



University of
Nottingham Sport



Performance Sport Guide

nottingham.ac.uk/sport/performance



Join the Green and Gold

Sport is a huge part of life here and we have a proud history of sporting success. One of the founding institutions of the inter-varsity competition, we have consistently finished in the top ten of the British Universities and Colleges Sport (BUCS) leagues since their official introduction 40 years ago. In the 2022/23 season we finished 2nd in the National Rankings.

Our alumni have won World, Olympic, Commonwealth and European medals across the globe; table tennis superstar and Chinese athlete of the 20th century Deng Yaping and Rio 2016 medallist and canoe slalom star David Florence are both Nottingham graduates.

Our heritage is important to us but our ambitious vision is all about the future. We've invested millions in facilities including the David Ross Sports Village which opened in Autumn 2016 and talented young athletes are supported with world class coaching and highly competitive scholarships.

Ranked in the top 100 universities world-wide, the University of Nottingham is shaping the future with cutting-edge teaching and research. As the 2019 & 2021 Times University of the Year for Sport, Nottingham offers our students an award winning experience throughout their education.

If you are serious about your academic and sporting future, then the University of Nottingham is the university for you.

Dan Tilley

Director of Sport

Sean Nolan

Sports Officer 2022-24

#GreenandGold



Benefit from comprehensive scholarship packages

Our range of sports scholarships offer unrivalled support for our top student athletes, providing comprehensive financial assistance and specialist support services.

If you are competing at national or international standard in your sport, or show strong evidence of future outstanding potential, then you may be eligible for a sports scholarship at the University of Nottingham. We have three packages ; bronze , silver and gold; worth up to £13,500 per athlete.

Dependent on award level, our scholars access:

- financial support of up to £8,000 towards training and competition expenses
- UoN sports and fitness membership
- specialist strength and conditioning training
- physiotherapy, nutrition and psychology support
- performance lifestyle and academic mentoring
-

Thanks to our partners we also offer bespoke packages including:

- Disability sports scholarships (all sports)
- Deng Yaping sports scholarship (table tennis and badminton)
- Nova Centurion sports scholarship (swimming and para-swimming)
- Sheila Armstrong prize (all sports)
- Attractive offers for NCAA and NAIA athletes



The University of Nottingham has supported me financially and in many other ways, in order for me to develop my hockey.

I wouldn't be able to continue to compete at the highest level with the German National team without the support of Nottingham and I can't thank them enough. 🙌

Nike Lorenz

University of Nottingham Ladies Hockey – 2 x Olympian and Germany Hockey Captain

We're an official Talented Athlete Scholarship Scheme (TASS) Delivery Site, supporting TASS athletes studying here at the University of Nottingham and athletes who are within the East Midlands.

nottingham.ac.uk/sport/scholarships



Women's Hockey: Matt Taylor

Learn from the best

At the University of Nottingham, our world-class coaches are key to ensuring our student athletes reach their potential. The calibre of our coaching support is first-class and our coaches deliver support throughout the club to develop a range of teams.

Badminton:
Martyn Lewis

A former Wales international, Martyn won over 100 caps for his country and held the top Welsh ranking for Men's Doubles for over five years. His nine European and World title wins include Spanish and Belgian Open titles.

Women's Hockey:
Matt Taylor

Matt has directed our programme since 2010 winning BUCS Ladies Championship Gold in 2022/23 as well as a sprinkling of other titles in the years preceding. A former England senior international, Matt also leads of Ladies National League side who secured an 8th place finish in their maiden season in 2022/23.

Lacrosse:
Mike Armstrong

Mike leads on both our Men's and Ladies Lacrosse programmes, with the Men taking the Premier North title and Championship Cup runners up in 2022/23, whilst the Ladies went unbeaten to take the League and Championship Cup double. Mike also heads up the England Men's U20 programme and was nominated for Coach of the Year at the 2023 BUCS Awards.

Netball:
Paige Reed

A goal attack and goal shooter, Paige has risen through the ranks of the England youth set up and has represented her country at U19 and U21 level. She now forms part of the England Roses Futures programme and is a current Super League player who has led our netball programme since February 2023.

