



Nottingham Trent  
University

# Performance Sport



NTU Sport



## **Our vision is to “inspire potential and deliver excellence”.**

“You will meet and get to work with so many amazing people, making lasting memories.”

**Zoe Clifton, VP Sport**

“Bonds that you make through sport can help shape your future and help prepare you for life after university”

**Chris Campbell, Head of Performance Sport**

As a University with an excellent reputation for developing high-performing athletes and career-ready graduates, Nottingham Trent University offers the perfect environment for students to thrive academically whilst also pursuing a sporting career.

Our vision is to inspire potential and deliver excellence. The Performance Sport Programme at NTU provides students with the tools and support they need to perform at the highest level.

You will be supported by our dedicated team of experienced professionals who have a proven track record of developing athletes competing at national and international levels alongside their studies.

As a Dual Career Accredited University, NTU is recognised by the Talented Athlete Scholarship Scheme (TASS) for the excellent care and provision that is offered to student athletes alongside their academic studies.

## Meet the team



**James Hayter**  
Director of Sport



**Chris Campbell**  
Head of Performance Sport



**Zoe Clifton**  
Vice President Sport, NTSU



**Ben Lewis**  
Head of Strength and  
Conditioning



**Mike Whichello**  
Head of Physiotherapy



**Melanie Wells**  
Sport Scholarship Manager



# Strength and Conditioning

Located at the High Performance Centre on the Clifton Campus, our Strength and Conditioning programme provides a mix of face-to-face and remote provision for performance and elite athletes.

The coaching team have a wealth of experience spanning 25+ sports. 100% of our coaches possess a Level 7 postgraduate qualification in their field and are accredited through the UK Strength and Conditioning Association (UKSCA). The Coaching team work with some of the UK's most promising athletes, including Olympians, international athletes and professional sports men and women. All of our coaches have experience managing partnerships with a wide range of organisations across the performance sport spectrum and work hard to ensure our athletes are assigned comprehensive and fully co-ordinated training programmes.

As part of the performance programme at NTU, our athletes receive access to regular sport-specific testing, weekly group and / or individual coaching sessions, pre- and off-season programmes, alongside remote support when athletes are unable to train on campus.

**Morgan Males – Hockey  
BA (Hons) Criminology  
GB and England pathway athlete,  
Beeston Hockey Club**

"Having suffered an array of severe injuries since I joined NTU, the Strength and Conditioning programme (S&C) team have played a big part in my journey as a student-athlete to minimise my time out whilst injured. No matter which member of the S&C or physiotherapy team you see, the session is always purposeful and uplifting.

S&C makes you stronger, faster, more robust, and more efficient on the pitch. I often come out of sessions with my mood significantly improved by the end. Strength and Conditioning can also help you prepare for upcoming trials, BUCS competitions, and tournaments.

I owe a huge thank you to the physio and S&C team that have helped me during my time at NTU."





# Physiotherapy

Accredited by the Chartered Society of Physiotherapy and the British Association of Sport Rehabilitators and Trainers, our team of Physiotherapists provide a comprehensive range of services to performance programme athletes as well as NTU Sport members. These services include injury assessment and rehabilitation, alongside prehabilitation and screening services.

Our highly skilled team support a number of professional sport organisations and teams, including Nottingham Rugby, GB Hockey, England Netball, GB Canoe, British Gymnastics and Nottingham Forest Football Club. They have invaluable experience working as part of a multi-disciplinary team and work collaboratively with NTU colleagues, National Governing Bodies (NGB) physiotherapists and coaches and other external partners to ensure athletes return safely to competition post injury.

Students on our Performance Sport programmes receive unlimited Physiotherapy support which can be delivered remotely or in the physiotherapy suites at both our City and Clifton campuses.

The team work closely with Strength and Conditioning colleagues and regularly assist athletes in the gym, on the pitch and/or on the court to minimise the risk of injury and ensure the support that is provided is tailored to the individual needs of the athlete.

**Kelsie Taylor – Netball  
BSc (Hons) Sport & Exercise Science  
Manchester Thunder and England Potential  
Academy Athlete, Loughborough Lightning**

"I am so grateful to the NTU Physiotherapy team and the services that have been provided to me throughout my time at NTU. I suffered a concussion when I first came to NTU and every precaution was taken to make sure I returned to court in the safest possible way.

Throughout lockdown I was also undergoing anterior cruciate ligament (ACL) rehabilitation. The team made every effort to ensure I always had an up-to-date rehabilitation programme and consistently caught up with me remotely to check in and support.

