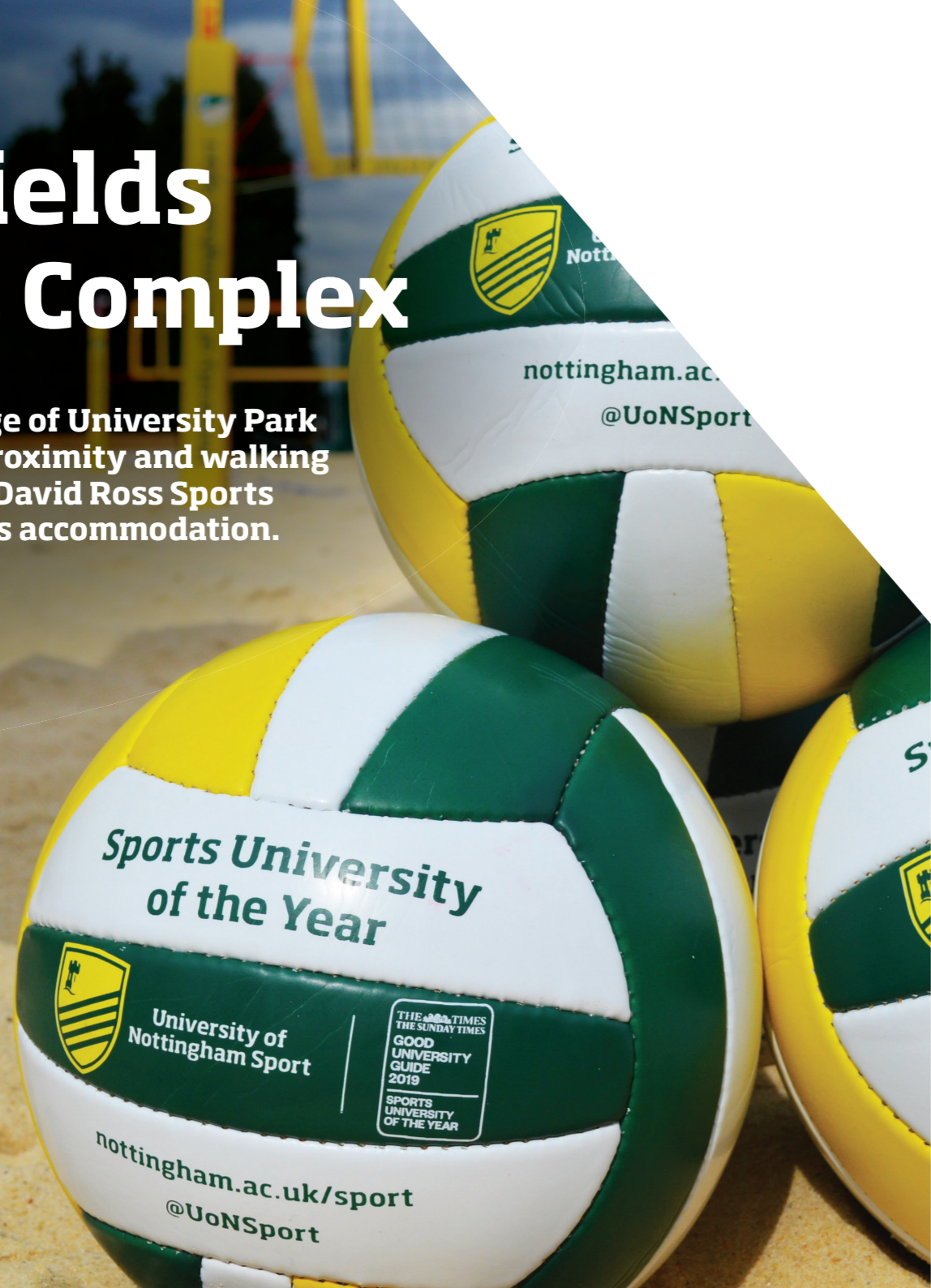
PA systems available

## Other Facilities

- 1 x glass-back squash court
- 1 x meeting room
- 1 x physiotherapy and first aid room
- 2 x changing rooms
- Supported by adjacent Starbucks Café

# Highfields Sports Complex

Located on the edge of University Park campus, in close proximity and walking distance from the David Ross Sports Village and campus accommodation.



