

SOLENT  
UNIVERSITY  
SOUTHAMPTON

# Push the limits

Performance sport support package  
and scholarship programme



[www.solent.ac.uk/performance-sport](http://www.solent.ac.uk/performance-sport)

**MAKE  
WAVES**

# Performance sport

Our performance sport programme is moulded around your sporting talent and potential. Athletes applying for the performance sport programme can qualify for either a sport scholarship or entry to our High Performance Academy (HPA) programme.

## The High Performance Academy support package

The HPA support package is delivered by our dedicated team of individuals who are committed to our athletes' development and sporting success. This includes:

- strength and conditioning training sessions
- dual career and lifestyle support
- physiotherapy treatments
- soft tissue massage
- University accommodation discount
- access to the high-performance gym
- complimentary Solent Sport club membership
- access to high-performance workshops
- sports science support
- athlete kit.

## Sport scholarships

Solent Sport awards scholarships each year to national and international athletes who strive for academic success alongside their sporting careers.

Anyone with a proven history of success and a desire to fulfil their sporting and academic potential is encouraged to apply.

### What's on offer?

- Bursary scholarships from £1,000 up to a maximum of £5,000
- Focus sport services packages
- Individual and focus sport packages

For more information, please visit

[www.solent.ac.uk/solent-sport/scholarships](http://www.solent.ac.uk/solent-sport/scholarships)



## Focus sports

Basketball (men and women), cricket (men) and football (women) are our performance teams. Support is delivered by dedicated qualified performance coaches with additional specialist expertise.

We also offer access to elevated funding and support, allowing sports scholars to compete at the highest level in BUCS and national leagues.



## Our facilities

### Test Park sports ground

Solent students have access to our Test Park football facility and FA coaching venue, which boasts a multi-purpose all-weather, full-size floodlit 3G sports pitch, floodlit grass stadium football pitch, two additional grass football pitches, three rugby pitches (one of which is floodlit), six changing rooms and a teaching space.



### Solent Sports Complex

Part of the University's recent £100 million spend on modernising its East Park Terrace campus, Solent's sports complex offers an array of specialist industry-standard equipment and spaces. Its main features are:

- two sports halls: one is a dedicated performance basketball arena to FIBA Level 2 with seating for 500; the second is a multi-purpose hall for basketball, netball, volleyball, futsal, wheelchair rugby and badminton, plus two fitness studios and a spin studio
- a general-purpose gym (accessible by the public)
- a strength and conditioning high-performance gym
- a 15-station group cycling studio with virtual instructor technology
- health and fitness, and personal training teaching gyms
- a sports and exercise therapy clinical space.

For further details on the sports complex, visit [www.sportscomplex.solent.ac.uk](http://www.sportscomplex.solent.ac.uk)





At Solent, we are a TASS Dual Career-accredited institution and have a dedicated Dual Career coordinator and athlete support officer. They are available to support our students with balancing their sports commitments and their studies, enabling them to fulfil their full potential in both areas.



This is a nationally recognised quality mark, promoted, supported and endorsed by England Athletics. This is an endorsement of excellence for prospective students, to help signpost them to high-quality athletic environments when applying to university.



For more information, please contact:

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