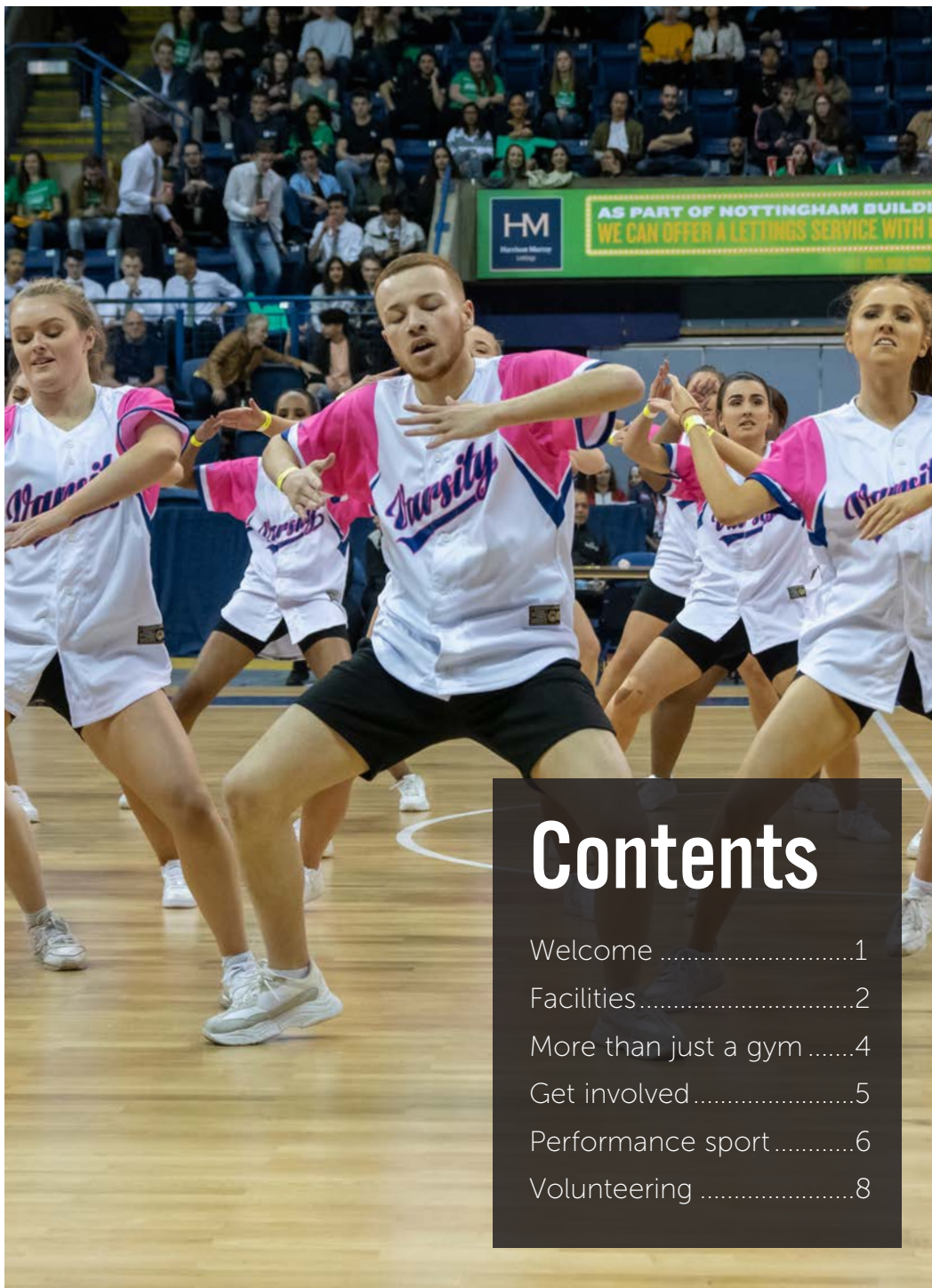




# Sport and Fitness Guide



NTU Sport



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# Welcome to NTU Sport

**I'm delighted to welcome you to  
Nottingham Trent University.**



We believe that sport is a key part of your student life, and at NTU you're guaranteed to benefit from a high-quality sports experience. So whether you aspire to compete at the next Olympics, want to play sport for fun with some friends, or just want to get fit in our gyms – we have something to offer each and every one of you.

NTU is now firmly established as one of the top competitors in the UK higher education sport rankings. The University is proud to be regularly ranked in the top 15 out of over 150 institutions from across the UK.

NTU Sport are **#ProudToBePink**, picking up on the fact that all of our teams play in the distinctive hot pink kit that sets us apart from the crowd.

With NTU employing some of the best coaches and instructors around, you can't help but be inspired to be the best you can be as you enjoy our outstanding fitness and sports facilities.

I wish you an enjoyable and successful time at NTU, and I hope that sport and exercise will help you to get the most out of being a student here. Sport and exercise is a fantastic way to relieve stress, make friends and could even enhance your academic success. We can't wait to have you on our team!

**James Hayter**  
Director of Sport

## Did you know?

NTU Sport is regularly ranked in the top 15 out of over 150 universities in the UK.

# Facilities

## Clifton Campus

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

- a 70-station gym and high-performance centre
- 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, 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 a 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. You'll have access to:

- a cricket square and nets
- our NTU Equestrian Centre
- table tennis tables

You'll also be able to take advantage of a great discount membership, for only £18 a month, at Southwell Leisure Centre – less than a mile from campus.

