Sport at Newcastle
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 & Colleges Sport programme, where we excel in many sports including basketball, fencing, football, 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 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.

One of the UK’s top sporting institutions

Choose from 65+ sports clubs
We offer outstanding facilities for sport, fitness and wellbeing, including a 125-station health and fitness suite, a Water Sports Centre on the River Tyne at Newburn, and an indoor archery and rifle range at Longbenton.

There are plans to expand both our indoor and outdoor sports facilities in the next two years, to enable expansion of our sports programmes and sporting offer, and to ensure we continue to enhance your student experience through sport.

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
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 keep 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 £3 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/nclsport/membership](http://www.ncl.ac.uk/nclsport/membership)

Health and fitness suite

With 125 pieces of 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

The 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
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? Health and fitness 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 improve your co-ordination and teach you some new moves

[www.ncl.ac.uk/nclsport/campus/exercise](http://www.ncl.ac.uk/nclsport/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 2 One training
Looking for something more interactive? We can work with you individually to help achieve your exercise goals. Each session is tailor-made 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 and fitness classes 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-week 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.

www.nusu.co.uk/getinvolved/giveitago

www.ncl.ac.uk/nclsport/campus/fitness-services
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 3,200 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.

**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, 7s and touch rugby

**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.

**Additional opportunities**

**ncl+ award accreditation scheme** – 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 qualifications recognised by governing bodies 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.

**Celebrating Success Awards** – these awards recognise, reward and applaud the great work of all our students involved in extracurricular activities, both on and off campus. Our Athletic Union Sports Awards, which are announced at the annual sports ball, highlight the outstanding contributions made by individual club members, teams and coaches, while our Community Impact Awards celebrate volunteering, with a specific category for Sports Volunteers.
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 through British Universities and Colleges Sport (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’.

Team Newcastle
If you choose to join Team Newcastle, you will have a choice of more than 65 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 event that sees around 1,000 students from both universities compete in 25 different sports.

Competitive sport
If you have a passion for team sports and would like to join a team that represents the University regionally and nationally, you’ll find plenty of choice at Newcastle. We’re one of the top universities in the UK for competitive sport and, with over 65 sports clubs to choose from, you’re sure to find a club to suit you.
## Our clubs

- Aikido
- American Football
- Archery
- Athletics & Cross Country
- Badminton
- Ball Hockey
- Basketball
- Boat
- Boxing
- Brazilian Jiu Jitsu & Mixed Martial Arts
- Canoe
- Canoe Polo
- Caving
- Cheerleading
- Clay Pigeon Shooting
- Cricket
- Cycling
- Dance
- Darts
- Fencing
- Football
- Futsal
- Gaelic Football
- Golf
- Gymnastics
- Hockey
- Ice Hockey
- Jitsu
- Judo
- Karate
- Kickboxing
- Lacrosse
- Mountaineering
- Netball
- Orienteering & Fell Running
- Parachute
- Polo
- Pool & Snooker
- Real Tennis
- Riding
- Rifle
- Rugby
- Rugby League
- Sailing and Yachting
- Sepak Takraw
- Ski & Snowboarding
- Squash
- Sub Aqua
- Surf
- Swimming
- Table Tennis
- Taekwondo
- Tennis
- Thai Boxing
- Trampoline
- Triathlon
- Ultimate
- Volleyball
- Water Polo
- Weightlifting
- Windsurfing

For more details about each club visit [www.nusu.co.uk/getinvolved/sports](http://www.nusu.co.uk/getinvolved/sports)
Performance sport and scholarships

Do you represent your county or country in a particular sport? Want support to reach your full sporting potential? Our Performance Sport Programme will help maximise your performance in the national arena, supporting you to achieve your full sporting and academic ability at Newcastle University.

Who are we looking for?
We are looking for the best student sportspeople from the UK and abroad. To be part of the Performance Sport 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?
Once you are involved with 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 Sport Clubs

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.

Focus sports: badminton, basketball, canoe, cricket, fencing, football, hockey, lacrosse, netball, rowing, rugby league, rugby union, squash, table tennis, tennis, volleyball, water polo, skiing

The aim of the programme is to maximise both your performance and that of the teams.

