Welcome to Sport at Newcastle

Newcastle is a university where academic achievement, student life and sporting excellence go hand in hand.

We are one of the top UK universities for sport. Our wide range of sports clubs compete as ‘Team Newcastle’ in the British Universities and Colleges Sport league and we’re consistently highly ranked in the league, where we excel in many sports including basketball, fencing, lacrosse, rowing, rugby union, squash and water polo.

Our sports scholarship programme enables high-performing student athletes to fulfil both their sporting and academic potential.

We offer outstanding facilities for sport and fitness, including our 125-station health and fitness suite, our Water Sports Centre on the River Tyne at Newburn, and our indoor archery and rifle range at Longbenton.

We also have an active Campus Sport programme that ensures all of our students have the opportunity to take up or continue their participation in sport at a level that suits them.

This includes Intra Mural Sport, exercise classes and casual Sports Centre usage, as well as the Give it a Go, Hall Sport and Inclusive Newcastle programmes run by Newcastle University Students’ Union.

Whatever your ability or experience – casual user to club member, novice to elite performer – we look forward to you getting involved, forming new friendships and making the most of your time at Newcastle.

Colin Blackburn, Director of Sport

One of the UK’s top sporting institutions

Top 10 in the UK (BUCS 2016)

Choose from 60+ sports

@NCLsport Something for everyone
Facilities

From a rewarding workout in our health and fitness suite, to an exercise class with friends in our dedicated studios, our University Sports Centre has outstanding facilities for sport, exercise and physical wellbeing.

The Sports Centre’s extensive opening hours ensure that you’ll have plenty of time to make the most of our facilities, even if your academic timetable or social calendar keeps you busy.

Sports Centre
Opening times:

Term time:
Mon–Fri: 7am to 10pm
Weekends: 9am to 9pm

Vacations:
Mon–Fri: 7am to 10pm
Weekends: 9am to 5pm

Membership
Join the Sports Centre and you’ll benefit from our convenient location on campus, low-price student membership, fantastic facilities and support from professional staff.

Joining is easy and affordable – our basic membership works out at just over £1 a week.

There are two levels of student membership, depending on which activities you want to get involved in.

Membership levels
- **Silver**: use of all indoor and outdoor facilities (excluding the health and fitness suite). Access to exercise classes for £2 per class.
- **Gold**: use of all indoor and outdoor facilities plus unlimited use of the health and fitness suite and free exercise classes.

Find out more about student membership:
www.ncl.ac.uk/sport/membership

Health and fitness suite
With 125 pieces equipment, our well-equipped fitness suite is the perfect place to get a world-class workout.

Whether you want to let off steam after your studies or work towards a specific fitness goal, you’ll enjoy exercising in our comfortable air-conditioned gym.

Our equipment includes:
- treadmills
- exercise bikes
- rowing ergometers
- step machines
- free weights section
- aerobic cross trainers
- dedicated lifting platforms
- Wattbikes
- functional training

Strength and Conditioning Room
Our Strength and Conditioning Room has a range of performance equipment to help you achieve your goals:
- power lift platforms and racks
- Olympic bars and plates
- plyometric boxes
- dumbbells and weight benches
- functional training area

Dance studio/multipurpose rooms
Our multipurpose rooms provide a dedicated space for exercise classes (see page 5) and sports club activities (see page 9).

Sports hall
Play sports whatever the weather in our indoor sports hall. You can enjoy badminton, basketball, football, netball, volleyball, table tennis and trampolining here.

Outdoor facilities
If you prefer your sport in the great outdoors, we also have a wide range of fantastic outdoor facilities, just a short distance from campus:
- 28 high-quality pitches for football, rugby, cricket and lacrosse
- 2 floodlit artificial turf pitches
- water sports centre on the banks of the River Tyne
- archery and rifle range

Take a tour
Take a virtual tour of our Sports Centre at www.ncl.ac.uk/tour/campus/sports-centre
Health and fitness/recreational activities

Want to keep fit, have fun and try new sports? But not sure if joining a sports team is right for you? Gym membership, exercise classes and a sports taster programme are just some of the ways you can enjoy sport and exercise at Newcastle without a regular commitment. Just turn up and take part!

