



www.ueasport.co.uk



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performance.sport@uea.ac.uk

UEA

University of East Anglia



PERFORMANCE SPORT GUIDE

uea+sport

PERFORMANCE SPORT AT UEA

At the University of East Anglia (UEA), located just outside of Norwich, we take pride in providing opportunities to and supporting talented dual-career athletes, helping them pursue their sporting ambitions while fulfilling their academic or career goals.

Sport is a huge part of life at UEA, and we're proud to showcase an array of talented athletes from a variety of sports that compete at Regional, National, European and World levels. Last year, we were excited to join the national TASS network (Talented Athlete Support Scheme) as a TASS Delivery Site with dual-career accreditation. We also began offering performance support services to the Premier League match officials' organisation (PGMOL) and the Professional Footballer's Association (PFA), showcasing the high quality of our services and delivery.

UEA is also an internationally renowned university that offers academic and social facilities of the highest quality. TASS athletes and UEA sport scholars benefit from access to fantastic facilities, wide-ranging support service provision and an incredibly passionate team of multi-disciplinary practitioners.



PHIL STEELE

Director of Sport and Commercial Services

UEA's commitment to maximising your educational outcomes, while also focusing on your sporting objectives, has never been higher. Our support on performance programmes aided by our scholarships, TASS links and associated bursary programme through our focus sports, means we are

continuing to develop our support for you as our future athletes. The uea+sport team performs at the highest of levels too, whether working with our clubs, teams or individual athletes. If you are looking for the best from a blended approach then I urge you to look no further than UEA!

MARK HEAZLE

Head of Sport and Physical Activity

UEA is a great place to study, and from a sporting perspective we punch well above our weight. We're ambitious about sport and the role that it plays in university life, with the UEA's Performance Sport programme being a key part of our offer.

It enables student athletes to benefit from a range of high-quality facilities, support services and partnerships that will help to ensure that they reach their personal, academic and sporting potentials. We'd love to be able to share success with you.



SCHOLAR TESTIMONIALS



AMY MIDDLEMAS

Powerlifting Scholar
Norwich Medical School

I had such an incredible experience at the International University Sports Federation (FISU) World Championships. I didn't go in expecting much, with this being my first international competition and having been in the sport for just over a year. So finding out I pulled myself into 5th place with my final deadlift was very emotional for me. It was amazing to meet other athletes as passionate about this sport as I am, and I have definitely come away inspired to strive for more. I'm so grateful to have had this opportunity, which would not have been possible without the support offered by the scholarship.

CHLOE HARDING

Sailing Scholar
Norwich Medical School

The support sailing receives from uea+sport as part of the performance programme is unmatched by any other I have heard of. To be given the opportunity to compete on a national and international level is beyond incredible. Scholarships allow us all to balance academic achievements with sporting events without having to compromise on either.



OLIVIER VEDRENNE

Swimming Scholar
School of Economics

I am a UEA Elite Sport Scholar which enables me to pursue my swimming career alongside a valuable university education. I find staff here very supportive, knowledgeable and friendly. They really care about my well-being, growth and development. I benefit from nutrition, physiotherapy and sports psychology, alongside training in the university's fantastic facilities. The financial assistance I receive from the scholarship contributes towards my swimming competition costs. I strongly recommend swimmers to join UEA.

IGNATIUS ABEBRESE

Athletics Scholar
School of Law

The scholarship programme has allowed me to receive an abundance of support, ranging from financial support through to personal development and lifestyle guidance. This has helped me with my sleep schedule, diet and mentality going into competitions. The scholarship support has really helped me to grow as an athlete and an individual. I look forward to being on the programme again in my final year at UEA and cannot wait to see what I can achieve with the support on offer.



INDIVIDUAL SCHOLARSHIPS

At UEA we offer individual sports scholarships which are available to students who can evidence their achievements at Regional, National or International level, or showcase outstanding potential. These scholarships are also available for students who are part of the TASS programme to apply for.

