

# STUDENT SPORT GUIDE 2016-17



**ENGAGE**  
**INSPIRE**  
**ACHIEVE**

# WELCOME

*On behalf of my entire team I would like to welcome both new and returning students to Northumbria Sport, your University sport service.*

Last year was the most successful in our history and whilst I am enormously proud of our achievements, including being ranked in the UK's Top 5 for Sport in the independent Times Higher Education Student Satisfaction Survey 2016, we are determined to deliver an even more exciting programme in 2016/17.

Not only will it be a new, dynamic and student centred programme, because we are Northumbria, it will be of world class quality. Everything we do is underpinned by our values of Engage, Inspire, Achieve – these core values drive excellence in all of the team and right across our service.

2016/17 sees the launch of our new NORTH programme, which we're confident will re-define student health, fitness and activity. We have made a significant investment in Sport Central to create a new NORTH Health & Fitness Suite with a brand new Functional Training Rig and a dedicated space for brand new small group personal training sessions. We are also launching individual personal training, together with a massage and physiotherapy service available to all students.

In addition, our new NORTH programme will also give students the opportunity to experience a diverse range of sports and a brand new programme of 'adventure' activities guaranteed to get the adrenaline flowing! I'm sure our new NORTH programme will be exceptionally popular with ALL students, as it has been designed to offer something for everyone no matter what a student's background or level of experience and our

membership options offer excellent value for money. Check out full details on page 2.

In addition to NORTH, I am also delighted to see further changes to our TEAM NORTHUMBRIA programme including the opening of our new High Performance Centre, formerly Coach Lane Sports Centre. This new Centre will offer a dedicated environment for team training for a number of sports and will include a new S&C Suite and Student Athlete Centre. I'm confident that together with other changes we can once again go on and achieve a record number of BUCS points and retain the Stan Calvert Cup for a record fourth time!

Finally, many of you will be aware we have signed a new partnership with Adidas to replace our former agreement with Canterbury. This is the first time Adidas has entered into a partnership of this type with any UK university and shows just how highly Northumbria is now regarded. I'm sure like me you can't wait to get your hands on the new kit, which will be rolling out from September 2016 onwards.

So irrespective of where you come from, how talented or fit you are, if you are 'sporty' or not 'sporty' at all, we will have an inspiring and exciting programme that's right for you. I'm looking forward to what promises to be another great and exciting year ahead and if either I, Emily or any of the Northumbria Sport team can do anything to improve your experience then don't hesitate to get in touch.

**Colin**

**Colin Stromsoy,  
Director of Sport,  
Northumbria University**



*Hi there and welcome to what promises to be another great year for sport at Northumbria.*

I can't wait to get stuck into my new role and watch another exciting year unfold. In terms of offering opportunities across the board, at every level on and off the field, I don't think there's anywhere that can top Northumbria. It's been inspiring to be part of such a special time for sport at Northumbria and I know there's so much more success and opportunities around the corner.

During my time as a student at Northumbria, we have become firmly embedded as one of the top 10 sport universities in the country and we've won the Stan Calvert Cup against Newcastle University a record 3 times in a row. The Team Northumbria High

Performance programme is the best in Britain and our NORTH programme goes from strength to strength, offering every student a huge choice of sport and health-related activities and a development pathway for those who are determined to progress into Team Northumbria. We also have a fantastic volunteer and internship programme that I have been involved in throughout my time at Northumbria. This programme gave me so many skills and experiences that were instrumental in my success in the Student President role.

Northumbria Sport offers something for everyone, so get involved today!

**Emily**

**Emily Watkinson,  
Student Sport President,  
Northumbria University**



# NORTH

Inspiring Health, Fitness and Activity

**Our brand new NORTH programme of health, fitness, sport and adventure is designed to offer every student an amazing experience.**

If you want a healthy lifestyle, the chance to get fit, improve your sporting performances and experience new things where you will meet like-minded people then look no further than our brand new NORTH programme.

Combining FITNESS, CLUBS, LEAGUES and ADVENTURE, our NORTH programme is guaranteed to have something for you.

## NORTH Membership Benefits

UNLIMITED access to Fitness Centre including brand new training rig

UNLIMITED access to Group Exercise Classes

UNLIMITED access to open Swimming Sessions

UNLIMITED access to open Climbing Sessions

INCLUSIVE Fitness Programme and Health Checks

EXCLUSIVE Club Events

DISCOUNTED Club and Adventure Upgrades

DISCOUNTED Facility Bookings

DISCOUNTED Physiotherapy, Massage and 1:1 Personal Training

Great value NORTH membership means you can enjoy a year of activity in world class facilities and beyond.

Get your NORTH membership now to enjoy all the benefits of this new and inspiring approach to student sport, health and fitness.



# NORTH

## FITNESS

Our most popular service with students over many years has been Health & Fitness which includes our Fitness Centre and Group Exercise programme. Not content with the status-quo our Health & Fitness offer is now part of our new NORTH programme and as part of this change both new and returning students will be amazed at the programme and new equipment we have ready for you this year.

Based at Sport Central, our NORTH Fitness centre has a brand new QUEENAX Functional Training Rig, the highest quality training equipment available on the market today. Our NORTH Fitness instructors have all been fully trained on QUEENAX and can't wait to help you enjoy this new addition to our programme.

In addition to QUEENAX, from October NORTH Fitness at Sport Central will also offer a dedicated small training area with brand new Lifting Platform, Ropes, Rack, Rower and everything you'll need for a full functional workout.