Weekly exercise classes

We run over 1,500 exercise classes a year and have some of the best instructors around. Our classes cater for all levels of ability and fitness goals, so you’re sure to find something to suit you. Joining a class can be a great way to make new friends, and feeling part of a group can also help you to stay motivated.

You can choose from a number of different exercise classes, each with specific benefits.

Why not try...

- high-energy aerobics classes to help you burn calories and improve your fitness
- mind and body classes to help you reduce stress and improve your flexibility
- dance classes to burn calories, improve your co-ordination and teach you some new moves

Over 1,500 exercise classes

www.ncl.ac.uk/sport/campus/exercise

Expert health and fitness services

To complement our outstanding gym facilities, the Sports Centre has qualified staff offering a range of services to help you improve your health, fitness and personal wellbeing.

Personalised fitness programmes

Let our expert staff design a fitness programme that’s perfect for you, for you to follow when you come to the gym.

One-to-one training

Looking for something more interactive? We can work with you individually to help achieve your exercise goals. Each session is tailored for you and delivered by our qualified staff, using our full range of health and fitness facilities.

Sports massage clinic

Our experienced therapists can offer you a sports or Swedish massage.

Give it a Go programme

Give it a Go is our no-experience-necessary sports taster programme. Run by the Students’ Union, it is a great way of trying a new sport without the commitment of joining a team.

You don’t need Sports Centre membership and you don’t need any previous experience.

There are over 20 sports on offer each term, including traditional and more unusual sports. Recent examples include canoe polo, dodgeball, golf, parkour and surfing.

Try a taster session and, if you like it, carry on with a six-weeks’ beginners’ course. Our qualified coaches will take you through all the basics and get you playing in no time.

If you really enjoy a sport, you can go on to join the club. Or if there isn’t a club yet, you can start one. You can even train as a coach.

Find out more at www.nusu.co.uk/getinvolved/giveitago
Campus sport

If you want to play sport in a fun, campus environment, there are lots of opportunities at Newcastle to join a team and play in regular fixtures with friends.

We offer Intra Mural Sport, Hall Sport and Inclusive Newcastle programmes, open to students of all abilities and covering a wide range of sports.

Intra Mural Sport
Intra Mural Sport is a huge programme of weekly sport within the University, welcoming students of all sporting abilities.

Over 2,500 students take part in our Intra Mural Sport programme each week, which is one of the most extensive university sports programmes in the country.

It gives you the chance to form teams with hall and course mates or groups of friends, and compete across a range of different sports.

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

Hall Sport
Hall Sport, run by the Students’ Union, gives you the opportunity to play sport weekly in competitive and social leagues.

It’s a great way to make friends and feel part of a team from the moment you get here, and is open to everyone – Freshers, undergraduates, postgraduates and international students.

You can choose to represent your hall, course, or simply put a team together as a group of friends. Play football, badminton, netball and more!

Inclusive Newcastle
Inclusive Newcastle provides a wide range of sporting services to remove the barriers you may face to participate in sport and physical activity.

Working closely with local clubs and organisations, our inclusive sporting programme is aimed at all abilities and includes the delivery of para-sports, a qualified support team and the opportunity to be active with one of our student sport volunteers.

Throughout the academic year you can get involved in our inclusive disability sport programme with various commitment options available; from weekly sessions delivered by qualified coaches to taster sessions each term allowing you to access and explore new ways of being active.

Even if you just need a bit of extra support, assistance or reassurance to get involved, talk to us – we’ll listen and work to get you active.