Since returning to university in September, I have had constant support and access to facilities which has aided my recovery. I have found it extremely easy to contact the team and arrange physio sessions when needed, this has proved to be one of the most beneficial parts of the performance programme for me. I cannot thank the Physio team enough for their support, whilst playing sport and studying at NTU."

# Sport Psychology

At NTU Sport we understand that the psychological part of your athletic performance is just as important as your physical training and preparation.

That's why we offer sport psychology support to our highest-level athletes to help you prepare psychologically for the demands of training and competition. Our experienced practitioners offer both group workshops and one on one support to help in a number of areas including; resilience, motivation, confidence and mental preparation for competition, helping you to perform to the best of your ability when it counts.

## Sport Nutrition

Getting your nutrition right can have a hugely beneficial impact on athletic performance.

Not only can it assist your physical adaptation and response to training, it can also be key in reducing the risk of injury and illness. The nutrition programme at NTU Sport is delivered by a Health and Care Professions Council (HCPC) registered dietician with extensive experience in professional and elite sport. You'll benefit from a comprehensive nutrition programme including individualised support tailored to your specific needs, alongside group workshops in the basics of correctly fuelling your body for the demands of your dual career. We also have our own on-site nutrition suite located on the Clifton Campus for those who would benefit from some hands-on cooking experience.





# Sport Scholarships

Available to undergraduate and postgraduate students across a range of sports, our Sport Scholarship offer provides the highest performing athletes with a full package of benefits, guidance, and financial support.

Here at NTU we, understand that student athletes have a unique set of requirements and need a wealth of tailored support to help you perform academically and in your sport.

Our inter-disciplinary team of practitioners work closely together to provide integrated support that is specific to your needs. The team will help you to juggle the demands of being a student athlete so that you can strive for excellence in all aspects of your sporting career and your academic studies.

The NTU Sport Scholarship Programme offers a comprehensive package of support including:

- Annual NTU gym membership providing free access to both our City and Clifton campus gyms
- Exclusive access to our High Performance Centre gym based at Clifton Campus
- Complimentary NTU Sports club membership
- Strength and Conditioning
- Physiotherapy
- Sports Psychology
- Sports Nutrition
- Performance Lifestyle Coaching
- Academic Flexibility Support
- NTU Sport Scholar performance and match kit

In exceptional circumstances, candidates can also benefit from a financial award in the form of a bursary payment or reduction in academic fees.



# How to apply

NTU Sport scholarships are awarded on a case-by-case basis, taking into consideration the level at which you are currently competing and the potential contribution you could make to representing NTU in British Universities & Colleges Sport (BUCS) competition

To qualify for a sport scholarship, you must:

- Be currently enrolled on an undergraduate or postgraduate degree course at NTU, or in the process of applying to become an NTU student for the next academic year
- Compete at a regional, national or international standard in your sport or show evidence of significant future sporting potential

All applications are assessed and allocated accordingly until the available funding is committed for the year ahead. Due to the competitive nature of university sport, we encourage you to make an application as early as possible.

When applying for a sport scholarship at NTU, please note:

- Experience level is not a guarantee of a successful application
- Successful Sport scholars are expected to compete for NTU in all competitions and attend all club training sessions
- If your first application is unsuccessful, you can apply again the following year and every year that you are enrolled as a student at NTU
- A sport scholarship is valid for one academic year only; sport scholars must reapply if they wish to receive continued support

For any questions regarding the NTU Sport Scholarship Programme please contact us.

**T:** +44 (0)115 848 2464 / 3467

**E:** [sportscholarships@ntu.ac.uk](mailto:sportscholarships@ntu.ac.uk)





**Tia Freeman – Basketball (pictured above)**  
**BA (Hons) Management & Marketing**  
**GB and England junior pathway athlete, Oaklands and Wildcats**

NTU Sport has given me a platform to perform at the highest level in my chosen sport: Basketball. As a performance athlete representing NTU, Nottingham Wildcats, and GB U20s, the university's ongoing support has proved invaluable. The facilities and environment are competitive and fun.

At university I have accessed the different services provided through the performance programme. The physio treatment I received at NTU was up to a great standard and the team frequently checked on my progress. One example of this was when I rolled my ankle during the season and got it reviewed and taped by the physios. I have met with the Strength and Conditioning team at NTU, and they have supported me as an athlete and helped me to improve my personal performance. The team have helped support me through any injuries I have had and made me feel confident to perform, while giving me an understanding of my limits.

Being a scholar and full-time athlete has proved to be a juggle at times, but the scholar programme has helped me physically, mentally, and academically in order to get the best from both my sport and my degree.





England  
Rugby

UNIVERSITY  
PARTNER



WOMEN'S  
HIGH-PERFORMANCE  
FOOTBALL CENTRES



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