Table Tennis:
Kelly Sibley

A Commonwealth bronze medallist and London 2012 Olympian, Kelly has won numerous England senior titles. She leads our programme alongside her coaching role with Table Tennis England, supporting players to win BUCS League, Individual and European University Championship medals in the 2022/23 season.

Tennis:
Matt Wildt

Head of Tennis Matt is an LTA Senior Performance Coach and leads the largest university tennis programme in the UK. On the court Matt has led his teams to multiple successes including BUCS National League and Championship Cup titles as well as, Singles and Doubles medals. Off the court the club have won multiple Tennis Foundation and LTA education awards.



Netball: Paige Reed



Tennis: Matt Wildt



I'm so thankful to the University of Nottingham for providing me with the opportunity to study and play as a dual-career athlete. The programme has taken my game to a new level and whilst at University I have been able to play internationally! 🏉

Robert Carmichael

(BSc Sport and Exercise Science)
England U20s and University of Nottingham Rugby Union

Compete at the top level of your sport

With over a hundred teams entered in the British Universities and Colleges Sport (BUCS) competitions and squads in the top tiers of the UK domestic leagues, our student athletes have the opportunity to regularly compete at the top level of their sport.

BUCS Sport

The governing body for university sport, BUCS run weekly leagues and events where all institutions battle for points towards the overall trophy. With more than 150 teams competing and over 40 league wins and championship golds in 2022/23, saw Nottingham finish 2nd once again in the BUCS Table, for a third year running.

Notts Varsity Series

A hotly anticipated event in the sporting calendar, the series attracts huge crowds as University of Nottingham battle against Nottingham Trent University. Highlights include ice hockey in front of a sell-out crowd of 8,000 at the Motorpoint Arena, as well as football fixtures at Basford FC.

The Headliner Series

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

Our featured spectator matches on campus promise an extra special match day experience for spectators. Our events have been known to bring in crowds of over 1,000 #GreenandGold supporters.

2nd in the British Universities and Colleges Sport (BUCS) Table in 2023/24

We are proud to be the #1 University in the U.K for team sport.

nottingham.ac.uk/sport/performance

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 £55 million over the last seven 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-crumble 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



Benefit from bespoke support services

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.

Strength & Conditioning

Our dedicated High Performance Zone allows us to offer a comprehensive programme of physical fitness testing and training for our talented athletes. Newly refurbished facilities include:

- indoor 50m space including track for SAQ and speed training.
- cardio zone with the latest in fitness technology.
- performance gym with 25 lifting racks and 30 lifting stations.
- A suite of VALD diagnostics kit (Force platforms, NordBord & Dynamometer).

Our specialist full-time strength and conditioning team deliver bespoke training programmes to ensure our athletes stay ahead of the competition.

The strength & conditioning team also offer a training diary application, sending up-to-date training programmes to athletes all year round for training both at university and at home.

nottingham.ac.uk/sport/highperformancezone

Physiotherapy

Careful injury prevention and management is crucial to staying at the top of your game. Our student athletes access our in-house Sports Injury Clinic as part of their scholarship package. Also located within the David Ross Sports Village our facilities include:

- a state-of-the-art hydrotherapy pool
- private treatment rooms and large exercise area
- physiotherapy services
- sports massage
- weekly concussion clinic
- Gait Analysis

Our full-time team of physiotherapists and sport masseurs also offer a pitch side presence for selected teams during the season.

We offer an integrated service with our strength and conditioning teams as well as individual coaches to ensure the smoothest transition possible back to play for student athletes.

nottingham.ac.uk/sport/sportsinjuryclinic

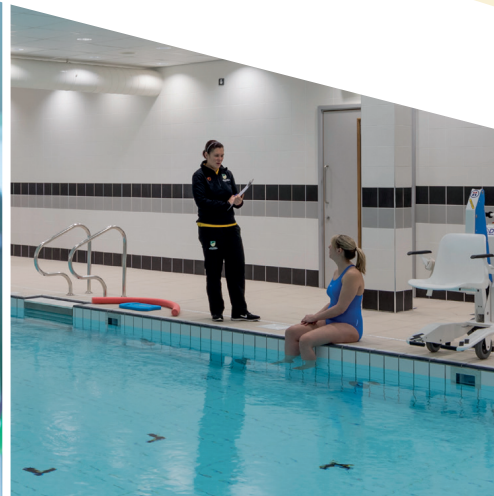


Sports Injury Clinic

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

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.

