

UEA

University of East Anglia



SWIMMING GUIDE

uea+sport

studentsport@uea.ac.uk



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



www.ueasport.co.uk

WELCOME TO UEA SWIMMING & WATER POLO

RECREATIONAL

At recreational level the club hosts one session in the pool and one land training session per week. We also offer £1 drop in sessions, which is lane swimming for any ability, no membership needed. UEA Sportspark offers its own Learn to Swim sessions for beginners as well as Sportspark memberships and pay as you go swimming.

CLUB MEMBERSHIP

With our club membership, members of our competition, development and recreation squads all have weekly training sessions held at UEA Sportspark. Other club opportunities include Club championships, socials and the chance to compete at our annual varsity competition: 'Derby Day'.

COMPETITIVE SWIMMING

There is also the opportunity to compete in various university competitions against high-level and Olympic-level athletes, including at the British Universities and Colleges Sport (BUCS) Short course Championships, Long course Championships and British Universities Swimming League (BUSL). Outside of university competition members may also represent City of Norwich Swimming Club (CONSC) at recreational, regional or national levels. Our competitive programme is lead by UEA and City of Norwich's Head Coach, Alex Pinniger.



ALEX PINNIGER

“Hello swimmers, welcome to UEA Swimming and Waterpolo. Here you will find outstanding, friendly people to support your swimming journey including new teammates, experienced coaches and the knowledgeable uea+sport team. We offer a full range of swimming training and competition opportunities from fitness swimming right through to high performance swimming with our City of Norwich link. Our Sportspark 50 metre swimming pool enhances your experience and opportunity to become the best that you can.”

OUR CLUB



Looking for a new sport to try at uni? UEA Swimming & Water Polo is the one for you! We are a swimming and water polo club which aims to cater to all - whether you are a beginner, highly competitive or a keep-fit swimmer! We pride ourselves on being a very welcoming, friendly, and inclusive club with lots of opportunities to match. We are a friendly, inclusive, and hard-working club that is rapidly becoming one of the most popular sports clubs on campus.

OPPORTUNITIES

- British University College Sport (BUCS) galas at Ponds Forge International Sports Centre
- Men's and women's water polo teams for BUCS
- British University Swimming League (BUSL) A series of galas for our development/competition squad to take part in.
- Annual water polo tournament
- Derby Day (UEA vs Essex)
- Club Championships
- Regular socials (including trampolining, BBQs by the lake, bowling, team dinners, nights out, and dress-ups)
- Water Sports Ball
- Volunteering, leadership, and personal development opportunities
- Sports Awards
- Sports Tour

CAMPAIGNS

This year the club has created its 'Hearts for Hearts' campaign to raise awareness and money for the British Heart foundation.

Throughout February they shared images of themselves and other clubs showing their hearts. The charity was chosen by the club's former men's captain as a cause close to his heart, after losing his former coach to a sudden heart attack.

The City of Norwich Swim Club (CONSC) and the University of East Anglia (UEA) have partnered to offer more opportunities for students. This collaboration means that UEA student-athletes who are eligible to represent both CONSC and UEA will have their training and competition schedules jointly managed by the coaching teams from both programs. CONSC Head coach Alex Pinniger will lead training sessions as well as the UEA Swimming squad at BUCS Long course and Short course events. UEA students may also compete for CONSC at Senior Performance or Youth regional level.



CONSC BURSARY PACKAGE

CONSC and the UEA, working in partnership, are delighted to announce the release of the CONSC Bursary award.

The Bursary of up to £1500 is available for applicants to any UEA course who have been accepted to join the CONSC Performance Swimming squad.

CONSC Bursary applicants may also be eligible for the UEA Individual Sport Scholarship cash bursary of up to £1500 (totalling £3000) alongside an extensive support service benefits package if they also represent UEA alongside competing for CONSC.

For more details on the CONSC please scan the QR code or visit www.cityofnorwichsc.co.uk



alexpinniger@gmail.com



INDIVIDUAL 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



DEVELOPING EXCELLENCE

Guide criteria:
600 WORLD AQUATICS POINTS
650 FOR PARA



EXCELLENCE

£500 CASH BURSARY

Guide criteria:
675 WORLD AQUATICS POINTS
725 FOR PARA



ELITE

£1500 CASH BURSARY

Guide criteria:
725 WORLD AQUATICS POINTS
800 FOR PARA

TYPICAL TRAINING WEEK

Our training and competition schedule usually runs for 30 weeks during UEA term time. We offer a variety of coach led sessions, catered to all abilities. We also offer weekly training sessions for the water polo teams. All UEA sessions are held here on campus, tailored to fit around teaching.

