



# Get into Sport at Newcastle





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Sport at Newcastle is all about performance and participation.

We are one of the top UK universities for sport, with a top 10 finish in the BUCS league for the last two years, and a top 15 finish for the last eight.

We work hard to nurture the talent of the sportsmen and women who study here and provide an exceptional package of support.

We also pride ourselves on the opportunities we provide for all of our students to enjoy and engage with sport.

So whether you just want to have fun with friends, or want to take your sporting excellence to the next level, Sport at Newcastle has something for you.



## Participate

- A multimillion-pound Sports Centre on campus
- 62 student-led sports clubs welcoming students of all abilities
- One of the biggest Intra Mural Sport programmes in the UK
- More than 30 different exercise classes a week during term time
- Go Play taster programme, to try new sports
- Sports Volunteer Programme, to boost your CV

## Perform

- The chance to represent one of the UK's best universities for sport
- Performance Sport Programme to support top student sportspeople
- Elite Athletes Squad to develop and nurture sporting excellence
- Generous scholarship scheme to support talented student athletes
- Professional coaching for the majority of our sports clubs



# Team Newcastle

We boast one of the most diverse ranges of sports clubs in Higher Education. All of our sports clubs represent the University under the banner of Team Newcastle.

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## Team Newcastle...

- Involves 62 sports clubs from Aikido and Athletics to Volleyball and Weightlifting (see opposite)
- Offers competitive and recreational sports activities, as well as a fantastic social scene
- Welcomes everyone from complete beginners to elite athletes
- Competes alongside almost 170 other education institutions in the BUCS programme each year
- Is ranked 10th in the UK in the BUCS 2012–13 rankings
- Offers professional coaching to most sports clubs

## Start your own club

Is your favourite sport not represented in our current list of clubs? The Athletic Union can help you set up your own sports club from scratch. You'll make new friends, gain organisational skills and boost your CV in the process.

## Annual varsity match – Stan Calvert Cup

Each year Newcastle University competes in an annual varsity competition against neighbouring Northumbria University.

The Stan Calvert Cup competition is an action-packed day that sees around 1,500 students from both universities compete in 26 different sports, with the rugby and 4 x 100 metres finals taking place at Gateshead International Stadium in front of 3,000 supporters.

The competition began in 1994 in honour of the late Stan Calvert, Newcastle University's first director of sport.



The support structures in place at Newcastle University for the performance clubs and their respective teams are second to none. It is an honour to represent Newcastle in sport, and the experience of playing for my team at a high level has been a real highlight for me and a wonderful experience.

**John**, Agriculture and Farm Business Management BSc Honours, Newcastle University Rugby Football Club Captain 2012–13

## Our clubs

- Aikido
- American Football
- Archery
- Athletics and Cross-Country
- Badminton
- Basketball (Men's)
- Basketball (Women's)
- Boat
- Boxing
- Canoe
- Canoe Polo
- Caving
- Cheerleading
- Clay Target Shooting
- Cricket
- Crossfit
- Croquet
- Cycling
- Darts
- Fencing
- Football (Men's)
- Football (Women's)
- Gaelic Football
- Golf
- Gymnastics
- Hockey (Men's)
- Hockey (Women's)
- Ice Hockey
- Jitsu
- Judo
- Kickboxing
- Kite and Windsurfing
- Lacrosse (Men's)
- Lacrosse (Women's)
- Mountaineering
- Netball
- Orienteering and Adventure
- Parachute
- Polo
- Real Tennis
- Riding
- Rifle
- Rugby (Men's)
- Rugby (Women's)
- Rugby League
- Sailing and Yachting
- Shotokan Karate
- Ski and Snowboarding
- Squash (Men's)
- Squash (Women's)
- Sub Aqua
- Surf
- Swimming and Waterpolo
- Table Tennis
- Tae Kwon Do
- Tennis
- Thai Boxing
- Trampoline
- Triathlon
- Ultimate Frisbee
- Volleyball
- Weightlifting



For more details about each club visit the Athletic Union's website at [www.nusu.co.uk/au](http://www.nusu.co.uk/au)



# Elite Athletes Squad

Individual sportspeople who are excelling in their chosen sport may be eligible to join our Elite Athletes Squad. This is a support organisation for up to 25 high-performance athletes.

