



**Sport**

# **Sport & Fitness Guide**



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## Our values...

# Pride. Unity. Respect.

**Pride.** We are #ProudToBePink and #ProudToBeNTU.

**Unity.** Together we can achieve anything.

**Respect.** We value and appreciate each other.

# 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 sure to benefit from a high-quality sports experience. Whether you aspire to compete at the next Olympics, want to play sport for fun with some friends, or just want to get active in our facilities – we have something for everyone. NTU is now firmly established as one of the top competitors in the UK higher education sport rankings. The University is proud to be ranked in the top 10\* out of over 150 institutions from across the UK in 2022.

NTU Sport are #ProudToBePink, competing in our distinctive hot pink kit, setting us apart from the crowd. With the department employing some of the best coaches and instructors, you can't help but be

inspired to be the best you can be as you enjoy our outstanding fitness and sports facilities. Sport and exercise are 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!

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.

**James Hayter,**  
Director of Sport.

### Did you know?

NTU Sport ranked in the top 10 out of over 150 universities in the UK in 2022.



# Our 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 offers 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.

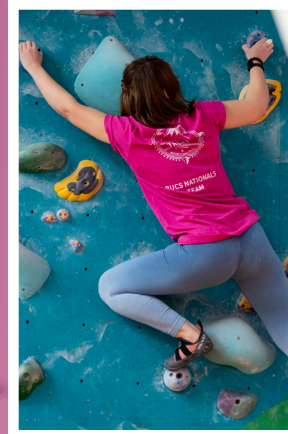
You'll have access to:

- A cricket square and nets
- Our NTU Equestrian Centre
- Table tennis tables

Less than a mile from campus, Southwell Leisure centre offers a significant discount to NTU students on their standard membership price.

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)

Brackenhurst  
Southwell  
Nottinghamshire  
NG25 0QF  
Tel: 0115 848 5292



SCAN ME



Watch the Clifton facilities come to life through our tour



## 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.



Come to the gym with one of our students!



SCAN ME







# More than just a gym

Not only can you access fully equip gyms on both our campuses but with our Active Memberships you can attend the gym, fitness classes, Play for Fun sessions, book courts, swim at the University of Nottingham's pool at a discounted rate and hire facilities at no extra cost!



## 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 at the beginning of the academic year.

## 3 for 2

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.

## Direct Debit Membership

You can also purchase a direct debit for as little as £9.99 a month with no joining fee or cancellation charge where you can freeze your membership if you need to!



## 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.

For more information visit [www.ntu.ac.uk/sportmembership](http://www.ntu.ac.uk/sportmembership)

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# 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 getting active!

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)



@ntuplayforfun

## 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)



@ntuvpsport

## 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)

## NTU Sport Leagues

Enter your own team into one of our NTU Intramural leagues. These leagues 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/inter-nalsport-leagues](http://www.ntu.ac.uk/sport/get-involved/inter-nalsport-leagues)



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# Love Sports? Join the club!



## 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!



**You're now part of the club and your sporting journey begins!**

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. Make sure to follow them on social media to keep updated with all the latest club news and events.

2



## 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.

3

4

# Performance Sport

## BUCS

NTU is one of the top universities for performance sport in the UK, proudly finishing in the **top 10 of the BUCS league** in 2022. 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 2022 NTU Netball 1st, 2nd and 5th teams had an undefeated season as well as winning club of the year in 2021 and 2022. With the 1st team securing BUCS Premier League North Promotion, BBW Trophy Winners and the 2nd team being Conference Cup Winners in 2022.

Read more here:



## Scholars

NTU Sport offer a number of sport scholarship awards each year to the most outstanding athletes, available to both undergraduate and postgraduate students in a range of different sports. The NTU Sport Scholarship Programme is designed to ensure you have the breadth of support you need to achieve success in both your sport and 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
- Exceptional candidates can also benefit from a financial award in the form of a bursary payment or reduction in academic fees.



# Volunteer

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

"I would highly recommend volunteering with NTU Sport, especially at events like the open days. It allowed me to meet other students at NTU, whilst hopefully having a positive impact on the younger students allowing them to make the best decision for their collegiate future. I think that the vast volunteering opportunities offered to students with NTU Sport means that there is something to suit everyone."

**- Mari Stewart, Sport Volunteer**

**Here are some examples of volunteer opportunities you can get involved with at NTU Sport:**

NTU Sport	Sport Media	Events & Community:
<ul style="list-style-type: none"> <li>• Officiating</li> <li>• Coaching</li> <li>• Performance or data analysis</li> <li>• Market research</li> <li>• Volunteer leaders (Play for Fun)</li> <li>• Strength and conditioning</li> </ul>	<ul style="list-style-type: none"> <li>• Sports event coverage</li> <li>• Photography</li> <li>• Videography</li> <li>• Match reporting</li> <li>• Sport and health blogging</li> </ul>	<p>Events:</p> <ul style="list-style-type: none"> <li>• Nottinghamshire School Games</li> <li>• BUCS Nationals</li> <li>• Notts Varsity</li> <li>• NTU fundraising events</li> </ul> <p>Community:</p> <ul style="list-style-type: none"> <li>• Notts Athletics Club</li> <li>• Nottingham Forest in the Community</li> <li>• Nottingham Leander Swimming Club</li> <li>• Tennis in Nottingham</li> <li>• Riding for the disabled</li> <li>• Schools coaching</li> </ul>

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



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

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## 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!"

"I thoroughly enjoyed my three years as an NTU hockey scholar. The high-quality facilities and coaching staff at NTU provided me with top-class support and advice on how to develop a range of skills on and off the pitch. The structure of the scholarship program allowed me to communicate openly with coaches and lecturers to help manage a busy schedule, which helped me to perform to my best both in academics and in sport. I'm very grateful for the opportunities NTU provided me and the social side meant I made some great friends along the way!"

## Nadia Bennallal

Women's Hockey Scholar



## 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."

10.



# NOTTINGHAM VARSITY 2023

## Show Your Colours

### Nottingham Trent University

50 Shakespeare Street  
Nottingham  
NG1 4FO

Tel: +44 (0)115 941 8418

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

Nottingham Trent University

### Sport photography:

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

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

Adam Oldfield  (@aoldfieldphoto)

Aaron Badkin  (@aaronbadkin\_photography)



@ntusport @ntufitness



Download the **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.**

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