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 the experience of accessing the fitness facilities more comfortable for members with autism, high levels of social anxiety and also those 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.

Counselling Service

The University Counselling Service offers free, confidential support to students'. Our professionally qualified counsellors can offer personal and psychological support throughout the course of the year.



If you are currently applying and worried about how a disability may affect your experience, there is a lot of support at Nottingham for Para-athletes. You'll have a support plan that caters to your specific condition. I remember being given a whole list of adaptations and support. Everyone will help you make the most of your time at Nottingham. 🙌

Owen Say

(BA Archaeology and Geography)
University of Nottingham Para Swimmer

Dual-career: combine sport with your studies

Achieving the balance between your academic and sporting ambitions is at the heart of our approach to supporting you at the University of Nottingham.

Coordinated by University of Nottingham Sport's scholarship team, we have a university embedded Elite Athlete Academic Flexibility Policy, that allows us to offer:

- Individualised advice and support during the admissions process.
- Allocation of a mentor to provide performance lifestyle advice.
- Close liaison between our performance lifestyle advisors and academic tutors to support athletes studying here.
- Free Wednesday afternoons on the majority of courses to allow students to represent the University in sport.
- Priority access for our sports clubs to facilities before 9am and at evenings and weekends to ensure training sessions don't clash with class timetables.
- Opportunities for flexible study.
- Training programmes with 1-2-1 and small group sessions designed to fit around lecture schedules.
- Online lecture capture and notes to support student athletes with busy competition schedules.
- Support from University of Nottingham Sport to performance athletes facing extenuating circumstances due to sporting commitments.
- Bespoke support from the University of Nottingham Sport for Para athletes.
- Extensive workshop programme to support student-athlete personal and professional development.



nottingham.ac.uk/sport/performance



American Football

University of Nottingham American Football is considered one of the most comprehensive American football programmes in the UK. Boasting a large and experienced coaching staff, with some of the best facilities in the nation, the University of Nottingham is an ideal place to play American football while studying at one of the UK's top universities - regardless of experience in the sport.

The Gold team were the 2022 & 20223 BUCS Championship Runners-up and have made playoff appearances in each season since being promoted to the BUCS Premier League in 2017.

nottingham.ac.uk/sport/performanceamericanfootball



Badminton

Our performance Badminton squad is one of the highest quality training groups in the UK with both Men's and Women's squads competing in the BUCS Premier tiers. Head Coach Martyn Lewis leads the programme which has won multiple BUCS League, Cup and Individual titles and whose alumni include England International Johnnie Torjussen.

Players train at the David Ross Sports Village with 24 training courts available as well as having unique access to specialist coaching from former Commonwealth Games champion Chris Adcock. This year our players travelled to Hungary for the European University Championships where they were crowned European Team Champions and came home with seven medals from the individual competition to top the medal table.

nottingham.ac.uk/sport/performancebadminton

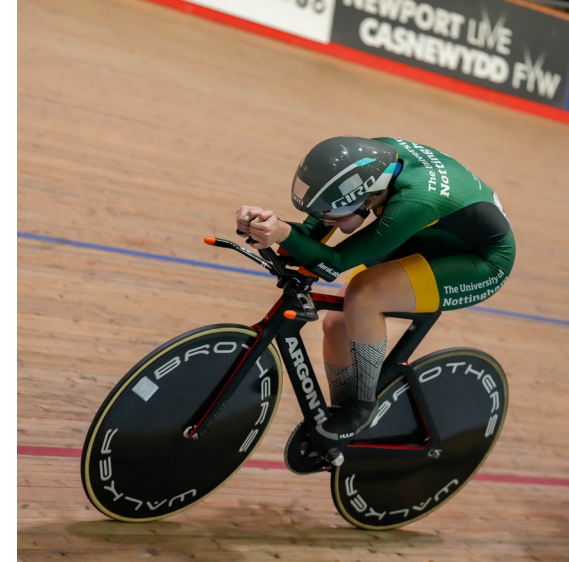


Canoe

The university is located within easy reach of the National Water Sports Centre and a close partnership allows our students extensive access to the white water and flat courses located within the park.

