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www.ueasport.co.uk



University of East Anglia



NETBALL GUIDE

uea+sport

WELCOME TO UEANC

10 TEAMS 1 FAMILY

COMPETITIVE NETBALL

IMS LEAGUE



10 TEAMS 1 FAMILY

OTHER OPPORTUNITIES

We provide our members with a massive range of opportunities both competitive and social

- 'Derby Day' annual varsity match v University of Essex
- 'I'm a President get me out of here!' annual fundraiser
- Showcase and Charity fixtures (including UEA Netball vs UEA Football Men)
- 8+ student coach roles
- Regular training
- A range of Socials- themed club nights, live matches, meals, BBQ's, cinema trips
- Campaigns- 'Health is Wealth'
- Christmas meal
- 'Net Gala'- end of year meal
- Movember tournament
- Umpiring opportunities
- Friendly fixtures for Development Squad
- Mixed tournaments



@ueanetball



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A TYPICAL WEEK AT UEANC

	Monday	Tuesday	Wednesday
1s & 2s	Court session @SP	Indoor league @SP	BUCS FIXTURES 1s-3s (in season) @SP
3s & 4s	Court session @SP		
5s & 6s	Outdoor league @Open academy		Morning Training @SP
7s - Dev			

KEY STAFF

“The UEA Netball family is a diverse and close knit environment for anyone interested in Netball. Whilst this environment provides students with friends for life and a support network of likeminded people, without the wider performance programme providing an athlete centred wrap around service, Netball at UEA would not be the community it is.”



SOPHIE THOMAS

Head Coach

- 15 years experience in University and club Netball, (incl UEA, Loughborough, Bath and Nottingham)
- EN level 2 Coach
- 6 years as UEANC Head coach

Thursday	Friday	Saturday	Sunday
	Morning S&C/Court session		
	Training @ SP		
Outdoor league @Hellesdon			

The UEA Netball 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.



LOIS MILLICAN

BUCS Coach

- Active member of UEANC since 2018
- 4 years in the performance programme as a player,
- 2 years as a coach
- EN level 2 Coach



STEFAN DENIEL-CULSHAW

Physiotherapist

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



JAMES WARREN

Strength and Conditioning Coach

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

SCHOLARSHIP PACKAGE

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 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
- Lifestyle and personal development guidance
- Access to the performance workshop programme
- Performance support resources
- uea+sport scholarship kit
- Academic flexibility consideration of circumstance



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

PLAYER TESTIMONIALS

MIA PEPPERDINE

NETBALL SCHOLAR - PSYCHOLOGY

Throughout my years of playing netball including at various other clubs and performance pathways, UEA's sport scholarship programme has been one of the best support systems I have ever been a part of. Having spent majority of my first season injured, the performance programme meant I was able to get immediate support from our physiotherapist, head coach and S&C coach. Now in my third year, as captain of the first team, I am playing more netball than ever. Being a part of the performance programme has pushed me and given me the confidence to go out and seize some amazing opportunities on and off the court.



MOLLY JOHNSTON

NETBALL SCHOLAR - GLOBAL DEVELOPMENT MSC

Being a part of the scholarship programme has been massively beneficial for me. The physiotherapy and strength and conditioning support have been a massive part of my journey as a netball scholar. I suffered an ACL full tear and meniscal injury during my second-year season, and the physiotherapy and S&C support has been amazing, allowing me to return to play before surgery and return to my best ability after! If it was not for the support I received I would not be where I am now on the court, 2 years later. The gym has also been a massive benefit that I have utilised for my rehab. The scholarship programme has provided me so many opportunities and I am so grateful to be apart of it, having the chance to development myself on and off the court. The additional support helps balance my university life, my work life and my athletic lifestyle.

ABBIE RICHARDSON

NETBALL SCHOLAR - BIOLOGICAL SCIENCES

The performance programme offered to the 1st team netball scholars has had a huge impact on the development of the squad during my first two years at UEA. Having access to a nutritionist, physio and strength and conditioning coach has made a huge difference in the progression of the team throughout the past two years. Personally, I've found having access to a sport specific strength and conditioning programme has aided my progress massively and i've seen an huge increase in my strength, speed and confidence on court. I can't wait to watch the programme develop further during my next two years with UEA netball!



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 Netball at UEA can create many workforce opportunities for students during or following their studies. This includes voluntary and coaching roles as well as umpiring opportunities within the Norwich 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. UEANC'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.

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.





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



SP
Sportspark

BE A PARTNER



uea+netball

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!



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

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