

uea+sport



PERFORMANCE SPORT GUIDE

www.ueasport.co.uk



@ueasport



performance.sport@uea.ac.uk

WELCOME

At the University of East Anglia (UEA) we pride ourselves on providing opportunities and support for talented student-athletes to fulfil their potential both academically and in their sport.

Sport is a huge part of life at UEA, and we're proud to showcase an array of talented athletes from a variety of sports that compete at Regional, National, European and World level. We also support student-athletes across a variety of competitive opportunities that include International competition, Home Nations Universities, National Leagues, British Universities and Colleges Sport (BUCS), as well as providing a range of competitive local league, tournament, and event opportunities.

UEA is an internationally renowned university that offers academic and social facilities of the highest quality. UEA is consistently ranked in the top 25 of UK university league tables such as the Complete University Guide 2021. A Gold rating in the Teaching Excellence Framework shows UEA's pedigree as an academic institution, and this year we're excited to being added to the national TASS network (Talented Athlete Support Scheme) as a TASS Delivery Site. The scheme goes from strength to strength and all that's missing is you!

Our performance schemes continue to develop and evolve to offer the right levels of support for you, just when you need it. Whether you utilise the wide range of facilities or the support services available to you, we think the opportunities for you to grow and develop, in support of your future career, will prove to be some of your best ever experiences.

UEA is here for you to developing your academic, sporting and unique self. Make the University of East Anglia the next stop on your sporting journey.

Phil Steele

Director of Sport & Commercial Services



UEA is a great place to study, and from a sporting perspective, we punch well above our weight. We're ambitious about sport and the role that it plays in university life, with the UEA's Performance Sport programme being a key part of our offer.

It enables student athletes to benefit from a range of high-quality facilities, support services and partnerships that will help to ensure that they reach their personal, academic and sporting potentials. We'd love to be able to share success with you.

Mark Heazle

Head of Sport & Physical Activity



An innovative university, UEA is constantly evolving for its students. In 2017, we introduced the uea+sport scholarship programme to support talented athletes to achieve their ambitions both in the lecture theatre and the sporting arena.

Since then, we have welcomed athletes from a range of sports at International, National and Regional level to our programme, not only enhancing talent but creating an environment where athletes can thrive.



At UEA, creating a bespoke and supportive environment that is tailored to every student's needs and aspirations is key, from strength and conditioning and nutrition through to physiotherapy and sport massage. We strive to support our athletes to perform at their absolute best.

Athletes are treated as individuals and are supported in their day-to-day activities with lifestyle guidance, ensuring they experience the smoothest possible journey whilst studying at UEA.



Access to a fantastic array of facilities comes as standard to our students at UEA. We also have a wide variety of other support available, including athlete education workshops for students to benefit from.



Joseph Skeet

Student Performance Sport Manager



SPORTSPARK FACILITIES

Constantly evolving to support the needs of our student and local community, our Sportspark facilities are wide-ranging and provide you with all the bespoke support you might need.

Boasting a national standard athletics track, Olympic sized pool and 40 acres of playing fields, UEA is also home to five sports halls, a floodlit Soccerpark 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 will have 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.

Sportspark originally opened its doors for the first time in 2000. Funded primarily by the Lottery and Sport England it has become one of the most successful community sport facilities in the UK. Our success has been achieved through providing an accessible facility that offers a diverse range of activities with an operating policy that maximises the number of different people who can use the facility at affordable prices.



SP
Sportspark

www.sportspark.co.uk

INDIVIDUAL SPORT SCHOLARSHIP PACKAGES

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.

Our sport 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 of scholarship can access:

- Gym and swim membership
- uea+sport membership
- Strength and conditioning support
- Physiotherapy support
- Discounted sport massage support
- Nutritional guidance
- Free access to the Sportspark Athletics Track
- Free access to the Sportspark Spin Studio
- Performance lifestyle guidance
- Workshop programme
- uea+sport Scholar kit
- £500 cash bursary (Excellence scholars)
- £1500 cash bursary (Elite scholars)

For further details, including the criteria for each level of scholarship, please scan the QR code below, or visit the URL.



www.uea.ac.uk/study/fees-and-funding/scholarships-finder/sport



SCHOLAR TESTIMONIALS



"UEA Sailing has been fantastic at progressing my sailing career. The club has allowed me to continue to race both nationally and internationally, constantly pushing me to develop as an athlete. The amount of support offered by the performance sport program has allowed me to compete at a high level whilst also balancing my University degree work."