CONSC sessions are held predominantly on campus, with some sessions at other locations in Norwich. Training times vary between each squad. Please scan the QR code to see the CONSC training timetables.

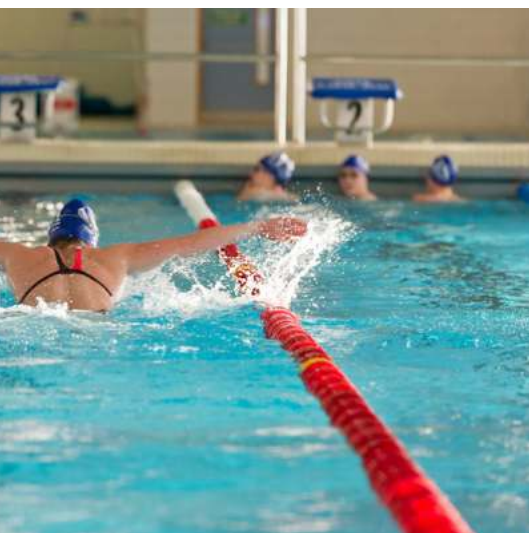


	RECREATION SQUAD	DEVELOPMENT SQUAD	COMPETITION SQUAD
TUESDAY		20:00-21:30 SP POOL	20:00-21:30 SP POOL
WEDNESDAY	13:00-14:00 SP POOL	13:00-14:00 SP POOL	14:00-16:00 SP POOL
THURSDAY	LAND TRAINING 20:00-21:00		
FRIDAY		19:30-20:30 SP POOL	20:30-21:30 SP POOL
SUNDAY			20:00-21:30 SP POOL

** Please note that this is based on a typical training and is subject to change



COMPETITIONS PROGRAMME



SEP

START OF TERM

OCT

NOV

DEC

JAN

FEB

MAR

APR

MAY

JUN

BUSL PHASE 1



British Universities
Swimming League

BUCS SCS

British Universities and
Colleges Sport- Short
Course Championships

BUSL PHASE 2

British Universities
Swimming League

BUCS LCS

British Universities and Colleges
Sport- Long Course Championships

BUSL PHASE 3

British Universities Swimming League

**CLUB
CHAMPIONSHIPS**

**END OF
TERM**

Scan the QR code, or visit
www.cityofnorwichsc.co.uk to see the
CONSC competition schedule



SWIMMER TESTIMONIALS

MOLLY MONK

SWIMMING SCHOLAR - PHYSICAL EDUCATION SPORT AND HEALTH

Swimming for City of Norwich Swimming Club alongside being on the elite scholarship programme at UEA, provides exceptional support physically, psychologically, financially and nutritionally from staff members who are willing to go above and beyond to provide exceptional support. The facilities here at the UEA are second to none, not to mention the atmosphere of elite athletes embedded within the facilities. CONSC and UEA's ability to support a dual-career pathway as a student athlete has enabled me to continue to follow my sporting goals and ambitions while also preparing for life after swimming.



HARRY JONES

SWIMMING SCHOLAR - ENVIRONMENTAL SCIENCES

The excellence scholarship at UEA has allowed me to give my all to my sport alongside my studies. It has provided me with opportunities to meet other aspiring athletes through workshops, as well as giving me access to first class facilities. The support given by the staff has been amazing and they always go above and beyond to make sure we are happy athletes!



TIMON CHAPMAN

SWIMMING SCHOLAR - ENGINEERING

Swimming at UEA has allowed me to compete at high level competitions such as BUCS nationals against some of the top swimmers in the world. The additional S&C, nutrition and physio have allowed me to progress and maintain being the best athlete I can. Alongside this I've been able to get academic flexibility around competitions to stay on top of my uni work.



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 Swimming 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 for Water Polo fixtures. 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. The club's link with external clubs such as CONSC may also provide further workforce opportunities for members.

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



TASTER SESSIONS

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

If you are a local education provider or sports club and would be interested in organising taster sessions or days for your students/member 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 you across our social media platforms, as well as on our kits. If you are a business interested in sponsoring and building a partnership with one of our clubs, please get in touch!

uea+sport



www.ueasport.co.uk



@ueasport



studentsport@uea.ac.uk



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

uea+sport