



# FOOTBALL GUIDE

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# WELCOME TO UEAFC



Our Men's and Women's football clubs offer unique and unforgettable experiences with regular training sessions and competitions for all abilities.

Both clubs are more than just a place to play football; they foster a strong community with socials and events throughout the year, including our popular Derby Day.

For those interested in recreational play, we offer £1 drop-in sessions twice a week during term time. Additionally, the Sportspark provides opportunities for 6-a-side leagues and friendly matches for students to get involved in. The Women's club also hosts beginner drop-in sessions, while the Men's club features a development league.

Our competitive teams benefit from regular training and matches, guided by a skilled coaching team. Join us and become part of the UEAFC family!



ACCREDITED  
UNIVERSITY ★ ★ ★  
PART OF ENGLAND FOOTBALL





# MEN'S FOOTBALL



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football



## ONE CLUB

At UEA Men's Football we offer a range of opportunities, from our Performance Squad, to our four Saturday teams and Internal Development League. Having grown our membership by 209% during the 23-24 season, the club is committed to creating an inclusive and engaging environment which caters to players of all levels and abilities.

## COMPETITIVE FOOTBALL

Our Men's 1st Team competes in both BUCS Tier 2 and the Anglian Combination Premier League (Step 7). We also have three additional teams playing at BUCS and Saturday league level. Our 2nd Team plays in the Anglian Combination Division 3, while our 3rd Team competes in the Central and South Norfolk League Division 1, and the 4th Team plays in Division 3.

## DEVELOPMENT LEAGUE

Established in 2023, our Development League quickly grew from six teams to eight in its inaugural season, providing over 100 footballers with the chance to compete in an internal 11-a-side league guided by their peers. We take great pride in this league, which has proven to be an excellent springboard for players and student coaches advancing to be part of our Saturday squads.

# WOMEN'S



uea+ women's  
football



UEA Women's Football is friendly, inclusive, and welcoming to players of all levels. We offer both a competitive and social environment, including regular matches, tournaments, socials, and team meals. Plus, there are opportunities for fundraising, coaching, and skill development outside the sport.

## COMPETITIVE FOOTBALL

The Women's 1st Team plays in BUCS Tier 2, and the 2nd Team is in Tier 3. We also have an 11-a-side team competing in the Norfolk Women's and Girls League on Sundays. Across the years we have also had a number of our 1st Team players also represent Norwich City Women's team in Tier 4 of the National League South East.

## INCLUSIVITY

This year UEAWFC have introduced weekly drop in beginner sessions at the Sportspark with the aim to create a welcoming and inclusive environment for people new to women's football to take their first steps into the game.

## FUNDRAISING

Each year we fundraise and collect food for Norwich food bank. This year we organised generous donations from over 13 different clubs and UEA departments.



# A TYPICAL WEEK AT UEAFC

	Monday	Tuesday	Wednesday
Mens 1s	S&C Small Group Sessions Training @ FDC	<u>OFF FEET DAY</u> Squads Confirmed Match Plan Shared	BUCS FIXTURES
Mens 2-4s	S&C Training @ FDC		
Womens 1-2s	Training @ SP		
Womens 11s			
DEV			MENS MATCHDAY

## KEY STAFF

The UEA Football Club is a welcoming and diverse programme that caters for players of all abilities and levels. From our competitive teams to our Development Leagues and drop-in sessions, we aim to make the football experience as unique to the individual as possible. The 23/24 season saw our club break a number of barriers and milestones on the pitch from our Men's Derby Day victory, Local League titles, and both Male and Female Cup wins on the final weekend of the season. We are excited to welcome new players to our ever evolving programme and create incredible experiences for everyone involved.



**CHRIS MUNDAY**

**Men's 1st Team Coach & Programme Lead**

- 12 Years of Coaching Experience
- 6 years in Academy Football (CAT1 & 3)
- Completing UEFA A Licence

Thursday	Friday	Saturday	Sunday
<p><u>RECOVERY DAY</u></p> <p>Weekend Availability &amp; Squads Confirmed.</p> <p>VEO Footage Uploaded.</p> <p>Individual Analysis &amp; Conversations</p>	<p>Session: Tactical Match Prep Meetings.</p>	MATCH DAY	OFF FEET DAY /SUPPORT DEVS LEAGUE
	Match Prep		
	Training @ FDC		
	Training @ FDC		MATCHDAY
		Womens Training @ SP	MENS MATCHDAY

The Men's and Women's Football programme schedule is built around players education and match schedule to ensure that there is a manageable and controllable balance.

The schedule may be adjusted for certain weeks, however largely remains consistent throughout the season.