Sports available include:
- 11-a-side football
- 7-a-side football
- 5-a-side football (men’s and women’s)
- basketball
- cricket
- futsal
- mixed hockey
- netball
- rugby 15s, 10s and 7s
- rugby union

Additional opportunities
ncl+ awards - Get formal recognition for your role as an Intra Mural sports team captain on your HEAR document (Higher Education Achievement Report) so future employers can see you’ve been involved.

Referees Hub – Gain governing body-recognised officiating qualifications and develop your officiating skills. New and existing officials are wanted in a range of sports.

Sport ambassadors – Are you interested in leading people and activities? Want to develop innovative ideas to get new people involved in Intra Mural Sport? If so, you can become one of our sport ambassadors.

www.nusu.co.uk/getinvolved/sports/hall

www.ncl.ac.uk/sport/campus/intra-mural
Our sporting reputation

We enjoy a consistently strong position for sport nationally and have a well-deserved reputation as a university that excels in sport as well as academic achievement.

University teams from across the UK compete in a wide range of sports in the British Universities and Colleges Sport leagues (BUCS).

Newcastle University is consistently one of the best-performing universities in this league, with students proudly representing us under the banner of ‘Team Newcastle’. We have been in the top 10 in the BUCS league for five of the past eight years.

Team Newcastle

If you choose to join Team Newcastle, you will have a choice of more than 60 sports clubs, which represent the University in everything from archery to water polo.

Team Newcastle competes alongside almost 160 other education institutions in the BUCS programme each year. We have one of the largest entries for leagues and one-off championships, giving you plenty of opportunities to play.

Our range of clubs is one of the largest and most diverse of any university in the UK. More than 3,500 students compete in sports with us each year and clubs welcome everyone from beginner to elite athlete.

Start your own club

Is your favourite sport not represented in our current list of clubs? We 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. The final matches take place at Gateshead International Stadium in front of 3,000 supporters.

For more details about each club visit www.nusu.co.uk/au

Our clubs

Aikido
American Football
Archery
Athletics and Cross Country
Badminton
Ball Hockey
Basketball
Boat
Boxing
Caneoe
Canoe Polo
Caving
Cheerleading
Clay Pigeon Shooting
Cricket
Crossfit
Cycling
Dance
Darts
Fencing
Football
Futsal
Gaelic Football
Golf
Gymnastics
Hockey
Ice Hockey
Judo
Jitter
Karate
Kickboxing
Lacrosse
Mountaineering
Netball
Orienteering and Fell Running
Parachute
Polo
Real Tennis
Riding
Riffl
Rugby
Rugby League
Sailing and Yachting
Sepak Takraw
Ski and Snowboarding
Squash
Sub Aqua
Surf
Swimming
Table Tennis
Tae Kwon Do
Tennis
Thai Boxing
Trampoline
Triathlon
Ultimate
Volleyball
Water Polo
Weightlifting
Windsurfing

For more details about each club visit www.nusu.co.uk/au
Performance sport and scholarships

Who are we looking for?
We are looking for the best student sportspeople from the UK and abroad. To be considered to join our Performance Sports Programme, you’ll need to impress us with your sporting achievements so far, as well as your commitment to improving with our professional support.

What is on offer?
If you’re invited to join the Performance Sport Programme at Newcastle University, you’ll enjoy a range of benefits and support to help you achieve your full potential, both in your chosen sport and in your degree programme.

We offer:
- Generous sports scholarships of up to £10,000
- Professional coaching and sports science support
- A personal support package including mentoring and advanced training
- The opportunity to showcase your talent in national competitions, through our Performance Sports Clubs

Read more about scholarships on pages 13 and 14.

What sports are included?
We will consider performers in any sport, but our main focus is on the following sports, which make up our Team Newcastle Performance Club Programme.

Tier 1 Sports: basketball, fencing, lacrosse, netball, rowing, rugby union
Tier 2 Sports: badminton, canoe, cricket, football, hockey, rugby league, squash, table tennis, tennis, water polo, women’s volleyball

The aim of the Programme is to maximise your performance, as well as the teams’.

