



# uea+sport



# WELCOME TO uea+sport

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



Sport and physical activity play a huge part in community life at UEA, for students and staff alike. We pride ourselves on being able to provide a diverse range of sporting, recreational and health-promoting activities for as many people as possible.

Each year we push ourselves to outdo the year before and we've challenged ourselves to do even more this year. We aim to provide something for everyone as we continue to strive to enhance our programmes, seeking opportunities to engage with all students from our part-time activity goers through to our high-flying athletes.



So, our uea+sport team are here for you. If you're aspiring to develop your academic, sporting and unique self, come and try out the amazing programmes on offer to take the strain out of the day to day. 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

## Active Campus

Adventure Afternoons

Active Roots

Inclusive Sport

Navigate Norfolk

UEA+Moves

Ziggurat Challenge

Facilities/Sportspark Memberships

Just Join In and Group Exercise

## Competition & Clubs

Sports Clubs

BUCS

## Performance Sport

Team Sport Scholarships

Individual Scholarships

Additional Bursary Packages





# 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.



# NAVIGATE NORFOLK



Experience Norfolk's landscapes and heritage with our Navigate Norfolk Day Trips. They are an affordable, easy way for students to explore beyond campus. Led by your uea+sport coordinators, each trip includes transport and a well-planned itinerary.

Scan for more info!





# ADVENTURE AFTERNOONS

Take the opportunity to try something new with our uea+sport Adventure Afternoons. We provide transport from campus to the activity and back, all within the ticket price of £5.00, which is heavily subsidised by our Active Campus funding. Activities may include canoeing, paddleboarding, high ropes, laser tag and accessible skiing.



# ZIGGURAT CHALLENGE

Represent your school in mixed team events held throughout the year including cornhole, sitting volleyball and ten-pin bowling, as well as badminton, netball and walking football.

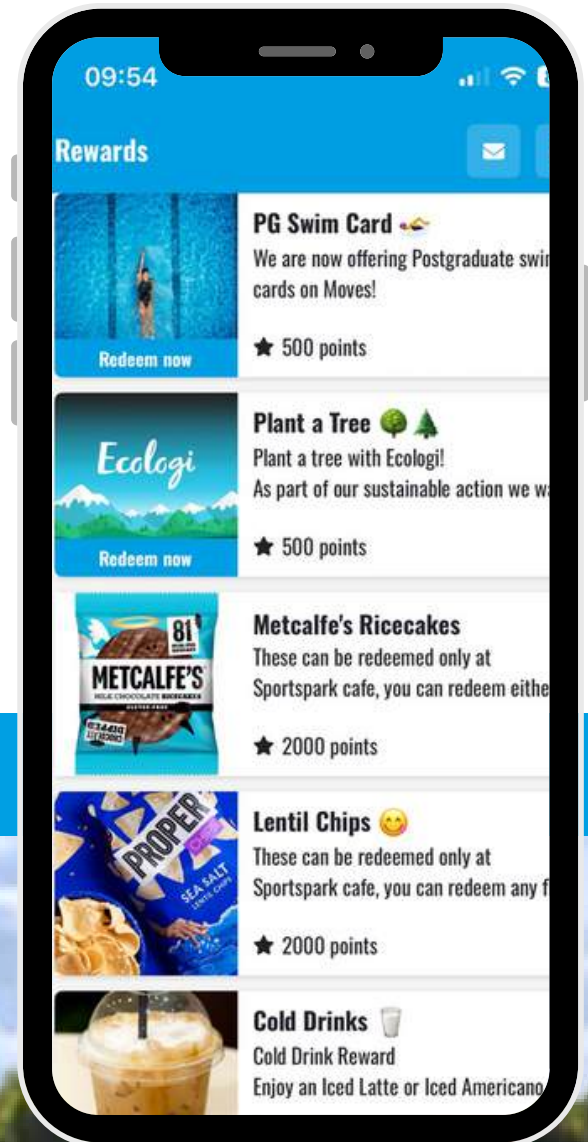
Every school competes in every event and if your department isn't linked to a school, you can select one to represent or join the UEA Staff team. Participation is free, all equipment is provided and it's an excellent way to get involved, meet new people and experience a wide variety of sports!



# UEA MOVES

Earn points from walking, cycling, running and swimming, and exchange them for a range of great rewards redeemable on campus!

Scan the QR code to find out more and download the app



EARN REWARDS BY GETTING ACTIVE!



The physical activity tracking app for students and staff that helps to create a positive active culture at UEA.



# ACTIVE ROOTS

Active Roots is a weekly event at UEA's allotment where students can enjoy the outdoors, make new friends, and grow fruit and vegetables. Free tickets are available for all students and no experience is needed, just come along to try something different in nature!