## Beach Volleyball

4 x 2v2 beach volleyball courts or  
1 x central beach volleyball court for competition  
Decking area



## Vaughan Parry Williams Pavilion

Large tea room with AV, dual-aspect balcony and lift access to accommodate a maximum of 150 guests  
6 x changing rooms  
13 x changing rooms in adjacent Highfields Pavilion  
Separate changing rooms for officials  
Physiotherapy and first aid rooms  
On-site parking facilities

## Grass Pitches

8 x football pitches including 2 with pitch barrier surrounds  
4 x rugby pitches including 1 with pitch barrier surrounds  
1 x cricket square  
Bespoke pitch marking available upon request



## Nottingham Hockey Centre

Direct access from Highfields Sports Complex  
2 x F.I.H international standard, floodlit water-based hockey pitches  
1 x floodlit sand dressed hockey pitch  
1 x small-sided sand dressed training pitch  
Clubhouse with bar, catering facilities and meeting room  
12 x team changing rooms  
Video analysis towers and spectator capacity for 1500+ available on pitch 1

# Other University Sports Facilities



## Sutton Bonington Sports Centre

- 1 x sports hall with Boen Elastflex Olympia floor: 37.15m x 22.30m
- 30 station fitness suite
- 1 x group-exercise studio: 12.15m x 12.15m
- 1 x artificial floodlit 3G training pitch: 54.10m x 34.15m
- 1 x floodlit grass training area: 50m x 33m
- 1 x grass football pitch and 1 x rugby pitch
- Bouldering wall

## Boat House

- Situated on the River Trent adjacent to the City Ground
- 17 x Concept2 Static Ergs and 2 x Concept 2 Dynamic Ergs
- 6 x Concept2 BikeErgs
- Dedicated changing room facilities
- Secure storage for boats and equipment



## Riverside Sports Complex

- 150 acres of playing fields including:
  - 24 x football pitches
  - 4 x rugby pitches
  - 2 x cricket squares
- Bespoke pitch marking available upon request
- 2 x modern pavilions each with:
  - 19 x team changing rooms and 2 x officials changing rooms
  - 1 x physiotherapy and first aid room
  - 1 x meeting room

# Additional Sports Facilities in Nottingham



The Nature Valley Open 2019 hosted at the Nottingham Tennis Centre

## Nottingham Tennis Centre

- 8 x indoor tennis courts
- 16 x outdoor tennis courts
- 13 x individual grass courts
- 3 x 'bubble' courts
- Spectator viewing gallery
- Gym
- Meeting rooms
- On-site café

## National Water Sports Centre

- 2km regatta lake
- 700m white water course
- Outdoor running and cycling routes
- Open water swimming
- Fitness suite and specific strength and conditioning gym
- Wattbike studio
- Meeting rooms
- On-site café



White water rafting at the National Water Sports Centre

## Harvey Hadden Sports Village

- Athletics stadium with 400m running track
- 50m swimming pool
- 2 x sports halls
- 60m indoor running track
- Gym and health suite
- On-site café

# Accommodation

Our world-class sports facilities are surrounded by a full range of accommodation options all within walking distance replicating a competition and athletes' village environment to support acclimatisation, preparation and transition.

- + Accommodation options set within 330 acres of landscaped parkland
- + Complimentary campus hopper shuttle service
- + Dedicated lounge and relaxation areas
- + Private dining suites with option to tailor and design menus
- + Accessible accommodation options
- + 24-hour campus security



Halls of residence room



Halls of residence lounge



## Halls of Residences

Choice of 12 halls of residences

2000 x bedrooms

Dedicated dining halls

Fully catered options available

Team meeting rooms and lounges

Laundry facilities

Free Wi-Fi

# De Vere Orchard Hotel

Stylish eco-friendly hotel, 4\* equivalent

With options for twin and double rooms

Bramleys Brasserie and bar

Fully catered options available

Team meeting rooms

Laundry facilities

Free Wi-Fi



De Vere Orchard Hotel Double Room

De Vere Orchard Hotel



Jubilee Conference Centre and Hotel



# Jubilee Conference Centre and Hotel

3\* equivalent hotel

95 x en-suite rooms with options for twin and double rooms

Fully catered options available

Spokes Cafe

Team meeting rooms

Laundry facilities

Free Wi-Fi



Jubilee Conference Centre Double Hotel Room

# World-class teaching facilities

550 x meeting rooms and spaces

Flat floor and tiered seating options available for up to 500 guests in one space

State-of-the-art AV

Free Wi-Fi



**University of  
Nottingham Sport**

**For more information:**

[christine.bailey@nottingham.ac.uk](mailto:christine.bailey@nottingham.ac.uk)

+44 (0) 115 748 4071

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

@UoNSport