We have also added 3 brand new Lifting Platforms in the Free-Weights area in response to student feedback. No longer only available to high performance athletes all students can now benefit from access to elite training equipment to help achieve those personal goals.

With all of this new equipment, you'll also be delighted to know we offer a new Personal Training (PT) service that can be booked for up to three people, helping share the cost making it great value for money.

Don't forget that in addition to your new NORTH Fitness Centre we still offer the biggest Group Exercise Class programme in the North-East. Just have a look at the extensive timetable and discover a huge range of different classes, available at different levels of intensity and experience required from new starter to expert! Our NORTH Fitness Instructors can't wait to see you soon in Sport Central.

### What will it cost me?

An annual NORTH membership will cost you £210 per annum (£17.50 a month!) or if you wish to pay monthly, simply set up a direct debit for £27.50 per month.

To sign up, visit our website [northumbriasport.com](http://northumbriasport.com), visit Sport Central reception or call us on 0191 227 4700.

### North Events

Get involved in our largest social sport programme yet and take part in a series of one off events and charity fundraisers.

# PERSONALISED TO YOU

So many reasons to join us...what's yours? **#myreason**

*"To meet people who also enjoy playing for fun" / "To learn something new that I never thought I would be able to do"  
"New experiences, new people, new friends, new challenges, exciting futures"*



# TEAM NORTHUMBRIA

*Team Northumbria is the nationally recognised name for sporting excellence, commitment and success.*

*If selected to represent TN you will become a part of an elite group of like-minded student athletes representing your University with pride and passion.*

## British Universities and Colleges Sport (BUCS)

Team Northumbria run performance programmes in 22 sports. This year TN has 58 teams in the BUCS leagues, with 17 teams competing in the BUCS Premier League.

### 2015/16 FACTS

**8th position in BUCS National League for a third year running**

**Stan Calvert Cup Winners for a 3rd consecutive year**

**Number 1 in the UK for Basketball, Futsal, Golf, Rugby League, Volleyball and Disability Swimming**

**Women's Volleyball League and Cup Winner (2016 Super 8s Playoff)**

**Women's Basketball WBL National Champions 2016**

## National League

TN are big players nationally in the following sports:

- Football (Northern League Division Two)
- Men's Basketball (EBL Division One)
- Netball (Netball Super League)
- Women's Basketball (WBL)
- Volleyball (Super 8s men and women)
- Water Polo (British Water Polo League)

## Stan Calvert Cup

The UK's best varsity sports event sees inter-city rivals Northumbria and Newcastle go head to head for the ultimate prize – the Stan Calvert Cup.

Help us to make history and retain the trophy for a fourth consecutive year!

**Abbie Scott**

**MSc in 'The Professional Practice of Sports Coaching' Final year**

*"Northumbria provide everything a student athlete needs in order to excel on and off the pitch. Their student centred approach has helped develop what I believe to be the best rugby programme in BUCS. The facilities and coaching give every student the best opportunity to fulfil their athletic potential, here at Northumbria excellence is the minimum standard."*



# TEAM NORTHUMBRIA

# SPORT SCHOLARSHIPS



*Northumbria University has always offered more than a degree – our prized scholarships prove it.*

## **We offer world class:**

- Performance Coaching
- Strength and Conditioning
- Physiotherapy and Massage
- Performance Analysis
- Athlete Education Workshops

Financial support ranges from £500 competition expenses to full scholarships up to the value of £10,000.

**Team Northumbria have performance programmes and compete in BUCS in the following sports;**

American Football	Jitsu
Athletics	Korfball
Badminton	Lacrosse
Basketball	Netball
Beach Volleyball	Rugby League
Boxing	Rugby Union
Cricket	Snowsports
Fencing	Squash
Football	Swimming
Futsal	Table Tennis
Gaelic Football	Ultimate Frisbee
Golf	VolleyBall
Hockey	Water Polo

**If you compete at an elite level in a BUCS sport not listed above there is still support on offer. For all support enquires contact Heather Steel our Athlete and Team Services Manager [heather.steel@northumbria.ac.uk](mailto:heather.steel@northumbria.ac.uk)**

## **GOLD - Podium Scholarships**

This scholarship is designed to support athletes that are currently competing at national level and are currently part of an NGB pathway. The package of support includes;

- 2-3 weekly strength & conditioning sessions – one to one or small group
- Access to physiotherapy & massage
- Full sport membership included
- Individual sports psychology
- Athlete education workshops
- adidas Athlete kit package
- Access to sport science support
- Financial support ranging from £3,000 to full fees and accommodation

## **SILVER - Podium Potential Scholarships**

This scholarship is designed to support athletes with the potential to progress to a national senior programme. Potential applicants must be part of an age group national programme, divisional squad or equivalent.

The package of support includes;

- 2-3 weekly strength & conditioning sessions – one to one or small group
- Access to physiotherapy & massage
- Full sport membership included
- Individual sports psychology
- Athlete education workshops
- adidas Athlete kit package
- Financial support ranging from £250 - £3,000

## **BRONZE - Talent Development Scholarships**

This scholarship is designed to support talented athletes who are at the development stage, these athletes will be part of an NGB regional squad or equivalent. This award consists of access to key services that an athlete at this stage will need to develop further as an athlete.

The package of support includes;

- Full sport membership included
- 2-3 weekly strength & conditioning sessions - small group
- Physiotherapy
- Athlete education workshops
- adidas Athlete kit package