Our scholarship packages offer a range of financial and specialist support services to our student athletes and are offered at three levels: Developing Excellence, Excellence and Elite. All three levels of scholarship can access:

- 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
- Lifestyle and personal development guidance
- Access to the performance workshop programme
- Performance support resources
- uea+sport scholarship kit
- Academic flexibility consideration of circumstance
- £500 cash bursary (Excellence scholars)
- £1500 cash bursary (Elite scholars)



For further details, including the criteria for each level of scholarship and how/when to apply please scan the QR code below, or visit the URL.

www.uea.ac.uk/study/fees-and-funding/scholarships-finder/sport

ADDITIONAL BURSARY PACKAGES

uea+sport are delighted to announce that for the upcoming academic year, we will work closely with local club partners to introduce a number of sport specific bursary awards. These bursaries are available in conjunction with the UEA individual and team sport scholarship packages. Successful applicants of a bursary and a scholarship can receive up to £3000 in cash support per academic year.



**NORWICH CITY FC
WOMENS BURSARY**

**NORTH WALSHAM
RFC BURSARY**



**CITY OF NORWICH
SWIMMING CLUB
BURSARY**

For more information on each of the bursary awards, including eligibility and how to apply please scan the QR code.



CLUBS

Along with the eight sports teams mentioned above, we also accept individual scholarship applications for a huge range of other sports clubs, as well as other sports listed on the Sport England recognised sport list. If you're unsure whether one of our sports clubs will be able to support you in your sport at the level you compete, or aspire to compete at please email performance.sport@uea.ac.uk.



FOCUS SPORTS

In addition to our individual scholarship scheme and our partner club bursary schemes, we also provide support to a select range of team sports through our Focus Sport Programme. Students selected to represent the 1st team in Men's and Women's Basketball, Football, Netball* and Rugby programmes will receive a bespoke support package tailored to each team's needs.

The package includes:

- Gym and swim memberships
- Athletics track and cycle studio access
- Strength and conditioning and programming support
- Physiotherapy support
- Performance analysis
- Sport psychology
- Access to performance sport workshops and resources

We also provide a bespoke package of performance support to other high performing teams, including our American Football and Men's Hockey teams.

*Women's Netball only



BASKETBALL



The UEA Basketball Men's and Women's programmes offer a wide range of competitive playing opportunities. The Men's club has one team in National League Division 3 East, two teams in BUCS competition, and two teams in the local league, along with various social playing options. The Women's club recently completed their second season in National League Division 2 and reached the playoffs. They have one team in BUCS, which has earned promotion to Tier 1 for the 2024-25 season, and one team in the local league.

Players from both 1st teams have access to strength and conditioning, physiotherapy support, performance analysis sessions, specific basketball skills training, performance workshops, and and player 121s. They also benefit from free access to gym, swim, track, and cycle studio facilities, all designed to help enhance their performance.

The coaching team is led by Claire Harper-Black who has a breadth of experience across men's and women's basketball, as well as international coaching experience, assisting GB Women's U18s and also leading England U16s Women's to home nations success in 2024.

Please scan the QR Code for more information about the basketball programmes at UEA!

**Scan QR code for
more information.**



 [@ueabasketball](https://www.instagram.com/ueabasketball)

 uea.basketball@uea.ac.uk





FOOTBALL



Both the Men's and Women's clubs compete in mid-week BUCS competitions and weekend local league competitions. The Men's Club have four teams that play in BUCS on Wednesdays and four teams that play on Saturdays. The Women's Club has two BUCS teams playing on Wednesdays and an 11 a-side team that plays on Sundays.

Both programmes are lead by Chris Munday our Football Co-Ordinator who coaches the Men's 1st Teams and is supported by Rebecca Burton, Women's Head Coach, on the female aspect of the programme.

The Men's programme has seen some success in recent seasons with graduates of the programme going on to play at steps 4, 5 and 6 in the National League System, highlighting the development of players through the programme.

The Women's programme includes players who combine playing for UEA with representing Norwich City FC in Women's National League Division 1 South East.

As one of UEA's focus sports both 1st team squads receive access to strength and conditioning, physiotherapy support, performance workshops, as well as free access to gym, swim, track and cycle studio facilities, helping all players enhance their performance.



@ueafootballmens

@ueafootballwomens

**Scan QR code for
more information.**



NETBALL



UEA Netball Club (UEANC) enables anyone, from beginner to Super league player, the opportunity to continue their netball journey while studying at University. Our diverse family has seen vast growth in recent years with an average of 210 members over the last three years.

As one of UEA's focus sports, a wide range of support is available to participants in the UEA Netball programme, and particularly the performance squad. This support includes access to strength and conditioning, physiotherapy support, performance analysis sessions, performance workshops, player 121s as well as free access to gym, swim, track and cycle studio facilities, helping all players enhance their performance.

