



**NEWCASTLE
UNIVERSITY**

ACADEMIC AND ATHLETIC EXCELLENCE

VOLLEYBALL



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All about Volleyball

Volleyball

Volleyball at Newcastle University is engineered to elevate athletic prowess and provide players with the opportunity to excel at the highest echelons of competition, complemented by professional-grade support and state-of-the-art facilities. Our comprehensive pathway encompasses:

BUCS PREMIERSHIP

ENGLISH NATIONAL LEAGUE

ENGLISH SUPER LEAGUE

Scholarships

We have a range of scholarships available from direct cash instalments, reduced academic grade offers, up to 40% fee reductions, and support services including medical support, sports psychology, S&C, academic flexibility, gym memberships.



Your Weekly Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
Team S&C	Serve Pass	Pre match S&C	Video Analysis Team S&C	Team S&C	NVL Match Day	Video Analysis
Serve Pass	Training	Match Day	Training			Training

2 x Team and individual video analysis utilizing Hudl, Balltime, and Volleymetrics

3 x Team strength and conditioning sessions

Sam Shenton - Head Volleyball Coach

| sam.shenton@newcastle.ac.uk

Opportunities

National League opportunities

Newcastle Knights compete in the top division for men and are favourites to move into the top league for women, providing excellent opportunities for high-level play.

Additionally, Northumbria University is linked with our Newcastle Knights bringing together the best talent in the North East to push for Super League success.



Our Coaching Staff

Sam Shenton - Head Volleyball Coach



Playing Career

Sam is a former professional player who is one of the few players who has won everything possible in England including promotions, cups, and University accolades. Sam has played abroad in France, Sweden, and the Netherlands, where he won the Dutch championship.

Coaching Career

As a coach, Sam has National Cup and University (BUCS) Cup final appearances. Sam also consistently has squads achieving top-4 rankings within the UK. Sam is part of the England U19 coaching team.

Philosophy

Sam's coaching philosophy is based on the belief that everyone has the potential to succeed, and that it is the coach's job to help players unlock that potential and reach their goals. Sam believes that this requires a combination of clear communication, positive reinforcement, and tough love. He strives to be a coach who is approachable and understanding, but also demanding and challenging, and willing to push players to be their best. To keep players motivated, Sam tries to create a positive and supportive team culture that encourages them to be their best and to support each other. He pushes to foster an environment where players feel safe to take risks and make mistakes, knowing that they will be supported and encouraged to learn from those mistakes and ultimately improve and become a better all-round players and individuals.



Our Facilities

As a member of the Volleyball team, you will have a full time Strength and Conditioning programme with access to our modern facilities and equipment.



Ross Drummond

Ross is a UKSCA accredited coach, holds a MSc in Strength and Conditioning, and has delivered to multi-sports for over 8 years. Ross has held positions with the English Institute of Sport, RFUW, Swim England and Sunderland Ladies FC. Alongside the full-time position at the University, Ross works with Newcastle Swim Team, overseeing delivery of all swim squads: ages 10yrs up to and including the performance squad 18yrs+.

Our facilities

Support & Technology

Newcastle University values volleyball as a top-tier performance sport, enabling the use of latest technologies and support services.

- **Physiotherapy support:** Available to aid in injury prevention and treatment, with the latest equipment and techniques.
- **Sports psychology support:** Assistance from sport psychologists to help athletes develop mental resilience and optimize performance.
- **Strength and Conditioning Facilities:** Full Olympic equipment utilizing latest technologies guided by Sports Science staff, Head of Strength Richard Eaton, and Ross Drummond.
- **Nutrition support:** Advice and guidance from nutritionists to help athletes maximize their physical potential through diet and nutrition.
- **Academic mentor and guidance support:** Guidance from academic mentors to help balance academic demands with training and competition schedules, ensuring success both on and off the court.
- **Hudl:** Video analysis used to outsource match statistics and provide match report and highlights for individual athletes. 1 of 3 to use this in the UK.
- **Streaming:** Partnership with Student Union media team to provide professional match streams with scoreboard, monster block animations.
- **Serving machine:** Provides precise repetitions for reception players.
- **Slack:** Organisational tool for video calls, calendar, and drive.

Our University



Newcastle University is a world-leading university and a founding member of the Russell Group, representing the UK's top higher education institutions. As a global top 130 university (QS World University Rankings 2025), Newcastle University inspires the minds of thousands of students from over 140 countries and delivers an outstanding learning experience that equips students for future success. Newcastle University has been rated 5th in the UK for Student Life (Whatuni Student Choice Awards 2022) and is considered a top 20 university in the UK (Times Higher Education World University Rankings 2023).

Our City



Voted as one of the UK's greatest student cities, Newcastle is a big city in a small space with a sizeable student population of around 42,000. The city has a proud reputation for sport and is home to several professional sports teams, such as: Newcastle United, Newcastle Falcons and the Newcastle Eagles. Newcastle's reputation for a great nightlife is well-known and with its thriving arts and culture scene too, there's something different to do every day of the week. A combination of the fastest growing volleyball programme in the country, a world class education and nationally renowned social life, makes this programme the place to be!

Information & Links



Sam Shenton (Head Volleyball Coach) - sam.shenton@ncl.ac.uk
Instagram - [@newcastleunivolleyball](https://www.instagram.com/newcastleunivolleyball)
Check out the Linktree - <https://linktr.ee/newcastleunivolleyball>
Facebook - www.facebook.com/newcastleunivolleyball
Visit our University website
Visit our University Sport website
Visit our Volleyball performance sport website
Visit Volleyball England Super League Website

BELONG