Student-athletes join a rich heritage of success on the water; our alumni have won multiple medals across the last four Olympic Games, including a silver for David Florence at the Rio 2016 Olympics and gold at London 2012 for Tim Brabants MBE, Etienne Stott MBE and Campbell Walsh MBE.

nottingham.ac.uk/sport/performancecanoe



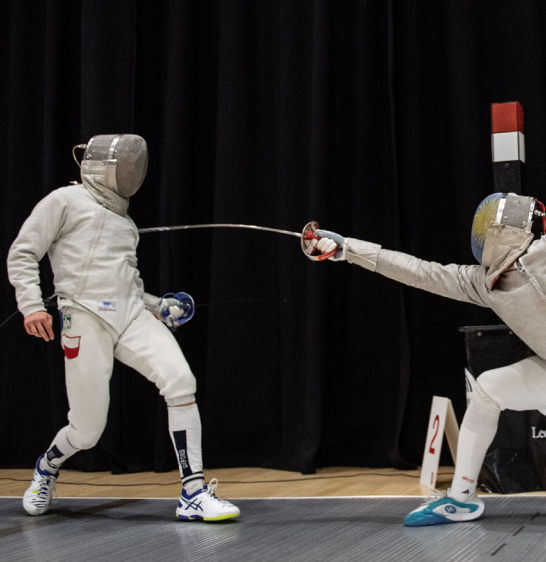
Cycling

Riders coming to the University of Nottingham will form part of one of the best set ups in the country. Head Coach Tom Haines leads a thriving performance culture which saw the club end the 2022/23 season ranked 2nd in the UK.

Utilising world class facilities such as Derby Velodrome, Harvey Hadden Closed Circuit and the Peak District the club provides a performance outlet for students specialising in all disciplines (Track, Road, Mountain Biking).

nottingham.ac.uk/sport/performancekarate





Fencing

Elite fencers studying at the University of Nottingham join an extensive programme, with access to the top fencing facilities of any UK university. Students train in our bespoke fencing salle within the new David Ross Sports Village, which boasts ten competition pistes and four training pistes.

The programme includes team training, individual lessons and strength and conditioning sessions in our state-of-the-art High Performance Zone. Our head coach Paul Sibert has a wealth of experience; with over 30 years in the sport he's coached several fencers to British and European medals.

With the British Cadet and Junior championships and British Athlete Development Camps hosted here in 2022/23, it's an exciting time to join.

nottingham.ac.uk/sport/performancefencing



Football & Futsal (Women's)

At the University of Nottingham we've invested in significantly in our Women's Football and Futsal programme to provide a sector-leading environment for student-athletes.

In 2023, the first team team won the BUCS Championship (the highest University standard in the country). In addition, the Futsal programme continues to thrive with the first team reaching the semi-final of the 2023 BUCS Championship and players having the opportunity to play and compete up-and-down the country.

A number of players balance their dual-career ambitions with playing externally in the top 3/4 tiers of the Women's game in England.

nottingham.ac.uk/sport/performancefootball



Hockey

Our Hockey set up is one of the best in the country; based out of the world-class Nottingham Hockey Centre where we have our own international-standard water-based pitch. Players join a highly successful programme, which has produced top stars such as Rio 2016 players George Pinner, Nick Catlin and Harry Martin and London 2012 bronze medallist Annie Panter.

Led by Head Coaches Matt Taylor (Ladies) and James Batemen (Men's), both hockey teams were crowned BUCS Championship Cup winners in 2023 as well as being the only university to have a team in both the men's and women's National League Premier divisions.

nottingham.ac.uk/sport/performancehockey

nottingham.ac.uk/sport/performancewhockey





Karate

Having successfully won a third successive BUCS Nationals Karate title in 2023 (securing a BUCS points record in the process), University of Nottingham Karate is considered one of the most comprehensive Karate programmes in the UK student sport.

