

studentsport@uea.ac.uk



ueasport



www.ueasport.co.uk



# uea+sport



# WELCOME TO uea sport

**PHIL STEELE**  
Director of Sport &  
Commercial Services



Sport and physical activity are integral parts of community life at UEA for students and staff alike and we pride ourselves on being able to provide a diverse range of sporting, recreational and health-promoting activities.

We experienced our most successful year ever last year so are excited for what this year will bring, once again providing something for everyone as we continue to strive to enhance our programmes, seeking opportunities to engage with all students from our part-time activity goes through to our high-flying athletes.

At UEA we're here for you. If you're aspiring to develop your academic, sporting and unique self, make the University of East Anglia the next stop on your journey. Developing your talents and discovering new skills are what university is about and at UEA you can benefit from a great range of facilities and volunteer opportunities. As you progress through your studies, we'll be helping you to evolve and discover your future through sport and activity.

Never has there been so much on offer and we hope that we can play our part in making it a most memorable time while studying at UEA!

**Welcome to UEA!**



# uea+sport PROGRAMMES



## Pay & Play

Facilities/Sportspark Memberships

Drop-In Sport and Group Exercise

## Competition & Clubs

Sports Clubs

BUCS

Performance Sport

Scholarships

## Active Campus

Adventure Afternoons

Inclusive Sport

Navigate Norfolk

Postgraduate Sport

UEA+Moves

Volunteer Academy

Ziggurat Challenge

Walking Trails

# SPORTS CLUBS

Sports Clubs are a great way to get involved during your time at UEA. Clubs create great friendship groups, provide new experiences and offer fantastic opportunities for learning and development and most importantly, for having fun. There are 57 active sports clubs on offer, ranging from American Football to Yoga, and every club is open to all students.



*Please note membership to sports clubs is not included in the Active Campus membership.*

# Competitive Sport

There are plenty of ways to get involved in competitive sport at UEA, from BUCS to development leagues, we have it all. Every year we send clubs across the UK to various competitions across all of our clubs. If clubs aren't going across the UK, they are competing in local league fixtures within the Norfolk community.



British Universities and Colleges Sport (BUCS) is the national governing body for Higher Education sport in the UK. Their vision is to enhance the student experience through sport. BUCS deliver more than 50 sports, including everything from Archery to Ultimate Frisbee to over 170 member institutions, comprising a busy league programme of over 5000 teams and over 100 championship events every year. UEA will enter over 50 teams into BUCS this year, and we look to improve on our seven BUCS league winners, seven Conference Cup finalists, 2 Conference Cup Winners, 1 National Championship winner and a number of individual podium places.



# ACTIVE CAMPUS



Every student at the University of East Anglia is automatically enrolled on a free Active Campus membership for the duration of their studies.

The membership gives students access to a variety of free and heavily subsidised flexible activities designed to benefit your physical and mental wellbeing. Enclosed in this brochure are details of all the programmes included in the Active Campus membership; keep reading to find out more!



## SUSTAINABILITY IN SPORT

Sustainability is an increasingly important subject that is valued here at uea+sport. In order to reduce the uea+sport community's impact on the environment, a group of passionate staff and students created a Sustainability in Sport Working Group which has implemented a series of positive changes, and continues to work towards a greener future for sport at UEA.

Notable achievements of the working group include multiple shortlisting for awards such as the Sport & Recreation Alliance 'Go Green Award' and developed a Sustainability Framework for UEA sports clubs to use when working towards becoming more sustainable.