# WALKING TRAILS

Our walking trails will lead you around our amazing campus. These six trails have been created 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. Pick up an A3 pocket map from the uea+sport office!



# 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 sessions include badminton, mixed football, swimming and yoga and take place across the week.

All Just Join In sessions are also open to postgraduate and mature students, along with our Navigate Norfolk day trips and Ziggurat Challenge events, which are especially popular in the postgraduate community.

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



# SUSTAINABILITY

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 developing a Sustainability Framework for UEA sports clubs to use when working towards becoming more sustainable.





# INCLUSIVE SPORT

We 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.

## 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 Sportspark, which holds a 50m 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 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 MEMBERSHIPS



## STUDENT GOLD

**Price: £320**

Any time Gym  
Any time Group Exercise  
Any time Swim  
Any time Track access

## STUDENT SILVER

**Price: £230** | or £24.50/m +  
£50 at sign up

Off-peak Gym  
Off-peak Group Exercise  
Any time Swim  
Any time Track access

## STUDENT OFF PEAK GYM & SWIM

**Price: £157.50** | or £15.50/m +  
£50 at sign up

Off-peak Gym  
Any time Swim  
Any time Track access

## STUDENT OFF PEAK GROUP EX & SWIM

**Price: £157.50** | or £15.50/m +  
£50 at sign up

Off-peak Group Exercise  
Any time Swim  
Any time Track access

**Sign up at Sportspark Reception.**

### Peak times:

16:00 - 20:30 Monday to Friday

### Off-peak times:

All other times including weekends



Pay & Play and Sportspark facilities are available to all students at a discounted price



# JUST JOIN IN & GROUP EXERCISE

The delivery of our Just Join In sessions and group exercise classes at the Sportspark enables us to offer a wide-ranging, fun and affordable programme of activities for students at UEA. No experience is needed to attend, just join in, learn new skills and meet new friends!

- £1 Just Join In - 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.



## 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.

# SPORTS CLUBS

Sports clubs are one of the best ways to get involved at UEA. They are a place to make friends, try new things, build skills and most importantly, have fun. With 55 clubs from American Football to Yoga, there's something for everyone and every club welcomes all students.



Scan to join



British Universities and Colleges Sport (BUCS) is the national governing body for university sport, delivering 54 sports to over 160 institutions, with 6,000+ teams and 100+ championship events each year.

UEA enters over 50 teams into BUCS, building on league titles, cup wins, a national championship and individual podium finishes.





# PERFORMANCE SPORT

uea+sport supports top athletes and teams with expert coaching and specialist staff, helping athletes maximise their potential while studying. We are proud to showcase an array of talented athletes from a variety of sports that compete at Regional, National, European and World levels.



We are excited to be part of the national TASS network (Talented Athlete Support Scheme) as a TASS Delivery Site with dual-career accreditation. TASS athletes and UEA sport scholars benefit from access to fantastic facilities, wide-ranging support service provision and an incredibly passionate team of practitioners.



## INDIVIDUAL SCHOLARSHIPS

Sport scholarships 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 can access:

- Gym and swim membership
- uea+sport scholar kit
- Strength & conditioning
- Physiotherapy
- Performance nutrition
- Academic flexibility consideration
- Workshop programme
- Access to Sportspark Spin Studio & Track
- Performance lifestyle guidance
- Discounted sport massage support
- uea+sport membership
- £500 cash bursary (Excellence scholars)
- £1500 cash bursary (Elite scholars)



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more info!

# SCHOLAR TESTIMONIALS



I am very grateful to have had the opportunity to compete at the European University Cup for GB Students. Furthering my experience on an international platform has been invaluable for my progression. This would not have been possible without support from the uea+sport scholarship program, helping in the form of financing and academic flexibility.

**Amy Middlemas - Powerlifting Scholar - Norwich Medical School**

The support I have received from the scholarship programme has helped me balance my busy schedule as well as financially allowing me to continue to participate in my sport. Having missed out on competitions last season due to injury, the physiotherapy support also aided my fast recovery to be back in a position to be ready for international selection.

**Grace Cappell - Handball Scholar - School of Health Sciences**



## ADDITIONAL BURSARY PACKAGES



**NORWICH CITY FC  
WOMENS BURSARY**

**NORTH WALSHAM  
RFC BURSARY**



**CITY OF NORWICH  
SWIMMING CLUB  
BURSARY**

uea+sport are delighted to announce that we will continue to work closely with local club partners to provide 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 could receive up to £3000 in cash support per academic year.



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more info!**



# 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, Men's and Women's Football, Netball, Men's and Women's Hockey and the Men's and Women's 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
- Physiotherapy support
- Performance analysis
- Sport psychology
- uea+sport kit
- Academic flexibility consideration
- Access to performance sport workshops

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



Scan for  
more info!



# CONTACT US

**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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