With ten teams including mixed netball and our emerging men's programme, UEA strives to ensure everyone has a place in the club should they want to play netball.

**Scan QR code for
more information.**



@ueanetball



uea.netball@uea.ac.uk





RUGBY



With a range of students being selected to play at County, Regional and National level as well as in English Universities 7s, Rugby at UEA provides an environment for players to succeed at a level that is right for them.

The coaching programme across both the Men's and Women's clubs is delivered through a partnership with North Walsham Rugby Football Club (NWRFC) led by Director of Rugby Niall Lear. NWRFC play in the RFU Regional League 1 East Division. This partnership provides UEA Men's players with pathway opportunities to play high-level rugby. We have also recently introduced a joint UEA/North Walsham Women's Sunday team playing in the RFU Inner-Warrior league with aspirations to enter the Eastern Counties league next season.

Both clubs have ample competitive opportunities. The Men's club have three teams entered into BUCS competition on Wednesdays, and a local league team that plays on a Saturday (named the Trojans). The Women's Club have a team in BUCS playing on Wednesdays and play alongside North Walsham in the Sunday Inner-Warrior league. Both clubs also have a quality programme of 7's also evolving.

As one of UEA's focus sports both 1st team squads receive access to strength and conditioning, physiotherapy support, performance analysis, performance workshops, as well as free access to gym, swim, track and cycle studio facilities, helping all players enhance their performance. If you want to join a proactive and aspiring rugby programme, look no further.



@uearugby

@uearugbywomens

**Scan QR code for
more information.**





AMERICAN FOOTBALL

Competing in Tier 1 of the University American Football league structure, players would be joining a committed group of individuals who are competing in the second tier of BUCS inter-University competition. Benefiting from video analysis and tactical sessions the Pirates have access to vast support. The club is also developing their flag football and u19's team over the coming season so have lots of opportunities for individuals to gain experience.



 @ueapirates

MEN'S HOCKEY



Men's Hockey has demonstrated exceptional commitment to performance over the past few seasons, with ambitions to earn promotion and return to the East Men's Premier division. The team fields four Saturday squads in the Eastern League Hockey pyramid, along with two BUCS teams competing on Wednesday afternoons against other universities, with the 1st team in BUCS Tier 2. For the 2024-25 season, the performance squad will have access to the gym, pool, track, spin studio, strength and conditioning sessions, physiotherapy, video analysis, and performance workshops to enhance their performance.

 @ueahockeymens

SWIMMING



With our UEA Swimming and Water Polo club you will find outstanding, friendly people to support your swimming journey, including new teammates, experienced coaches and the uea+sport team. We offer a full range of training and competition opportunities from recreational swimming right through to high performance swimming with our City of Norwich Swimming Club link, most of which takes place in our fantastic Sportspark Olympic size swimming pool.

Scan QR code for more information.

 @ueaswimmingandwaterpolo





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, Olympic sized pool and 40 acres of playing fields, UEA 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



SP
Sportspark

CHOOSE PERFORMANCE SPORT AT UEA

Whether it's TASS delivery site and dual-career status, access to individual sport scholarships, focus sport team scholarships or partner club bursaries, there are a huge number of reasons to make UEA your next destination on your sporting journey, for both student and non-student dual-career athletes. These include:

- A range of performance sport support packages via our individual sport scholarship, team sport scholarship and additional bursaries and funding packages for athletes.
- Access to a wide range of sport support services including strength and conditioning, physiotherapy, nutrition, sport psychology performance sport workshops/resources and lifestyle support to help athletes achieve their potential.
- Accredited programme that has recently been awarded Talented Athlete Scholarship Scheme (TASS) delivery site status, highlighting the quality of our provision.
- UEA's TASS dual-career status helps individuals balance commitments, with a consideration of circumstance regarding academic flexibility for both TASS and scholarship athletes.
- Experience in supporting a range of athletes across a variety of programme and sports including para-athletes.
- High quality and personalised performance sport programme that scores highly in athlete satisfaction, supported by a friendly and hardworking multi-disciplinary team.
- Free use of a variety of high standard sporting facilities, including on campus fitness centre, athletics track and Olympic size swimming pool



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

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



uea+sport offers support to a wide range of sports beyond those identified in this brochure. If you can't find your sport but want to find out more information about what is available, please contact us:

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