

# UEA

University of East Anglia



# RUGBY GUIDE

uea+sport

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www.ueasport.co.uk

# WELCOME TO UEA RUGBY



Welcome to rugby at UEA! Become part of a fantastic programme and find your new family at university.

Both clubs offer a friendly and safe environment in which advanced players can further develop their skills playing at a high level, and less experienced players are able to learn the trade or strive for more competitive rugby.

Both clubs train regularly on campus, including video analysis, strength and conditioning, and match run through sessions. There are local playing opportunities as well as the opportunity to play at home and away against other Universities.

During the summer season both clubs participate in a series of sevens competitions, including Bournemouth, Oddballs and BUCS sevens. There is also a chance to represent UEA in our annual varsity competition against the University of Essex. There are many other social occasions for members including sports Tour and the club's annual Potters' Cup Competition.





## **COMPETITIVE RUGBY**

Our Men's First Team compete in Tier 2 of British University and Colleges Sport (BUCS), and our Second team in Tier 3. There are also opportunities to play in the local league with UEA Trojans or with partner club North Walsham RFC. Players may also represent Walsham Vikings (First team) in Regional 1 South East of the London & SE Division

## **MOVEMBER**

UEA Men's Rugby have proudly supported the Movember charity for many years, raising thousands of pounds each year (the most at over £5,000 in 2020). Members will do challenges such as growing and Mo and having a mullet haircut, all for a great charity!

## **SEVENS**

Following the conclusion of the season, UEA Men's Rugby participates in a series of sevens competitions, including British Universities and Colleges Sport (BUCS) and Oddballs sevens.

# WOMENS



UEA Women's Rugby is renowned for its inclusivity and positive energy, creating a safe and empowering environment for women to excel physically and mentally. The club caters to all skill levels, with tailored training for everyone. Whether members love playing or watching the sport, everyone is involved.

## COMPETITIVE RUGBY

Our Women's Team competes in Tier 1 of British Universities and Colleges Sport (BUCS). There are also local playing opportunities as the UEA Valkyries are now competing in Division 3 of the Eastern Counties league.

## SUSTAINABILITY

As past winners of the uea+sport sustainability award, the Women's Rugby has set the benchmark for positive change in sports clubs by reducing waste, introducing more plant-based meals, and campaigning.

## LET IT HANG

Since the 2022-23 academic year, Women's Rugby has run the 'Let it Hang' campaign to raise funds and awareness for breast cancer. The club has hosted pub quizzes, involved numerous UEA sports clubs and other UK universities, and reached thousands on social media.

# A TYPICAL WEEK AT UEA RUGBY

	Monday	Tuesday	Wednesday
Men's 1s & 2s	Strength & Conditioning Video analysis Contact session	Run through @SP	BUCS Fixtures
Women's	Contact session and video analysis @SP	Run through @SP	
North Walsham		Training @SP	

## KEY STAFF

The UEA x North Walsham RFC partnership is a brilliant, impactful programme—one I value deeply, having come through it as a player and now leading it as coach. Over the past five years it has grown rapidly, and its future potential is hugely exciting.

My coaching philosophy focuses on player-led learning. I use my performance analysis background to guide team development and individual skill growth, aiming to create an environment where every player can thrive and where University Rugby becomes a standout part of their journey.

With the continued support of UEA Sport and North Walsham RFC, the programme is well placed to keep progressing and to establish itself as a leading rugby pathway in the region and beyond.



**CONNOR DUDLEY**

**UEA Head coach & NWRFC  
Performance and  
Development Coach**

- Leads UEA Men and Women's programmes
- Performance analysis lead
- Easton College head of Rugby

Thursday	Friday	Saturday	Sunday
Rest & Recovery day		UEA Trojans Local League Fixtures	
	Strength & Conditioning Contact and skills sessions @SP		UEA/Walsham Women's Local League Fixtures
North Walsham Men's Training @Scottow	Joint UEA/Walsham Women's Training @SP	North Walsham Men's Fixture	

All home games for both clubs take place on grass playing pitches at Colney Lane. There can be up to three men's teams and one women's team competing at BUCS on a Wednesday.

