

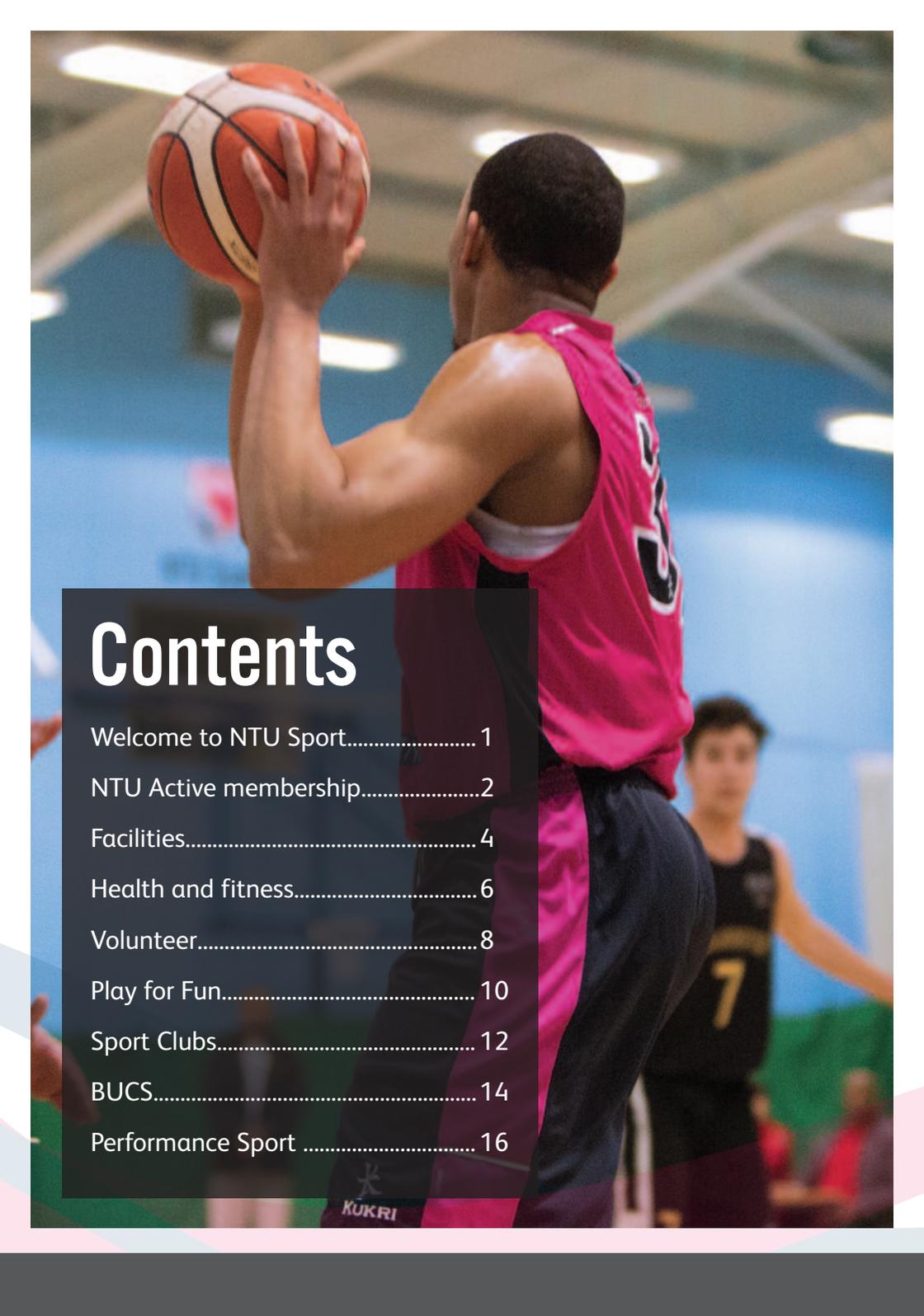


# Sport and Fitness Guide

2018/19



**NTU Sport**



# Contents

Welcome to NTU Sport.....	1
NTU Active membership.....	2
Facilities.....	4
Health and fitness.....	6
Volunteer.....	8
Play for Fun.....	10
Sport Clubs.....	12
BUCS.....	14
Performance Sport .....	16

# Welcome to NTU Sport

Welcome to Nottingham Trent University, and the best years of your life!



My name is Ollie Judd, and I am the elected Students' Union Vice-President Sport for 2018/19.