# UEA MOVES

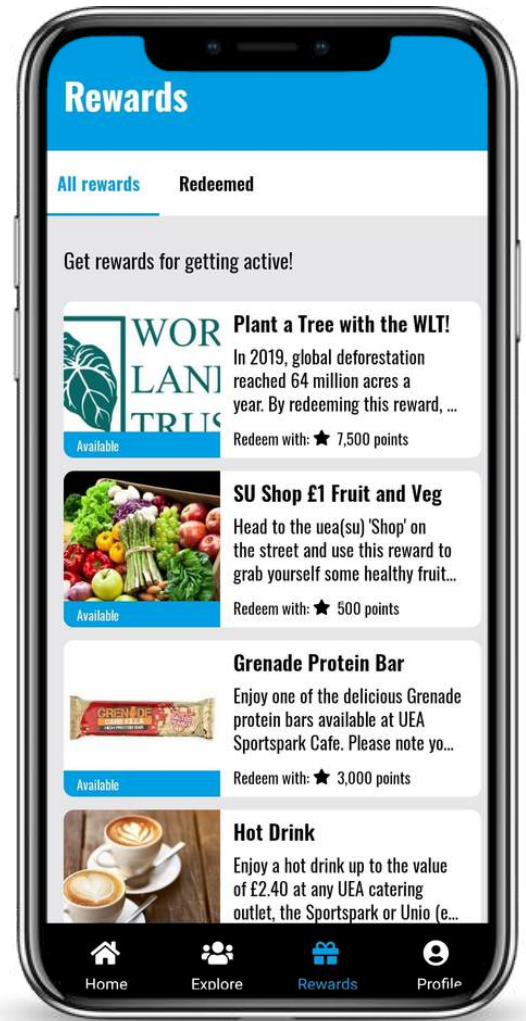
UEA+Moves is our physical activity tracking app that helps to create a positive active culture at UEA.

The UEA+Moves app allows both staff and students to record how active they are and connect with other individuals who also want to increase their physical activity levels.

The app will allow users to exchange points earned from walking, running, cycling and swimming for a range of great rewards!



Scan to find out more!



## WALKING TRAILS



Our walking trails will lead you around our amazing campus. These six trails have been installed to help you explore more of the University's beautiful green campus, and learn more about its wildlife and heritage.

The trails are available all year round and help you explore our award winning green flag campus.

Navigate Norfolk is a low-level physical activity, health and wellbeing programme that enables UEA students to get outside and explore the stunning county that is Norfolk. We offer fortnightly walking day trips to a host of beauty spots around Norfolk, including visiting the seals at Horsey, walking down the pier at Cromer and exploring Thetford Forest, England's largest pine forest.



## DOG WALKING

Our weekly dog walking sessions allow students to take a 'paws' from their studies and explore the picturesque UEA campus with some four-legged friends. The walks are approximately 1 mile long, with lots of stops along the way to give students the chance to pet the dogs and give them some well-deserved treats.



## ADVENTURE AFTERNOONS

Take the opportunity to try something new with our UEA+Sport Adventure Afternoons. We provide transport from campus to the designated outdoor activity centre and back, all within the ticket price of £5.00 which is heavily subsidised by our Active Campus funding. Activities may include canoeing, paddleboarding, Go Ape, trail biking and paintballing.





# POSTGRADUATE SPORT

There are weekly sport and physical activity sessions on offer for postgraduate and mature students taking place on campus at the Sportspark.



These specific PG and mature sessions include badminton, mixed football, swimming, and yoga and take place across the week.



Additionally, all drop in sessions are open to Postgraduates and mature students, with our Navigate Norfolk day trips and our Ziggurat Challenge events proving popular among the PG community.



We also offer PG swim cars, with these PG's and mature students can swim once a week at Sportspark for just £1 anytime off peak.

# INCLUSIVE SPORT

The University of East Anglia, uea+sport and uea(su) have a strong commitment to ensuring opportunities to participate in sport and physical activity are as accessible as possible. If you have a disability, we want to ensure you have a wide range of sporting options available to you and that you are made to feel welcome. We provide Disability Confidence Training to all clubs via their Equality & Diversity Officer to ensure sports clubs at UEA are as accessible as possible.

Move Your Mind is our sport and physical activity referral scheme and is designed to support students who are experiencing mental health conditions and receiving support from Student Support Services.



# ZIGGURAT CHALLENGE



The Ziggurat Challenge is a recreational-level programme of events open to all students, alumni, staff and faculty of the University including those based at the Norwich Research Park.

The programme is designed to promote enjoyable participation in the spirit of sporting competition as well as encourage friendly interaction/rivalry between academic schools.

Participants compete for their school of study; those in departments not directly linked to a school may attach themselves to one of their choice or compete for the UEA Staff team for the duration of the programme. All schools/departments will compete against each other in all events.