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## What you get

Squad members receive:

- full medical and physiotherapy screening by a sports physician and a Team GB physiotherapist
- support from a team of personal tutors providing sports science support, fitness assessments, personal training programmes and pastoral support
- a free upgrade to Gold Membership of the Sports Centre with facilities to support your training

Squad members also attend a tailor-made lecture programme alongside their regular lectures, covering topics such as:

- sports physiology
- sports nutrition
- sports psychology
- injury prevention and management
- strength and conditioning
- lifestyle management skills

## Selection criteria

Selection for the Squad is based on your past, current and potential sports performance as well as an attitude and determination to improve in your chosen sport, while maintaining high academic standards in your chosen degree.

## Former Squad members

Former Elite Athletes Squad members include:

- Geoff Parling, Leicester Tigers and England Rugby Union 2013
- Ivy Taylor, GB Snowboard Team
- Dorian Walker, world champion in acrobatic gymnastics 2012
- George Rossiter, GB Under-23 Rowing Team 2012–13
- Tamara Taylor, England Ladies Rugby Union
- Ed Coode, Olympic gold medallist (Athens 2004)

## Find out more

For more information about performance sport at Newcastle or about the Elite Athletes Squad, contact Fraser Kennedy, Performance Sport Manager.

Telephone: +44 (0)191 208 7224

E-mail: [fraser.kennedy@ncl.ac.uk](mailto:fraser.kennedy@ncl.ac.uk)

 [www.ncl.ac.uk/sport/performance/elite](http://www.ncl.ac.uk/sport/performance/elite)

George Yeoman and Ed Fitzgerald, Newcastle University students, competing at national level.



# Sports Scholarships

Each year we award up to 50 sports scholarships to support talented sportsmen and sportswomen. Athletes who receive a scholarship will be expected to represent the University in their sport and be an ambassador for the University.

## Recruitment Sports Scholarships

We offer Recruitment Sports Scholarships across a range of sports. These are aimed at recruiting top-quality student athletes who want to achieve sporting excellence and academic success while at Newcastle University.

The Scholarships are awarded at three levels and are worth up to £1,000, £1,250 and £1,500. These can be offered to students who gain either an unconditional or conditional offer from the University. The Scholarships are awarded conditionally and confirmed once you formally register at the University.

 [www.ncl.ac.uk/sport/performance/scholarships/recruitment](http://www.ncl.ac.uk/sport/performance/scholarships/recruitment)

## Performance Sport Scholarships

We award a number of Performance Sport Scholarships each year to elite athletes who are already studying here. These Scholarships, worth up to £1,000, are available for each year of your course. You can apply for these once you have taken up your place at the University.

 [www.ncl.ac.uk/sport/performance/scholarships/performance](http://www.ncl.ac.uk/sport/performance/scholarships/performance)

## Selection criteria

Selection criteria is based predominantly on representative honours at senior or age-group level at regional and/or national level, and/or individuals who are part of national governing body performance squads.



The support I have been given via the Elite Athletes Squad and sports scholarship programme has not only allowed me to compete at the highest level but also achieve academically. I am extremely grateful and would have no hesitation in recommending Newcastle University for combining sport and a high-quality degree. 



**George**, BA Combined Honours, GB U23 Rowing 2012-13

# Campus Sport

Our comprehensive Campus Sport programme offers you a way to stay fit and have fun. Run by the Centre for Physical Recreation and Sport, it covers a wide range of activities, from competitive internal sport leagues to a variety of weekly exercise classes for fitness and enjoyment.

## Intra Mural Sport programme

Over 2,500 students take part each week in our Intra Mural Sport programme, which is one of the most extensive university sports programmes in the country. This gives you the chance to form teams with friends and compete across seven different sports:

- 11-a-side football
- 7-a-side football
- 5-a-side football
- Rugby Union
- Rugby 7s
- Netball
- Mixed hockey

Annual league and cup programmes run across each sport, leading to some exciting matches throughout the season.

 [www.ncl.ac.uk/sport/campus/intra-mural](http://www.ncl.ac.uk/sport/campus/intra-mural)

## Weekly exercise classes

We offer a comprehensive range of exercise classes all-year-round. All classes are free to Gold level members and cover activities ranging from aerobics and spin-cycling to yoga, pilates and dance. The majority of classes are suitable for students of all exercise backgrounds.

 [www.ncl.ac.uk/sport/campus/exercise](http://www.ncl.ac.uk/sport/campus/exercise)

## Sports Massage and Holistic Therapy Clinic

If you need to relax after a particularly strenuous workout, why not pop to the Sports Massage and Holistic Therapy Clinic on campus. Here you can enjoy a sports massage, Swedish massage or Indian head massage, delivered by our professional therapists at a subsidised cost to University Sports Centre members.