My role is to represent all students on sports-related matters, working alongside the NTU Sport department to put on engaging and inclusive sporting opportunities across all three of our campuses – City, Clifton and Brackenhurst – to ensure your sporting experience here at university is as great as it can be!

As part of my role, I help provide day-to-day support for our sports clubs and their members. I also take a lead role in organising major sporting events throughout the year, including the nationally renowned Nottingham Varsity series. From elite sportsperson to complete novice, there's something here for everyone at NTU. Providing you the opportunity to keep fit, healthy and make some lifelong friends.

If I could give you one piece of advice it would be this: try as many sports and events as possible, especially some you may never even have heard of! Who knows, you may discover a hidden talent and passion!

This guide is here to provide you an overview of what NTU Sport has to offer whilst at university. I highly recommend giving it a good read and to start planning your sporting year. Prepare to grasp any opportunity sport has to offer.

I look forward to meeting you all.

Ollie Judd  
NTSU VP Sports  
@NTSUvpSPORT  
ollie.judd@su.ntu.ac.uk

**Want to know more? Get in touch, we're happy to help!**

**Blog:** [www.ntusport.blog](http://www.ntusport.blog)

**Tel:** +44 (0)115 848 3219

**Email:** [sport@ntu.ac.uk](mailto:sport@ntu.ac.uk)

 **NTUSport**

 **NTUSport**

 **NTU Sport app**



# NTU Active membership

From just £9.99 a month

Here are just a few reasons to join...

- You'll get unlimited use of all the fantastic NTU gyms and sports facilities.
- There's something for everyone. 120 fitness classes and Blast sessions are included, plus hire of our sports facilities to play squash, tennis, football, badminton... the list goes on!
- Regular exercise will help boost your energy and improve your concentration – perfect for all that studying.
- You'll meet lots of new friends – we're all proud to be part of NTU Sport, and we can't wait for you to join us.
- First year students can try out all the NTU Sport facilities within our free period, which takes place between 21 September – 7 October.

We have a wide range of payment plans designed to suit each and every one of you.

[www.ntu.ac.uk/sportmembership](http://www.ntu.ac.uk/sportmembership)

## Three for the price of two!

Get set early by making the most of our three-year membership deal!

You can buy a three year NTU Active membership for just £220 – meaning your third year is free!\*

This way you don't have to worry about renewing your membership each year

\*NTU Active annual early bird membership is £110.

This special offer is only valid for a limited amount of time, so visit us on [www.ntu.ac.uk/sportmembership](http://www.ntu.ac.uk/sportmembership)

Sign up for  
**Annual Peak  
Membership**  
or our 3 Year  
Active Peak  
Membership  
to make the  
most of BUCS



Universal, the scheme that gives  
you access to university gyms up  
and down the country!

Speak to the fitness team about getting  
your Universal Gym card with your annual  
peak membership.

[www.bucs.org.uk/universalgym](http://www.bucs.org.uk/universalgym)



# Download our app

**Never miss a thing.**  
Download the NTU Sport  
app from the app store  
to book classes, pull up  
timetables, hire facilities,  
and much more!

# Facilities

## Clifton Campus

Clifton is the main hub for sporting activity at NTU, with many of our outdoor sports and fixtures based here. The campus offers an excellent range of sport and fitness facilities, based at the Lee Westwood Sports Centre. These include:

- a new state of the art gym
- a dance studio with mirrored walls and ballet barre
- three glass-backed squash courts
- two large sports halls
- a sports therapy suite
- floodlit artificial, 3G and grass pitches
- an indoor tennis centre.

Lee Westwood Sports Centre  
Clifton Campus  
Clifton Lane  
Nottingham  
NG11 8NS

Tel: 0115 848 3219

## City Campus

Our City Campus boasts a wide range of exceptional facilities for all students and staff to enjoy. From working out in the gym to testing your climbing skills or playing sport with your friends, you'll have access to all kinds of fun. Enjoy state of the art facilities including:

- a 110-station gym
- a 10m climbing wall
- a dance studio, with mirrored walls and ballet barre
- a sports hall
- a sports therapy suite

City Sports Centre  
Students' Union, City Campus  
Shakespeare Street  
Nottingham  
NG1 4GH

Tel: 0115 848 4066

## Brackenhurst Campus

Students based at Brackenhurst won't miss out on our sporting facilities. Students can also take advantage of a great discounted membership for only £17 per month at Southwell Leisure Centre (less than a mile from campus).