Patrick Croghan

Sailing - Norwich Medical School



Hannah Brown

Athletics

Norwich Medical School



Harry Jones

Swimming

School of Environmental Sciences



Finn O'Brien

Kayak/Canoe

School of Literature, Drama and Creative Writing

"Through the help of uea+sport, I was able to use the scholar physiotherapy service. I was assessed within 24 hours and after consultation, I needed surgery. The uea+sport team were super supportive providing me with ongoing physiotherapy pre and post surgery, altered gym programs focusing around my injury as well as checking in on my studies and mental wellbeing.

Through provision of this service, the team were able to put together a plan to get me back on target to full fitness as well as staying on track with my studies in my final year. The team worked in close contact with my national coaches resulting in being selected to represent my country at the commonwealth games a few months post-surgery."



Charlotte Slater

Fencing | School of Health Sciences



"Being a part of the scholarship programme brings me an immense sense of pride and achievement, it's a fantastic way to feel part of a community where talent is recognised and rewarded.

It has given me an opportunity and drive to to improve as it offers so many options such as the gym membership and a nutritionist."

Oliver Howes

American Football | School of Computer Sciences

"The uea+sport scholarship helped me achieve my goal of competing at worlds by giving me a bursary which helped me to pay for the trip. As well as the bursary I made use of the physiotherapy to help with some issues I was having with my wrists. I would recommend the scholarship scheme to anyone who is thinking of applying for it as it has been a great experience and was a great support network to have this year."



Sophie Lennon

Cheer Stunt | Norwich Business School

PERFORMANCE SPORTS

In addition to supporting athletes through an individual scholarship scheme, we also provide support to a selected range of team sports through our Performance Sport Programme.

Students selected to represent the 1st team Men's and Women's squads of Basketball, Football, Netball and Rugby programmes will receive a bespoke package of support tailored to each team's needs. The package includes: gym and swim memberships, athletics track and spin studio access, strength and conditioning support, physiotherapy, nutrition workshops, and performance analysis, as well as access to performance sport workshops.

As a BUCS Premier Division sport, we also provide our American Football team with a tailored package of support to enhance their performance.



AMERICAN FOOTBALL



Recently promoted to the Premier Division of BUCS, American Football players would be joining a successful group of individuals who are competing in the top tier of BUCS inter-University competition.

Benefiting from video analysis, tactical sessions and guidance from the uea+sport strength and conditioning coach, the Pirates have access to vast support. The highly experienced coaching team is led by uea+sport Coach of the Year 2019, Nigel Hadley.

An annual fixture in the calendar is the celebrated 'Old Boys' event held in May seeing more than 60 Alumni turn up in their shoulder-pads to take on the current students. In addition, a range of events in which the students celebrate their sport include the Superbowl weekend and Derby Day.

The Pirates are looking to introduce a flag football team over the coming season to further develop their offer and programme.



BASKETBALL



Across the week players from both the Men's and Women's clubs are exposed to quality basketball competition in the BUCS competition and the National Basketball League.

After the introduction of team scholarships in 2021-22, both 1st team squads had an excellent season. The Men's team secured 4th place in their first season in National League and the Women's team progressed to the BUCS Conference Cup final, and have entered a team in National League for the 2022-23 season.

The UEA Basketball programme has a range of playing opportunities with the Men's club having one team in National League Division 3 East, two teams in BUCS competition and two teams in local league as well as a range of social playing opportunities. The Women's club has recently entered a team into National League Division 2, has one team in BUCS competition and two teams in local league.

The coaching team is led by Claire Harper who has a breadth of experience across men's and women's basketball, as well as junior coaching experience in the GB Basketball set-up.



FOOTBALL



Both the Men's and Women's clubs compete in mid-week BUCS competition and weekend local league competitions which provides lots of playing opportunities. The Men's Club have three teams that play in BUCS on Wednesdays and four teams that play on Saturdays. The Women's Club has two BUCS teams playing on Wednesdays and an 11 a-side and 7 a-side team that play on Sundays.



The football programme, led by Head of Football Paul Neary, has seen some notable success in recent seasons with graduates of the football programme going on to play at steps 4, 5 and 6 levels in the National League System, highlighting the development of players through the programme.