Boasting an experienced coaching staff, with some of the best facilities in the country, the University of Nottingham is an ideal place to compete in Karate while studying at one of the UK's top universities.

nottingham.ac.uk/sport/performancekarate



Lacrosse

Players join one of the UK's leading university programmes, competing at the top level of BUCS competition. Our Men's team were Premier North winners and Championship Cup Runners Up in 2022/23, meanwhile the Ladies were unbeaten, taking home the BUCS league and cup double.

Both Lacrosse teams also won the season opening BUCS 6s competition and are led by experienced international coach Mike Armstrong.

nottingham.ac.uk/sport/performanceclacrosse

nottingham.ac.uk/sport/performancewclacrosse



Netball

Players studying at University of Nottingham join one of the university's fastest developing programmes, with access to some of the best netball facilities in higher education.

All squads compete in high performing leagues including the 1st team who placed 3rd in BUCS Premier North league in 2022/23.

We currently have an abundance of high performing student-athletes including Kelechi Ambros who currently plays in our BUCS first team and has represented England Roses Academy with the programme led by Super League rising star Paige Reed who has also represented her country at U19 & U21 level.

nottingham.ac.uk/sport/performanceclacrosse



Rugby Union (Men's)

Our Men's Rugby Union Club enjoys a national reputation for rugby, attracting performance rugby players who want to balance their continued rugby development with studying at one of the UK's top Universities.

This is highlighted by members of the 2022/23 squad having represented England Under-20's (Rob Carmichael), England Students (James Cherry and Ed Timpson), as well as several players on Premiership University contracts. The Club has 5 teams which compete in the BUCS leagues and our 1st team competes in BUCS Super Rugby.

The coaching team is headed up by Paul Westgate an England Rugby Level 5 Coach.

nottingham.ac.uk/sport/performanceclacrosse





Rowing

Our dedicated boathouse situated on the banks of the River Trent offers University of Nottingham rowers a centre for training on a wide 9km stretch as well as squad ergo training. A partnership with the National Water Sports Centre, where the BUCS championships are hosted annually offers extensive access to their 2km buoyed course throughout the season.

Rowers join an incredibly successful programme; under head coach Ade Roberts with the current squad having won multiple BUCS championships medals in 2022/23. Alumni include London 2012 silver medallist Chris Bartley and World championship medallist Olivia Whitlam.

nottingham.ac.uk/sport/performance/rowing



Squash

The squash facilities at the £40 million David Ross Sports Village are exceptional; they include six glass backed court as well as an all-glass show court with seating for over 250 spectators. With 3 additional courts at our other facilities and a partnership with Nottingham Squash Rackets club, student players at Nottingham can access a squash set up unrivalled in the sector.

The programme also recently announced former world number one James Willstrop as an assistant coach.

Our Premier Squash League franchise also allows our students to play alongside professional players like Declan James and former world number 1 Nick Matthew.

nottingham.ac.uk/sport/performance/squash



Table Tennis

Led by Head Coach Kelly Sibley, a London 2012 Olympian and 2014 and 2018 Commonwealth medallist, the team train from our bespoke salle within the David Ross Sports Village. A hub for performance table tennis, we host national squad training offering an unrivalled opportunity to train and play with the best through our strong partnership with Table Tennis England.

You'll join a dominant force in UK university table tennis; our squads won multiple BUCS Championship, League and Individual medals as well as our women's squad being crowned European University Champions in 2023. Sports scholar Tin Tin Ho was a Tokyo Olympian also won team bronze at the Gold Coast Commonwealth Games alongside coach Kelly.

nottingham.ac.uk/sport/performance/tabletennis



Tennis

Talented tennis players join one of the leading set ups in the country. Supported by Tennis Foundation funding, our programme boasts an experienced coaching team led by Head of Tennis Matt Wildt. The weekly training schedule includes six team court sessions, individual options, strength and conditioning as well as video analysis. Both our top Men's and Women's teams secured play in the National Premier League.

Our partnership with the Nottingham Tennis Centre, located adjacent to our University Park campus offers unrivalled training facilities for tennis players. The venue, which boasts a total of 40 courts, hosts multiple major tournaments including the Nottingham Nature Valley Open ahead of Wimbledon.

nottingham.ac.uk/sport/performance/tennis





Volleyball

Players join an ambitious programme, one of a selected few to be awarded Senior Academy status by National Governing Body Volleyball England. The set up offers extensive opportunities to compete at the top level of UK volleyball. Both our male and female squads compete weekly in the BUCS Premier divisions.