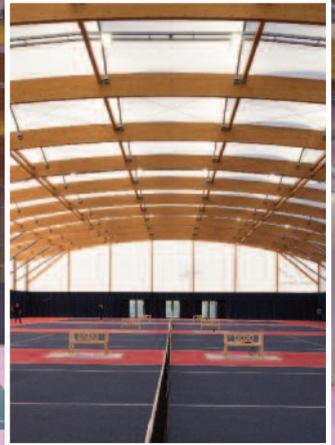
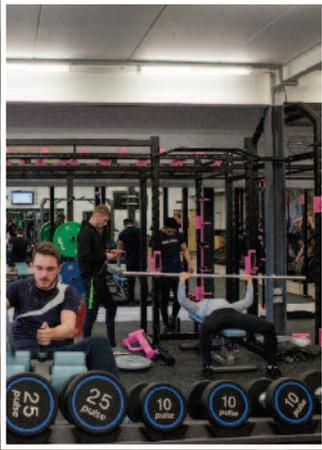
Visit [www.newark-sherwooddc.gov.uk/slc](http://www.newark-sherwooddc.gov.uk/slc) for more information.

You will also have access to:

- a cricket square and nets
- our NTU Equestrian Centre

Brackenhurst  
Southwell  
Nottinghamshire  
NG25 0QF

Tel: 0115 848 5292



# Health and fitness

## Our gyms

Our gyms contain a variety of top-of-the-range cardio equipment and dedicated free weights areas. Plus, our equipment comes with touch screens, Internet and TV on-demand access, so you'll never get bored working out.

## Our instructors

Our fitness instructors are experts in a number of specialised areas, including:

- flexibility and movement
- resistance and weight training
- sports performance, and much more.

They're always on hand to answer your fitness queries, give nutrition advice and help to provide any support you may need.

## Did you know?

Taking part in fitness activities and implementing a healthy lifestyle could help benefit your academic studies.

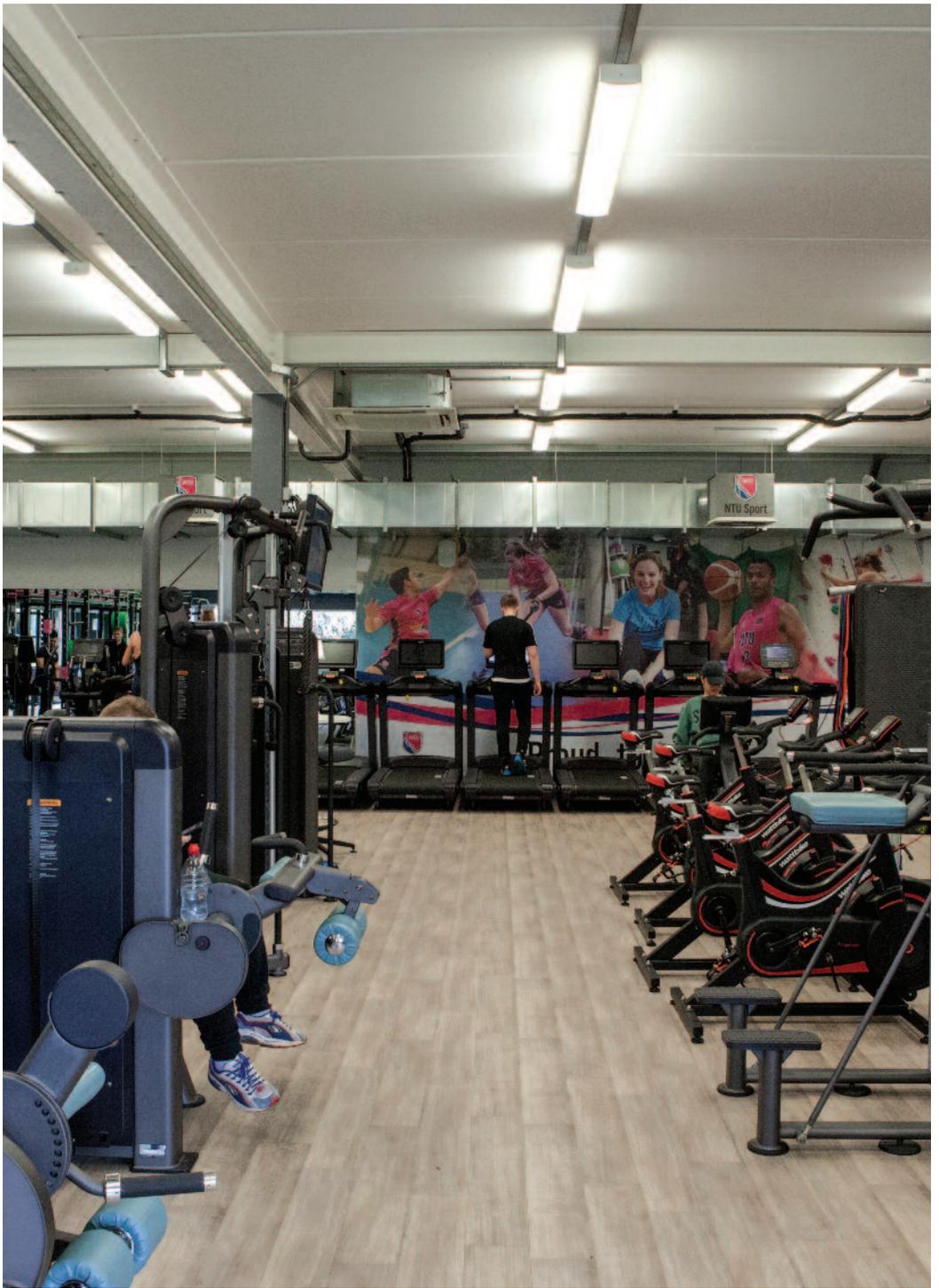
Regular exercise and a healthy diet can help reduce stress, increase your energy levels and – most importantly for those lectures – help boost concentration.