**IAN GREENGRASS**

**Men's Football Coach**

- 5 Years at UEA Mens Football
- 34 Years Experience
- UEFA B Licence



**BEX BURTON**

**Women's Football Coach**

- NCFE Women's player pathway (U16's)
- FA Emerging Talent Centre



**JOE SKEET**

**Performance Sport Manager**

- Oversees scholarship programme and performance sport at UEA

## FDC

The FDC is a modern, state-of-the-art football facility boasting an 11-a-side 3G Harrod Sport Arena, 5 and 7-a-side 3G pitches, hot food and snacks, changing and shower facilities, and ample parking. UEA Men's and Women's Football Clubs are proud to use The FDC for training, as well as for BUCS and local league matchdays. Both clubs also host their annual tournament days at this venue, including the Men's 'One Club' day.

## UEA SPORTSPARK

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)





# SCHOLARSHIP PACKAGE

At UEA we offer a number of team sport scholarships to our focus sport clubs (basketball, football, netball and rugby) .

Our team scholarship packages offer a range of specialist support services to our student athletes who will have access to:

- Free 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 on the sport scholarships we offer 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](http://www.uea.ac.uk/study/fees-and-funding/scholarships-finder/sport)



# NORWICH CITY FC



The University of East Anglia (UEA) is proud to announce a strategic partnership with Norwich City Football Club. This collaboration is dedicated to supporting talented dual-career athletes, helping them excel both in their sport and academically or professionally.

Phil Steele, UEA's director of sports and commercial services, said: "We're delighted to be working closely with Norwich City Football Club. The club plays such an important role in our city and we're pleased that we are now able to offer this scholarship opportunity here at UEA."

The strategic relationship also sees current and former members of staff from Norwich City provide coaching and insight across the Men's and Women football programme. Chris Munday, previously the YDP Academy Coach at Norwich City, oversees the Men's and Women's Football Programmes in his full-time role. Alongside Chris, Bex Burton, coaches in the NCFC female pathway alongside leading UEA Women's First team.





# NORWICH CITY FOOTBALL CLUB WOMEN'S BURSARY



Our partnership with Norwich City Football Club Women's team (NCWFC) allows players of an appropriate standard to compete for UEA in both inter-University competition (BUCS) alongside playing for NCWFC in the four tier of the Women's Football pyramid (FA Women's National League Division One South East).

This partnership, is intended to attract talented female footballers to play for NCWFC whilst pursuing a dual-career pathway and studying at UEA, which was ranked 23rd in the UK in The Complete University Guide 2024. UEA is also a Talented Athlete Scholarship Site that offers scholarship and bursary athletes a consideration of circumstance regarding academic flexibility to assist them with balancing both their football and academic commitments.

The newly established NCWFC Bursary is open for applications and is available to UEA students to apply for who have agreed and been selected to play for NCFC. Recipients will receive a cash bursary of between £500-£1500, as well as access to other support services. For more information on the NCWFC Bursary scheme please scan this QR code:



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

<https://www.canaries.co.uk/womens-team>



THE REGENCY SECURITY STAND





# PLAYER TESTIMONIALS

## ALICE PARKER

FOOTBALL SCHOLAR - SPORT DEVELOPMENT

Being a scholar for UEA has created many opportunities for me, including playing for Norwich City. The programme supports both my sport as well as my studies. There are also benefits of playing for both teams; experiencing different environments allows you to progress further as a footballer both on and off the pitch. I found that I developed technically a considerable amount within my time at UEA, and pushed myself to be better.



## JOE BOARDMAN

FOOTBALL SCHOLAR - PHYSICAL EDUCATION SPORT AND HEALTH



Before I joined UEA I knew I wanted to trial for football as a way to meet people and make friendships - and that is exactly what has happened. Along with how fun the social side is, the actual football is brilliant. The level of the other players and coaches has massively improved my ability. We are always being pushed and challenged in training and games, helping us become better players. The club has aided my progression by supporting me in playing Step 4 and Step 5 football for local Norfolk teams, alongside university football. I have loved every minute of UE AFC and I couldn't imagine my university experience without being part of such an amazing club.

## LAWRIE BABINGTON

FOOTBALL SCHOLAR - ECONOMICS

Before I entered university, I played for a team that was close to Norwich so I wasn't sure if I should go to the football trials or not. Looking back, I'm not sure why I gave the choice any thought at all. Having started playing football my time at university has significantly improved. With the Wednesday night socials, continual training, and gameplay, making friends and interacting with others got much simpler. Also participating in football extends beyond its social aspects. With the BUCS league and cup on Wednesdays and the Anglian Combination league on Saturdays, the game is of a very high calibre, and I've seen my own football skills grow greatly with continuous games and training.



# WORKFORCE OPPORTUNITIES

## CLUB OPPORTUNITIES

Being a part of Football at UEA can create many workforce opportunities for students during or following their studies. This includes voluntary and coaching roles as well as refereeing opportunities within the Local leagues as well as the club development league. 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. UEAFC's link with external clubs 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.





# BE A PARTNER



uea+ women's  
football



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football

## 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 Netball 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  
chris.munday@uea.ac.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



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



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



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



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

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