Both clubs benefit greatly from the coaching provided by NWRFC. Student members are also encouraged and supported in their own personal coaching and leadership experience.



**JOE SKEET**

**Performance Sport Manager**

- Oversees scholarship programme and performance sport at UEA



**STEFAN DENIEL-CULSHAW**

**Physiotherapist**

- Injury prevention (alongside S&C)
- Injury rehabilitation
- Game day support
- Sport massage and taping



**ADAM TODD**

**Strength and Conditioning Coach**

- Leads weekly team S&C sessions
- Tailored programmes available to all scholars
- Performance testing



# NORTH WALSHAM RFC

Our partnership with North Walsham Rugby Club allows players from the men's club to compete in the fifth tier of English Rugby (RFU Regional 1 South East of the London & SE Division).

For the 24-25 season, UEA and North Walsham Women's will be jointly entering a team into the Inner Warrior Series, 'UEA Valkyries', coached by Amanda Jones, with the ambition to compete in the Eastern Counties league the following season. Not only will this create further opportunities for players in both clubs, but for women and girls across the county to train and compete.

The newly established North Walsham RFC Bursary is open for applications and is available to UEA students to apply for who have agreed to play Rugby for North Walsham Vikings. Recipients will receive a cash bursary as well as access to other support services. For more information on the NWRFC Bursary please scan this QR code:



To find out more about the club scan this QR code, or visit



[www.walshamvikings.club](http://www.walshamvikings.club).



*Viking Potts*  
RICHARD POTTS PHOTOGRAPHY

# PLAYER TESTIMONIALS

## LUCAS ATHERTON

RUGBY SCHOLAR - INTERNATIONAL DEVELOPMENT WITH ECONOMICS

I have played rugby since the age of five starting in the second row and ending up as a flyhalf/full back for North Walsham RFC at 21 years old. Having represented North Walsham at the National Two level, I have enjoyed the set-up as it has allowed me to push my rugby to a different level. Along with this, there has been a transfer of professionalism into the UEA rugby set up and I have witnessed a transformation in culture and performance since being involved in both teams. The partnership allowed me to earn a half colours award at UEA for playing in the National Two league and has also given me a good platform to build from in the future.



## MEGAN FROST

RUGBY SCHOLAR - MARKETING AND MANAGEMENT

The partnership between North Walsham and UEA has been a huge support in the women's game in Norfolk. Being part of UEA and having access to the quality of coaching from North Walsham has improved the team's performance massively especially through performance analysis. Additionally, the partnership has given the Women's side the opportunity to complete coaching and refereeing qualifications through attending their girls youth training sessions. The NW partnership has seen our team grow massively from retaining members to achieving league success for the first time in years. It has aided both clubs culture and performance as well as the specific expansion of women in rugby across Norfolk.



## ARCHIE BRYAN

RUGBY SCHOLAR - MEDICINE

The partnership between UEA and North Walsham rugby club has been hugely beneficial for me over the past three years, shaping both my sporting and social life. The support offered through the combined coaching team, well-structured training sessions and excellent physio provision has created a strong platform to grow on and off the pitch. It has enabled me to balance elite-level rugby with the demands of a medical degree, allowing me to continue competing at a standard I never thought would be possible alongside my studies.



# TEAM SCHOLARSHIP PACKAGE

At UEA we offer team sport scholarship packages to all the players selected into the UEA 1st team squads for Men's and Women's Rugby. Our team scholarship packages offer a range of specialist support services to our student athletes who will have access to:

- Gym and swim membership
- uea+sport membership
- Strength and conditioning and programming support
- Physiotherapy support
- Video analysis sessions
- Discounted sport massage support
- Nutritional guidance
- Free access to the Sportspark athletics track
- Free access to the Sportspark cycling studio
- Access to the performance workshop programme
- Performance support resources
- uea+sport scholarship kit
- Academic flexibility consideration of circumstance



For further details, in on our team scholarship package please scan the QR code below, or visit the URL.