## More than just a gym

NTU Active membership includes:

- gym inductions
- casual use of sports facilities
- free access to all fitness classes and blast sessions
- free access to Play for Fun sessions
- use of University of Nottingham swimming pool at a discounted rate

[www.ntu.ac.uk/healthandfitness](http://www.ntu.ac.uk/healthandfitness)





# Volunteer

Make a difference, develop new skills and enhance employability. NTU Sport works in partnership with Nottingham Trent Volunteering to offer a huge range of sport volunteering opportunities.

## NTU Sport

- Officiating
- Coaching
- Performance or data analysis
- Market research
- Volunteer leaders (Play for Fun)
- Strength and conditioning

## Sport Media

- Sports event coverage
- Photography
- Videography
- Match reporting

## Events and Community

### Events:

- Nottinghamshire School Games
- BUCS Nationals
- Notts Varsity
- runNTU

### Community:

- Notts Athletics Club
- Nottingham Forest in the Community
- Nottingham Leander Swimming Club
- Tennis in Nottingham
- Riding for the disabled
- Schools coaching

[www.ntu.ac.uk/sportvolunteering](http://www.ntu.ac.uk/sportvolunteering)



NTUSportVolunteering



NTUSportVol



NTU Sport app

Contact [sport.volunteering@ntu.ac.uk](mailto:sport.volunteering@ntu.ac.uk) to find out more about volunteering and current opportunities.



“Volunteering through NTU Sport provided me with great experience which I will use to pursue my career goal of teaching physical education.

Opportunities to lead sessions have strengthened my confidence ten-fold, having undertaken placements in primary and secondary schools to assist but also deliver multiple sports.

The results have given me a deep sense of pride and I have found the whole experience really rewarding.”

**Kieran Howes**  
BSc Hons Sport and Exercise Science

# Play for Fun

At NTU Sport, our motto is “Proud to be NTU” – we are proud to offer something for everyone. Play for Fun is your way to discover new sports, make new friends, and develop new passions. But most importantly, it’s about having fun while playing!

## Prices

Our Play for Fun activities cost just £2 a session and no membership is required. However, sessions are free to those with an NTU Active or Sports Club membership. All equipment is provided.

“The sessions are full of fun and games, I’ve got to meet new people and make some good friends.”

Edward Mower  
Badminton Play for Fun

## NTU Sport League

Enter your own team into one of our NTU Intramural leagues, which offer weekly fixtures coordinated by NTU Sport staff and officiated by qualified match officials. Represent your hall, society or course, or simply round up some of your friends – everyone is welcome.