## Health and fitness services

Our qualified staff offer a range of services to support students who want to get in shape. This includes:

- tailored gym programme
- personal training plans
- one-to-one training
- fitness testing
- drop-in clinic with our in-house physiotherapist



Playing Intra Mural football at Newcastle has given me the perfect opportunity to play an extremely high level of football, on quality pitches and with professional referees, while at the same time socialising with friends and course mates. I've taken on leadership roles that look great on a CV, and with four competitions to play for, there's plenty of silverware to be won and glory to be had. 

**Adam**, French and Politics BA Honours, Henderson Hall  
Football Club Captain 2012-13



# Sports Volunteering

Our Sports Volunteer Programme is an excellent opportunity to get involved in the local community, develop new skills and boost your CV. All you need is to be energetic, motivated and passionate about helping others. You don't have to be an amazing athlete to take part.

Each year we choose 50 students to join our volunteering programme, working with our partner schools, sports clubs and local community groups. There are opportunities in:

- coaching
- officiating
- event management/promotion
- mentoring

You could also work towards national governing body and first aid qualifications.

 I really enjoy being a volunteer netball coach with the University. It's a great opportunity to share my skills, learn from other coaches and gain qualifications myself. Working with primary school-aged children is challenging and fun at the same time. I love seeing the girls develop and improve week on week, and encouraging them to be passionate about a sport that I love. The support from the University in making these links is really helpful too, as otherwise I probably wouldn't have got involved in coaching in Newcastle. 

**Jo**, Modern Languages BA Honours, netball volunteer



Our Sports Volunteer Programme is also offered as an opportunity through ncl+. ncl+ is all about adding to your degree and gaining the sort of skills and experience that will help you stand out from the crowd in the graduate job market.

Depending on your degree, it may also be possible to gain academic credit for your activities through the University's Career Development module.



[www.ncl.ac.uk/students/nclplus/opportunities/sports-volunteer](http://www.ncl.ac.uk/students/nclplus/opportunities/sports-volunteer)

# Go Play Programme

Go Play is our no-experience-necessary sports taster programme. Run by the Students' Union, Go Play is a great way of trying a new sport without the commitment of joining one of our existing teams or clubs.

There is a range of sports on offer each term, including traditional and more unusual sports. Recent examples include: canoe polo; dodgeball; golf; parkour; and Street Cheer.

Our qualified coaches will guide you from complete beginner through all the basics to get you playing in no time. If you find the sport really is your thing, you can join the club (or start a new one – see page 3). You can even train as a coach.

Current sports players can also join in, as the sessions are designed not to clash with the Wednesday afternoon programme of competitive fixtures.

 [www.nusu.co.uk/goplay](http://www.nusu.co.uk/goplay)



# Facilities

For an affordable annual fee (just over £1 a week for basic membership), you can make use of our wide range of indoor and outdoor sports facilities, with different levels of membership (Gold or Silver) to suit the activities you wish to get involved in.

## Indoor facilities

Our indoor facilities are all based in and around our purpose-built Sports Centre. This is the nerve centre of sport at Newcastle University.

### The University Sports Centre

Our Sports Centre is home to a double-court sports hall, state-of-the-art fitness suites, a dance studio and two large multipurpose areas.

### Health and fitness suite

Our air-conditioned health and fitness suite gives you access to a wide range of cardiovascular equipment, including:

- treadmills
- exercise bikes
- rowing ergometers
- step machines
- aerobic cross-trainers
- large free weights section
- dedicated lifting platforms

### Strength and conditioning room

Our strength and conditioning room has a range of state-of-the-art equipment, including:

- Power Lift platforms and racks
- Olympic bars and plates
- plyometric boxes
- dumbbells and weight benches
- a tartan track for resistance training

### Sports hall

The double-court sports hall has a modern sprung floor, and is the principal location for badminton (six courts), basketball (two courts), indoor football (two courts), netball (two courts), trampolining, volleyball (two courts) and table tennis.

### Squash courts

Opposite the sports hall are the University's four squash courts with a viewing gallery. They can be used free of charge within the Silver level membership fee.

## Outdoor facilities

The University's outdoor sporting facilities are located just a short distance from campus. We have access to 26 high-quality grass pitches for football, rugby, cricket and lacrosse.

At Longbenton Sports Ground we have two floodlit artificial turf pitches and an indoor rifle range. We also have a water sports centre on the banks of the River Tyne at Newburn, which is home to the University's rowing and canoeing clubs.

The quality of our outdoor facilities was confirmed when Newcastle was one of only four UK universities chosen as an official Games-Time Training Venue for the London 2012 Olympic Games. Our Cochrane Park Sports Ground was used by men's football teams preparing for Olympic matches held at Newcastle's St James' Park.