There are also Brackenhurst-based sports clubs, you can find out more about these at [www.ntu.ac.uk/sport](http://www.ntu.ac.uk/sport)

[www.newark-sherwooddc.gov.uk/slc](http://www.newark-sherwooddc.gov.uk/slc)

Brackenhurst  
Southwell  
Nottinghamshire  
NG25 0QF

**Tel:** 0115 848 5292

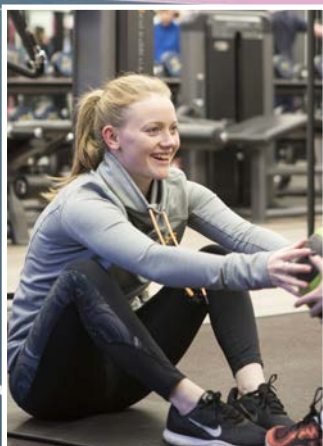




## Did you know?

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

Make the most of:

**Early bird deal** – The NTU Active annual early bird membership is £110, and gives you unlimited access to NTU fitness facilities, fitness classes, facility booking and more.

This special offer is only valid for a limited amount of time.

**Three for two** – Get set early by making the most of our three-year membership deal! Buy a three-year NTU Active membership for just £220 and get your third year for free. This way you don't have to worry about renewing your membership each year, and you can freeze your membership if you need to.

We also offer a monthly direct debit membership.

These offers are only available for a limited amount of time, for more information visit [www.ntu.ac.uk/sportmembership](http://www.ntu.ac.uk/sportmembership)

## NTU Active membership includes:

- gym inductions
- unlimited use of sports facilities
- free court and pitch bookings
- free access to all fitness classes and blast sessions
- free access to Play for Fun sessions
- use of The University of Nottingham's swimming pool at a discounted rate
- BUCS active membership – train at more than 77 uni gyms across the country!



## 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.

# Get involved

## Play for Fun

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!

We also run friendly coach-led beginner sessions. Introduce yourself to a new sport, or get back into one you once loved.

Sessions are £2 or free for members.

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

## NTU Sport Leagues

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 Football, Futsal, Rugby, Netball and Badminton.

[www.ntu.ac.uk/sport/get-involved/internal-sport-leagues](http://www.ntu.ac.uk/sport/get-involved/internal-sport-leagues)

## Get to know your VP Sport!

Each year a student representative is elected to be the voice of student sport at NTU.

[www.trentstudents.org](http://www.trentstudents.org)

## Sport Clubs

With more than 60 sports clubs to choose from, 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.

[sport@ntu.ac.uk](mailto:sport@ntu.ac.uk)  
0115 848 3219

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





# LOVE SPORTS? JOIN THE CLUB!

## 1. ATTEND FRESHERS FAIR

Attend Freshers Fair to learn more about all of the sports clubs on offer. 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 the club 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 or visit the sports facilities to purchase a club membership. This 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.





# Performance 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.

NTU 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 team of experts.

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



In 2019 NTU Women's Football won both the Midland Tier 1 League title and the BUCS National Trophy, winning every game and becoming one of the few teams to complete this double, alongside Women's Hockey.

## Scholars

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 to the athlete to ensure that they achieve both academic and sporting success.

Our support includes:

- one-to-one performance lifestyle support
- bespoke academic support
- one-to-one and small-group strength and conditioning training
- access to physiotherapy as required
- access to sport psychology and nutritional support
- sport scholar kit
- complimentary NTU Active membership
- financial bursaries.

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

# Volunteer

Make a difference, develop new skills and enhance employability with NTU Sport's huge range of sport volunteering opportunities.

"I have loved all the opportunities whilst being involved with NTU Sport – I would recommend it to anyone! It has been very rewarding for me and it has helped to build my confidence."

**Michael Mowles, Sport volunteer**

## 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
- Sport and health blogging

## Events and Community

### Events:

- Nottinghamshire School Games
- BUCS Nationals
- Notts Varsity
- NTU fundraising events

### 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.

## Claire Ryan

### Wheelchair basketball player

"I take part in a lot of sport sessions, and I love wheelchair basketball. Belonging to the club helps me to engage with other students from different courses, make new friends and keep my mind and body healthy while studying at NTU. Wheelchair Basketball is an inclusive sport, not just for those with disabilities – anyone can play!"



## Naomi Dilla

### Play for Fun participant

"I attend volleyball, basketball and trampolining sessions. Play for Fun has made me a little more confident about my body and excited about exercise, and since it doesn't have the added pressure of 'winning' I find myself laughing and smiling more while participating and long after I've gotten home."



## Paige Gillott

### Women's Hockey Scholar

"I have absolutely loved being an athlete at NTU. The scholars programme is holistic and the team are devoted to looking after both your sporting and academic needs."

It's been so beneficial to work with the best coaches around, always ensuring a balance to maximise achievements as a student and an athlete. My hockey has come on leaps and bounds during my first year, and I have never been so happy and well-supported."



NOTTINGHAM

# SPORT VARSITY

## SHOW YOUR COLOURS

### Nottingham Trent University

50 Shakespeare Street

Nottingham

NG1 4FQ

Tel: +44 (0)115 941 8418

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

Sport photography:

BUCS ([bucs.co/flickr/](https://www.bucs.co/flickr/))

Chud Photography ([facebook.com/ChudPhotography](https://facebook.com/ChudPhotography))



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)

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