Leagues run throughout the year with weekly fixtures in the following sports:

- Women’s netball
- Badminton
- Mixed touch rugby
- Men’s 5-a-side football
- Men’s 6-a-side football
- Men’s 11-a-side football
- Men’s futsal
- Men’s 7-a-side rugby
- Men’s 15-a-side rugby

**Get your Play for Fun timetable at Freshers Fair!**

Visit [www.ntu.ac.uk/playforfun](http://www.ntu.ac.uk/playforfun) to find out more.



NTUPlayForFun



NTUPlayForFun



NTU Sport app





# Sports Clubs

Joining a sports club during your time at NTU could be one of the best things you ever do.

NTU Sports clubs are open to all levels and abilities – the time to get involved is now! Whether you want to try something new or continue with an activity you've been doing for years, there's sure to be a club for you.

## Did you know?

That we have over 60 different sports clubs to choose from!

## Missed Welcome Week trials and tasters?

Don't panic if you missed out during Welcome Week: our trials and taster sessions run throughout October and a lot of sports clubs are open to new members all year round.

For a full list of sports clubs, please visit [www.ntu.ac.uk/sportsclubdirectory](http://www.ntu.ac.uk/sportsclubdirectory)

If you have any questions, email us at [sport@ntu.ac.uk](mailto:sport@ntu.ac.uk) or call **0115 848 3219**.

[www.ntu.ac.uk/sportclubtasters](http://www.ntu.ac.uk/sportclubtasters)



NTU Sport app

# HOW TO JOIN A SPORTS CLUB

## 1. ATTEND FRESHERS FAIR

Attend Freshers Fair to learn more about all of the sports clubs on offer here at NTU. If you have a club in mind then be sure to visit their stand and find out when they're running trials and taster sessions.

## 2. GO TO A TRIAL OR TASTER SESSION

During Welcome Week, all clubs put on taster sessions to allow you to go along and try it for yourself. You can also find out about and attend club trials – clubs with competitive teams will hold these during welcome week. If you want to try out for a team but aren't sure, have a chat to a committee member – they're all friendly and welcoming!

## 3. PURCHASE A SPORTS CLUB MEMBERSHIP

Decided on the club you want to join? Great! Head online to purchase a club membership. This is £50 and will cover you to train and compete for the year, as well as offering other benefits, such as free access to Play For Fun sessions.



# British Universities & Colleges Sport (BUCS)



NTU is one of the top universities for performance sport in the UK, regularly finishing in the top 15 of the BUCS league. We celebrated several championships, medal wins and promotions this year. With your help we're looking to go even further next year.

At NTU our performance programmes inspire the potential within our students. We aim to deliver excellence on the field of play, using our impressive range of world-class sport and fitness facilities, complemented by a highly qualified experts supporting our teams.

## Did you know?

NTU finished 13th out of more than 150 universities in the BUCS league table this year!



NTU Equestrian became BUCS 2018 National Champions, taking both the team and individual win for NTU.



NTU Men's Lacrosse took the BUCS National Champions title, making the team number one in the country.

# Performance sport

Here at NTU we provide an environment in which talented student athletes can achieve academic and sporting success through great quality support services and coaching.

[www.ntu.ac.uk/performance](http://www.ntu.ac.uk/performance)

## Sport Scholarships

NTU offers a number of scholarship awards each year to high-performing student athletes from a range of different sports. Each award is individually tailored towards the needs of the athlete to ensure that everything is put in place to help them to achieve both academic and sporting success while at NTU.

Our scholars receive support that includes:

- a financial bursary
- bespoke academic support
- a complimentary NTU Active membership and Sports Club membership
- small group strength and conditioning training
- nutrition workshops
- sport psychology
- physiotherapy
- performance lifestyle support (one-to-one)
- sports scholar kit.

[www.ntu.ac.uk/sportscholarships](http://www.ntu.ac.uk/sportscholarships)





NOTTINGHAM  
VARSITY  
SERIES 2018

## Nottingham Trent University

50 Shakespeare Street  
Nottingham  
NG1 4FQ  
Tel: +44 (0)115 941 8418

[www.ntu.ac.uk](http://www.ntu.ac.uk)

 NTUSport

 ntusport

 NTUSport

 NTU sport app

**Blog:** [www.ntusport.blog](http://www.ntusport.blog)

**Tel:** +44 (0)115 848 3219

**Email:** [sport@ntu.ac.uk](mailto:sport@ntu.ac.uk)

This leaflet can be made available in alternative formats.

© Nottingham Trent University and may not be reproduced or transmitted in any form in whole or in part without the prior written consent of Nottingham Trent University.



4424b/08/18