Freddie Fairbairn stepped up into the head coach role in 2021 after 3 years as assistant coach in the program, having lead our beach volleyball teams to BUCS medals. Success continued as the men's first team claimed the BUCS National Championship and Beach Championship in 2022, before the women's first team reached the BUCS National final in 2023.

nottingham.ac.uk/sport/performancevolleyball



Water Polo

We offer excellent water polo facilities for student players plus a formal link with local National League side Hucknall. Our squads train from the David Ross Sports Village swimming pool which has an adjustable floor and access the state-of-the-art High Performance Zone for strength and conditioning training.

Players join a top ranked University programme with multiple athlete's part of the Great Britain under 19 set up. Led by Head Coach Sam Joyce and supported by national coach Tim Dunsbee, both our Women's and Men's Squads compete in the in BUCS Premier League. Having won both the Men's and Women's BUCS Trophy Finals in 2019 it's an exciting time to join the set up!

nottingham.ac.uk/sport/performancewaterpolo



Sports Clubs

To find out more about all of our sports clubs scan the QR below:





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 your 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 1,000 #GreenandGold supporters.

nottingham.ac.uk/sport/headliner

BUCS Big Wednesday - March 2024

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 2023/24 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.



University of Nottingham Women's Lacrosse on their way to winning the National Championship final at BUCS Big Wednesday.



Our university offers ForceDecks, Dual Force Plate System for analysing strength and imbalance.

Measure key performance indicators, muscle imbalance and injury rehab progress

With ForceDecks we are able to measure and assess your strength, side-to-side differences and movement through a range of exercises and jumps. Previously limited to elite sporting teams including many of those in the NBA, NFL and EPL and a number of performance and research centres, our university has invested in this technology to make it available to you.

Once your assessment is complete, the system will generate a report of how your body moves and we will use this information to work with you to track progress and key milestones to reach your goals whether that be pain-free, performance, return-to-sport or your daily activities.

How does ForceDecks work?

ForceDecks gather a complete assessment of strength and power as well as the movements you need to perform in daily activities or sport, including squats, lunges, deadlifts, jumps, hops, push-ups, and more.

See your results instantly captured and analysed to allow your practitioner to gather objective data to make decisions for your performance or rehab program.

FORCEDECKS

DUAL FORCE PLATE SYSTEM



A complete report to take home

As soon as you complete an assessment, one-click automatically generates a complete test report. The data is shown in easy to interpret graphs for your review.

Measure and see:

Performance profiling

How quickly do you create force, what is your athletic profile, are you powerful or strong or both?

Fatigue and readiness monitoring

Compare your fatigue levels from week to week. Are you ready to perform at your best?

Training and rehab progression

Compare yourself to your numbers when you were at full fitness and pain-free.

Some of the tests include:

- Countermovement jump
- Squat jump
- Single-leg jump
- Drop jump
- Land and hold
- Weighted squat

Frequently asked questions

Who can benefit from ForceDecks analysis?

People with injuries pre-op and post-op. Athletes looking to improve their strength and prevent injuries. Exercise plan for older individuals to improve balance and strength and prevent falls.

How long does it take?

Depending on the tests, it can take between 2 and 30 minutes.

Is this only for assessments?

No, this can also be very useful for rehabilitation and training.

Contact our university today to book a ForceDecks analysis appointment.

sport@nottingham.ac.uk
+44 (0)115 748 7000



FORCEDECKS

DUAL FORCE PLATE SYSTEM

For rehab and minimising injury risk

Using the data from a ForceDecks assessment we design better rehabilitation, training, and management programs. See progress throughout your journey and know your plan is on the right track to helping you achieve your goals.



Next steps...

Scan and fill out the contact form so we can keep in touch.

For more information:

eliteathlete@nottingham.ac.uk
+44 (0) 115 74 87000
nottingham.ac.uk/sport/performance
[@UoNSport](https://twitter.com/UoNSport)