Take a virtual tour of our Sports Centre at  
[www.ncl.ac.uk/tour/campus/sports-centre](http://www.ncl.ac.uk/tour/campus/sports-centre)



Training on the River Tyne at Newburn



Our strength and conditioning room



# Sport in the City

Newcastle is a sports enthusiast's dream, with no shortage of top-flight teams, world-class facilities and sporting events that showcase athletes at the very top of their game.

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## Football

### Newcastle United

St James' Park is home to the Premier League's Newcastle United FC. Unlike most football grounds, St James' Park is situated right in the heart of the city. The ground, with a capacity of 52,000, is one of the country's largest football stadiums, and there are few clubs that can rival the atmosphere created by the 'Toon Army' on match day.

[www.nufc.co.uk](http://www.nufc.co.uk)

### Gateshead Football Club

For top non-league football action, Gateshead Football Club in the Skrill Premier offers cheaper tickets for students. Based at the Gateshead International Stadium, it is a short Metro ride from campus.

[www.gateshead-fc.com](http://www.gateshead-fc.com)

## Rugby

### Newcastle Falcons

Newcastle Falcons is the city's rugby union team and they play in the Aviva Premiership. Refurbishment of their ground has made it one of the best equipped in the country.

[www.newcastlefalcons.co.uk](http://www.newcastlefalcons.co.uk)

### Gateshead Thunder

The region's rugby league team, Gateshead Thunder, plays at Gateshead International Stadium, otherwise known as the 'Thunderdome'.

[www.thunderrugby.com](http://www.thunderrugby.com)

## Basketball

### Newcastle Eagles

Newcastle Eagles is the North East's basketball team and the most successful team in the history of the British Basketball League, with five trophy wins in the last 10 years.

[www.newcastle-eagles.com](http://www.newcastle-eagles.com)

## Cricket

### The Emirates International Cricket Ground

Durham County Cricket Club is only a short train journey from Newcastle. Home to the Durham Dynamos, the Emirates International Cricket Ground also attracts One Day and Twenty20 Internationals on a regular basis.

[www.durhamccc.co.uk](http://www.durhamccc.co.uk)

## Athletics

### Gateshead International Stadium

Gateshead International Stadium attracts major international events and offers outstanding facilities including an indoor athletics hall, state-of-the-art gym, outdoor 3G football pitches, sports hall and fitness classes.

### The Great North Run

Newcastle has lots of running clubs that are always keen to welcome new members. The pinnacle for many is taking part in the world's second largest half marathon, the Great North Run, cheered on by thousands of spectators. The run takes place every autumn, starting in Newcastle city centre and finishing on the seafront at South Shields.

[www.greatrun.org](http://www.greatrun.org)

## Surfing Tynemouth Longsands

Just a short trip from Newcastle city centre, Tynemouth beach has developed a national reputation for surfing and is a regular stopping-off point for the UK Pro Surf Tour. Take a surfing or paddleboard lesson with one of the local surf schools.

[www.tynemouthsurf.co.uk](http://www.tynemouthsurf.co.uk)

## Racing Newcastle Racecourse

As well as being one of the busiest turf tracks in the country, Newcastle Racecourse is located only three miles from Newcastle city centre. Home to over 25 race meetings annually and set in 812 acres of estate, some of the top meetings are held here, including the Northumberland Plate, Beeswing Ladies' Day and the Blaydon Races.

[www.newcastle-racecourse.co.uk](http://www.newcastle-racecourse.co.uk)

## Skating Skating@Life

Winter is heralded by the opening of the open-air ice rink outside Newcastle's International Centre for Life. Around 80,000 visitors each year enjoy the chance to don their ice skates or simply watch the action from the Centre's café.



# Further Information

For more information about sport at Newcastle University

 The Centre for Physical Recreation and Sport  
[www.ncl.ac.uk/sport](http://www.ncl.ac.uk/sport)

 The Athletic Union  
[www.nusu.co.uk/au](http://www.nusu.co.uk/au)

 Find us on facebook  
Newcastle University SPORT

 Follow us on twitter  
@NCLsport

 See our sportspeople in action in our Sport at Newcastle video: [www.ncl.ac.uk/video](http://www.ncl.ac.uk/video)

For enquiries and further copies of this brochure, please contact:

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 Enquire online  
[www.ncl.ac.uk/enquiries](http://www.ncl.ac.uk/enquiries)

**[www.ncl.ac.uk](http://www.ncl.ac.uk)**

Alternative formats of this brochure are available by contacting Student Services.

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