There are 19 different events to be played across the academic year, including; cornhole, ten pin bowling, and sitting volleyball, as well as the more traditional badminton, netball and walking football to name a few. All events are played with mixed teams and are completely free to join in, and all equipment is provided.





# BE A LEADER

## ON AND OFF THE FIELD

The uea+sport Volunteer Academy is our award winning volunteer programme. The programme aims to provide a diverse range of volunteering opportunities for students wanting to help develop and promote sport and physical activity at UEA.

Volunteer roles on the scheme include; Academic Sports Activators, Marketing Ambassadors, National Governing Body (NGB) Activators, Active Campus Ambassadors, UEA+MOVES Ambassadors, Student Sport Club Coaches and Committee Members, and uea+sport placement students. The scheme also provides a host of continual professional development opportunities for students to enhance their employability post-graduation.



# SPORTSPARK MEMBERSHIPS



We want to encourage you to take part in exercise on a regular basis to keep fit, stay healthy, and socialise. You can simply use Sportspark on a Pay and Play basis as and when you want.



Sportspark offer 4 different Student Membership upgrades; all designed to save you money on the classes and facilities that you use the most. All student memberships include use of the Pool and Track, and can be paid in full upfront, or via direct debit over 8 installments. Sportspark is also a member of the BUCS UNiversal gym scheme which provides access to almost 100 sports facilities across the country for no additional fee.

## Interested?

For more information or to discuss the benefits of the upgraded Student Membership offers, full details can be found at [www.sportspark.co.uk](http://www.sportspark.co.uk).



# DROP IN SPORT AND GROUP EXERCISE

The delivery of our drop-in sports and group exercise classes at Sportspark enables us to offer a wide-ranging, fun and affordable programme of activities for students at UEA, to help develop a healthy lifestyle and promote a sporting habit for life.

- £1 Drop-In Sports - Badminton, Climbing, Men's Football, Gymnastics & Trampolining, Swimming and Volleyball.
- £2 Group Exercise Classes - Including; Indoor Cycle, Body Pump, Aerobics, Circuits, Body Combat, Body Balance, Pilates, BodyBlitz, Triple Challenge, Step & Tone, and Zumba.



## OUR FACILITIES



Our sport and physical activity provisions take place across a wide range of facilities both on and off campus. On campus we use the Sportspark, which boasts an Olympic swimming pool, gymnastics centre, athletics track, gym, hockey pitches, astro football pitches, tennis courts and 5 sports halls. We also use colney lane playing fields for rugby, football, baseball, rounders, american football, lacrosse, ultimate frisbee, touch rugby and cricket.

We also use a range of external facilities such as a dry ski slope, scuba pool, equestrian centre, ice rink, driving range and more.

### Sportspark Facilities



# PERFORMANCE SPORT

uea+sport offers a wide range of support for our top athletes and team sporting programmes enabling us to ensure you have the best possible opportunities to maximise your potential whilst studying at UEA. Led by a strong team of dedicated and innovative coaching staff and supported by a range of highly skilled practitioners, we offer you the best level of support service possible to enable you to succeed.

Each sport's focus is to achieve in BUCS, Local, Regional and National competitions, with many also seeking International success, whilst also ensuring each athlete can thrive in their own environment.



Our athlete-centred approach to developing performance has showcased success, with many athletes competing at age-group and senior World and European Championships in recent years.

Our BUCS programme has also seen outstanding growth, rising nearly 35 places in just 6 years.

# SCHOLARSHIPS

Sport scholarships are available to students who can evidence their achievements at Regional, National or International level, or showcase outstanding potential. Our individual and team sport 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
- uea+sport Scholar kit
- Physiotherapy support
- Workshop programme
- Nutritional guidance
- Free access to Sportspark Spin Studio & Track
- Performance lifestyle guidance
- Discounted sport massage support
- Strength & conditioning support
- £500 cash bursary (Excellence scholars)
- £1500 cash bursary (Elite scholars)

For further details, including the criteria for each level of scholarship, 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)





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## KEEP IN TOUCH

# uea+sport

If you would like further information on any of the contents of this booklet, please don't hesitate to contact us via the details below:



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