Clubs are led by dedicated performance coaches. Members benefit from a specialist strength and conditioning team, as well as 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.
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

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 student athletes 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.

Newcastle University Partners
Our national reputation is reflected in the many areas we have developed official partnerships and high performance programmes with, to further enhance our reputation for sporting excellence and opportunities for student athletes. These include partnerships with Sport England and the Talented Athlete Scholarship Scheme (TASS), GB Rowing, the Ruby Football Union (RFU), Volleyball England, the Amateur Swimming Association, England Basketball and English Lacrosse.

We also have close links with the FA, Badminton England, England Hockey and England Squash and Racketball.

At a regional level, we are an official partner of the Newcastle Falcons, where a strategic collaboration has been established to support a playing academy and activities around our Sport and Exercise Science BSc Honours degree. We also have strong links with various clubs at both professional and amateur levels, including the English Institute of Sport (EIS), Newcastle Swim Club and the Northumberland Club.

Clean Sport Commitment Newcastle University is committed to supporting, promoting and implementing the Clean Sport policies of UK Anti-Doping and the World Anti-Doping Agency (WADA). All Newcastle clubs and teams have a responsibility to themselves and to their sports to train and compete in line with the spirit of sport, including the anti-doping rules.
Our students’ achievements

We’re proud of what our performance clubs, athletes and former sports scholars have achieved:

Harry Glover – England Sevens
Tom Ford, Tim Clarke, James Rudkin and Sam Arnot – GB Senior Rowing Team
Tim Swinson – Scotland and Glasgow Warriors RFC
Emily Hollingworth – England Under 21s Netball
Will Witty, Matthew and Alex Tait – Newcastle Falcons
Emily Ford, Gemma Hall, Sasha Adwani and Oliver Varley – GB Under 23s Rowing Team
Nathan Fullerton – Volleyball, England Senior Team
Helen McAll – Equestrian, GBR Universities
Anna Nicholson – Disability Athletics, England
Geoff Parling – Leicester Tigers, British Lions and England Rugby Union
Finn Ryley – Rifle Shooting, GB Shooting Squad
Ivy Taylor – GB Snowboard Team
Tamara Taylor – England Women’s Rugby Union
Dorian Walker – GB Acrobatic Gymnastics
Duncan Watmore – Sunderland AFC

Name: James Rudkin
Sport: Rowing
Degree: Politics and History
BA Honours, History MA
Achievements: Most promising Under 23 male rower in the UK; silver in the Men’s Four at the 2016 World Rowing Under 23 Championships; full GB Senior Selection

I spent four years at Newcastle, the first three on my undergraduate degree in Politics and History, and the fourth on my Master’s degree in History. During my time at University I was heavily involved in Elite Sport as a key member of the University rowing team. I won numerous BUCS and European University Games medals representing Newcastle, as well as Henley Royal Regatta in 2014. I also represented Great Britain at Under 23 level three times, winning a silver medal at the 2016 Under 23 World Championships. Since leaving the University I have moved in to the GB Squad, training full-time at Caversham Lake, Reading, in preparation for the 2020 Tokyo Olympics. The success I achieved at University, both sporting and academic, would not have been possible had it not been for the coaching staff supporting me.
Further information

www.ncl.ac.uk/nclsport  
www.nusu.co.uk/getinvolved/sports  
newcastleuniversitysport  
@NCLsport  
Enquire online  
www.ncl.ac.uk/enquiries

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 2017. The most up-to-date and detailed source of information at any time is the Sport website www.ncl.ac.uk/nclsport.

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.

We would like to thank Andrew Benneson, Chris Bishop, John Donoghue, Phil Haswell, Keith Pattinson, Linda Scott-Robinson and Vivek Vaidya for the use of their illustrative material.

Designed by GDA, Northumberland. Printed by Statex Colour Print, Newcastle upon Tyne.

© Newcastle University, 2017. The University of Newcastle upon Tyne trading as Newcastle University.