[www.uea.ac.uk/study/fees-and-funding/scholarships-finder/sport](http://www.uea.ac.uk/study/fees-and-funding/scholarships-finder/sport)



# UEA SPORTSPARK FACILITIES

Constantly evolving to support the needs of our student and local sporting community, our Sportspark facilities are wide-ranging and provide you with all the bespoke support you might need.

Boasting a national standard athletics track, 50m swimming pool and 40 acres of playing fields, SP is also home to five sports halls, a floodlit Soccerpark, a cycling studio and a recently renovated gym with over 125 stations offering a wide range of fitness classes and a functional training studio for your specific fitness needs. Our new dedicated strength and conditioning zone has six additional platforms as well as a power sled and sprint track. We have also introduced air bike, curved treadmill and PowerMill Climbers to give greater variety to athlete's training.

For more information on Sportspark visit [www.sportspark.co.uk](http://www.sportspark.co.uk)



# CHOOSE TO STUDY AT UEA

If you're looking for a prestigious university with quality teaching, fantastic student satisfaction, world-leading research, and somewhere you'll be fully supported, UEA is for you. For more information on UEA scan the home page QR code below and for further details on the course offer at UEA, scan the prospectus QR code below. Check out a number of reasons to look to study at UEA:

- Ranked 23rd in the UK in The Complete University Guide 2024\*
- UEA is ranked in the UK's Top 10 for the quality of our research outputs & over 91% of UEA research is rated as 'world-leading' or 'internationally excellent'\*\*\*.
- A friendly, easy-going and safe place to live that combines history and modernity,
- We have a wide variety of university accommodation. Rooms on or close by to campus and in the heart of the city,
- Whether it's the quality teaching they received, the fact that our campus is based on 360 acres of beautiful greenery, or that we have over 250 clubs and societies to help you find your fit, our students give us a satisfaction rating of 81% \*\*.
- Many of our courses feature an industry placement option which will enable you to gain invaluable industry experience.

\*Complete University Guide 2024 \*\* National Student Survey 2021\*\*\* Times Higher REF 2021 Analysis



**UEA HOME PAGE**



**UEA PROSPECTUS**

# WORKFORCE OPPORTUNITIES

## CLUB OPPORTUNITIES

Being a part of Rugby at UEA can create many workforce opportunities for students during or following their studies. This includes voluntary and coaching roles. Furthermore, the club is run by a student committee, where members can gain valuable experience in areas such as finance, marketing, health & safety, and much more. UEA Rugby's link with North Walsham may also provide further workforce opportunities for players.

## UEA SPORTSPARK

UEA Sportspark frequently recruit the following staff: Lifeguards, Reception Staff, Cafe Staff, Swim Instructors as well as many more roles. UEA Sportspark are student friendly employers and can often be flexible around students schedules. For more information please visit [www.sportspark.co.uk](http://www.sportspark.co.uk).

## uea+sport PLACEMENTS

uea+sport work in partnership with academic schools to offer a variety of placement opportunities. These opportunities include placement Physiotherapy placements as many placement roles for Physical Education students interested in Performance Sport, Sport Development or marketing. These roles are not exclusive to Physiotherapy and Physical education students, but will cannot be counted as a credited placement on any other course.



**Coaching**



**Placement opportunities**



**Running a club**



**Officiating**

# BE A PARTNER



## TASTER SESSIONS

The University of East Anglia is always looking to reach out into the wider community and offer bespoke 'tasters' of our unique student sport experiences.

If you are an education provider interested in organising a taster session, or developing a relationship with our Rugby club, please get in contact!

## SPONSORSHIP OPPORTUNITIES

Our clubs are looking for sponsors. In return we can advertise your business around a campus which homes over 17,000 students. We can also advertise across multiple social media platforms, as well as on our kits. If you are a business interested in sponsoring and building a partnership with our club, please get in touch!



[performance.sport@uea.ac.uk](mailto:performance.sport@uea.ac.uk)



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



@ueasport



[studentsport@uea.ac.uk](mailto:studentsport@uea.ac.uk)



We look forward to supporting you in making unforgettable rugby memories if you choose to join UEA.

**uea+sport**