Clubs are led by dedicated performance coaches. Members benefit from a specialist strength and conditioning team, and physiotherapy and sports science support.

The clubs have special funding and support, and you’ll compete at the highest level in many national and regional leagues.

This is a great opportunity for you to showcase your talents on the national stage and many of our team members have gone on to professional sports careers.

Some recent achievements of our Performance Clubs and athletes include:

- Anna Nicholson – Disability Athletics, England
- Helen Mcall – Equestrian, GBR Universities
- Duncan Watmore – Football, England U20 and Sunderland AFC
- Finn Ryley – Rifle Shooting, GB Shooting Squad
- Graeme Barella – Table Tennis, Northumberland Senior Champion

Newcastle has given me everything I need to ensure I can compete at the highest level, combined with my academic studies. The great infrastructure allows an athlete to be the best they can.

Name: Nathan Fullerton
Sport: Volleyball
Degree: Earth Science BSc Honours
Achievements: England Senior Team
Will I receive professional coaching?

Our reputation as one of the UK’s top universities for sport, alongside our commitment to sporting excellence, means we attract top coaches from around the world.

We have full-time coaches supporting students in the following sports: rowing, rugby union, football, racquet sports, and in strength and conditioning.

We also have over 35 part-time coaches supporting a wide range of other sports played at Newcastle.

Our national reputation is also reflected in our High Performance Status with British Rowing and English Lacrosse. We also have close links with several other National Governing Bodies including the RFU, the FA, Badminton England, Volleyball England, England Hockey, and England Squash and Racketball.

What scholarships are available?

Each year we award a significant number of generous sports scholarships to support talented student athletes.

Our scholarships provide funding of up to £10,000 a year and sports scholars receive an outstanding package of professional support designed to meet their needs.

Students should be of national/regional standard and be part of a regional squad, National Governing Body Performance Squad or equivalent.

All sports scholars will receive access to support services including:

- strength and conditioning sessions
- physiotherapy and sports massage
- professional coaching
- gold gym membership
- mentoring/lifestyle support
- athlete workshop programme covering topics such as sports physiology, nutrition, psychology, screenings, injury prevention and management, and lifestyle management
- sport science support
- performance branded sports kit
- access to training facilities
- performance video analysis

Sports scholarships selection criteria

All sports scholarship applicants will be required to demonstrate previous and current sporting achievements and have a commitment to continue improving in their sport and to being an ambassador for the University.

Selection criteria is based on senior or age group representative honours at national and/ or regional level. Individuals who are part of National Governing Body performance squads will also be considered.

Emphasis is placed on awarding scholarships to athletes competing in one of our Performance Clubs. However, performers from any sport will be considered.

Scholarships are only offered to students who have gained a place or are currently studying at Newcastle University.

Every sports scholar must be a student at Newcastle University, represent the University and compete for the University in British Universities and Colleges Sport (BUCS) events where applicable.

For further details please contact the Performance Sport Team:
Telephone: 0191 208 7224
E-mail: performance.sport@newcastle.ac.uk

www.ncl.ac.uk/sport/performance

To apply for a sports scholarship visit:
www.ncl.ac.uk/sport/performance/scholarships/application
Further information

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

Student Services, Newcastle University, King’s Gate
Newcastle upon Tyne NE1 7RU, United Kingdom

Telephone: 0191 208 3333
(International +44 191 208 3333)

This publication is intended as advance publicity for information and guidance purposes only. Details included are correct at the time of going to press in June 2016. The most up-to-date and detailed source of information at any time is the Sport website www.ncl.ac.uk/sport

Full details of the University’s terms and conditions, including reference to all relevant policies, procedures, regulations and information provision, are available at www.ncl.ac.uk/pre-arrival/regulations

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