Across the Women's programme we have players representing Norwich City Women, who play in the FA Women's National League South East Division 1 as well as access to fantastic support from the Norfolk FA with Rebecca Burton and Harry Diggins coaching the Women's programme. The women's team topped off a fantastic 2021-22 season including promotion for their 1st team in BUCS and the Sunday local league team, as well as a run to the BUCS Conference Cup final.



NETBALL



Having welcomed Superleague and club players alike, the UEA Netball programme provides opportunities for a huge number of aspiring netballers, with the club seeing huge growth in recent years with over 200 members last year.

A drive to push performance has seen the club announce a partnership with local league team Norfolk United Netball Club (NU) who compete in England Netball Premier Division 3. This partnership allows players the opportunity to represent UEA in BUCS on a Wednesday and NU at the weekend.

As one of UEA's performance sports, a wide range of support is available to participants in the UEA Netball programme and in particular the 1st team squad. This last season also saw UEA Netball Captain Phoebe Parker picked to captain the English Universities team, highlighting the pathway opportunities and recognition afforded to UEA Netball players.

The club offers a huge range of playing opportunities with eight teams as well as social netball playing opportunities.



RUGBY



With a range of students being selected to play at County, Regional and National level as well as in English Universities 7s, Rugby at UEA provides an environment for players to succeed at a level that is right for them.

The coaching programme across both the Men's and Women's clubs is delivered through a partnership with North Walsham Rugby Football Club (NWRFC), who play in the RFU National League 2 East Division. This partnership provides UEA Men's players with pathway opportunities to play high-level rugby. We are also looking to replicate joint playing opportunities across the Women's programmes this year. The high quality coaching is delivered by a team of coaches led by NWRFC Head Coach Ryan Oakes.

Both clubs have ample competitive opportunities. The Men's club have three teams entered into BUCS competition on Wednesdays, and a local league team that plays on a Saturday (named the Trojans). The Women's Club have a team in BUCS playing on Wednesdays and a local league team playing on Sundays.

With a quality programme of 7's also evolving, if you want to join a proactive and aspiring rugby programme, look no further.



@uearugby

@ueawrfc



uea+sport CLUBS

In addition to the 5 sports clubs listed above, we have a huge range of other sports clubs that we accept individual scholarship applications for, as well as other sports listed on the Sport England recognised sport list.

Please email performance.sport@uea.ac.uk if you have questions regarding whether one of our sports clubs will be able to support you in your sport at the level you compete, or aspire to compete at.



uea+american football



uea+archery



uea+athletics



uea+badminton



uea+ballet



uea+ballroom & latin dance



uea+baseball & softball



uea+boxing



uea+cheer dance



uea+cheer stunt



uea+climbing



uea+cricket



uea+cycling



uea+dance squad



uea+dodgeball



uea+equestrian



uea+fencing



uea+futsal



uea+golf



uea+gymnastics



uea+ice hockey



uea+judo & jiu jitsu



uea+karate



uea+kayak



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uea+table tennis



uea+taekwondo



uea+tap



uea+tennis



uea+touch rugby



uea+trampoline



uea+triathlon



uea+ultimate frisbee



uea+volleyball



uea+women's basketball



uea+women's football



uea+women's hockey



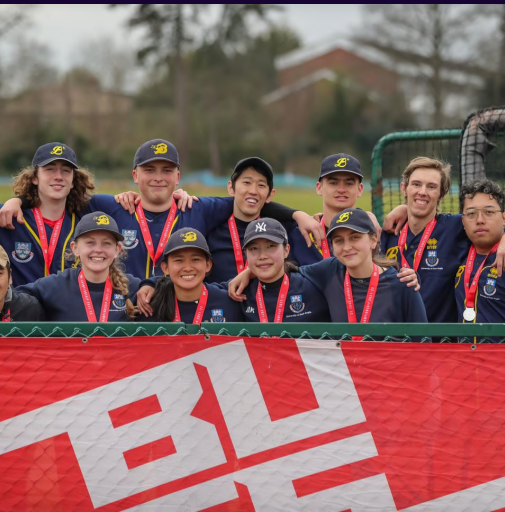
uea+women's rugby



uea+yoga

CHOOSE UEA

Whether its access to individual sport scholarships, excellent support packages for the teams in our performance sport programme, or fantastic facilities, there are a number of reasons to make UEA your next destination on your sporting journey.



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



uea+sport offer support to a wide range of sports beyond those identified in this brochure. If you can't find your sport but want to find out more information about what is available, please contact us:



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