

**SOLENT**  
UNIVERSITY

REACH  
NEW  
HEIGHTS



Winner of the Most Improved University  
award for sport, 2017

**SOLENT SPORT**

# WELCOME

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Here at Solent we aim to provide a full range of sporting opportunities for the whole University community; whether that be competing for Team Solent in local, national or BUCS competitions, being a member of our gym, or trying a new sport or activity in our recreational sport programme.

We are passionate about sport at Solent, and the benefits it provides in creating a positive contribution to your physical and mental wellbeing are well documented. It can help you settle in to University life, help you meet new people and make friendships that will last a lifetime.

Our performance sport programme enables high performing athletes to combine and fulfil their sporting and academic potential, with support from our specialist trained staff and dedicated facilities. It provides an extensive service including strength and conditioning, as well as physio and lifestyle support for our sports scholars, athletes and the team members of our focus sports (including cricket, basketball and football).



Our excellent facilities provide you with the opportunity to play and train in world class surroundings. Test Park, the University's outdoor facility, houses a full size floodlit 3G pitch, FA pyramid Level 5 football stadium, a floodlit full size rugby pitch, as well as numerous other full and smaller size pitches.

In addition, we are excited to be opening our new sports centre in the summer of 2019. This will boast a 100 station gym and two sports halls, one of which will be a purpose-built basketball performance hall to support our high level programme. This is an exciting time for Solent Sport, and we look forward to you becoming part of our success.

**Martin Nailor**  
Head of Solent Sport

# CONTENTS

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- 2 Teams and Clubs
- 5 Performance Sport
- 8 Working in Partnership
- 10 Recreational Sport
- 12 Recreational Activities
- 13 Recreational Clubs
- 14 Fitness and Wellbeing
- 16 Outstanding Facilities



# TEAMS AND CLUBS

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Team Solent is the competitive sporting arm of Solent Sport; comprised of 30+ local and national teams proud to call Solent University home.



If you have a passion for team sports and would like to join a team that represents the University locally and nationally, you'll find plenty of choice at Solent University. With over 50 sports teams and clubs to choose from, you are sure to find a team to suit you.

### **Our Sporting Reputation**

Team Solent teams and clubs compete in a variety of sports, in both British Universities and Colleges Sport (BUCS) leagues and tournaments, as well as local, national and international competitions. Team Solent clubs are primarily made up of current Solent University students, but also include former students, members of staff, and players from the local community.



### **BUCS**

The BUCS fixture programme is the most prestigious competition that Solent University enters. There are five conferences: Western, Midlands, Northern, Scotland and South Eastern. The format of your season depends on your sport and what tier you play in. However, most teams will be involved in a regular league season, with weekly fixtures on a Wednesday afternoon.



### **Annual Varsity Match**

Launched in 2016, Varsity is an annual sporting series between Bournemouth University and Solent University. Varsity, held each spring, is a showcase and celebration of our student sport, with a healthy competition held between the two local institutions. The event consists of 25 sporting matches, with over 1700 people in attendance. This gives Team Solent's sports clubs the opportunity to celebrate the University's sporting ability, and showcase their talent.

### **Team Solent**

More than 1,200 students compete in sports with us each year, and the clubs welcome everyone from beginner to elite athlete.

# GET INVOLVED

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You can sign up to the teams and clubs online at [www.solent.ac.uk/sport](http://www.solent.ac.uk/sport)

Our membership fees include:

- Club affiliation
- Team entry fees
- Transport to and from away fixtures
- Training costs
- First aid and safety
- Insurance
- Kit and equipment

For more details about Solent Sport club memberships, visit: [solent.ac.uk/membership](http://solent.ac.uk/membership)

- American Football
- Athletics
- Badminton
- Basketball
- Boxing
- Climbing
- Cricket
- Equestrian
- Football
- Futsal
- Hockey
- Judo
- Netball
- Rowing
- Rugby
- Sailing
- Snowboarding
- Squash
- Wheelchair Rugby
- Table Tennis

For more detail about other clubs on offer, please see recreational activities on page 12.

# PERFORMANCE SPORT

Our comprehensive Performance Sport Programme is aimed at supporting talented athletes through university, helping them to be successful in sport on the national and international stage, as well as in their studies. Athletes applying for the performance sport programme can qualify for a sport scholarship or our High Performance Academy.

## **Focus Clubs**

Basketball, football and cricket are our focus performance clubs. These clubs are headed up by dedicated qualified performance coaches with additional specialist support. They also have access to elevated funding and support, allowing them to compete at the highest level in BUCS and national leagues.

## **High Performance Academy (HPA)**

Our High Performance Academy provides financial and mentoring support to assist student athletes in reaching their full sporting potential. Successful applicants receive a support package worth up to £2,500.

## **360° athlete support**

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

- Lifestyle support and personal mentoring.
- Discount on halls accommodation for selected members.
- Strength and conditioning training sessions.
- Physiotherapy treatments.
- Free use of Solent Sport facilities.
- Free club membership.
- High performance workshops (i.e. nutrition, media, training, time management).
- Athlete bursary (where applicable).
- Sport science support (i.e. fitness testing).

# PERFORMANCE SPORT SCHOLARSHIP

Scholarships are awarded to athletes competing in a variety of sports at national level and above. As a scholar, you'll receive financial assistance towards academic fees - at 100% for the first academic year and 50% in any subsequent years. You will also be able to take advantage of a support package worth up to £2,500. Anyone with a proven history of success and the desire to continue developing their game is encouraged to apply.

## Selection Criteria

All sports scholarship applicants will be required to demonstrate previous and current sporting achievements, and have a commitment to continue improving in their sport and representing the University. Selection criteria are based upon senior or age group representative honours at national and/or regional level. Individuals who are part of National Governing Body (NGB's) performance squads will also be considered.

Scholarships are only offered to students who have gained a place or are currently studying at Solent University. Scholars must represent and compete for the university in British Universities Colleges Sport (BUCS) events where applicable.

For more information about our performance sport programme, please email [sports.scholarship@solent.ac.uk](mailto:sports.scholarship@solent.ac.uk) or visit [www.solent.ac.uk/solent-sport/scholarships](http://www.solent.ac.uk/solent-sport/scholarships)



# TESTIMONIAL

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Recent achievements of one of our scholars and HPA athletes include:



**Ekemini Essien**  
American student

Studying MSc Management at Solent on a basketball scholarship. Ekemini was awarded Sportswoman of the Year 2017 for her dedication to Team Solent both on and off the court, and for being an outstanding athlete.



"When I first arrived, I went straight into a workout and later that evening I was scrimmaging with the rest of the girls in the team. They invited me in with open arms like I was part of the family."



# WORKING IN PARTNERSHIP

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Solent Sport works with a number of local, regional and international partners to enhance the University sport experience, and add value to the work of our community partners such as Basketball England (National League Basketball), BUCS and Energise Me (formally Sport Hampshire).

One of our key partnerships is with children's charity Wooden Spoon, in which we have invested a significant amount to help develop Team Solent Sharks Wheelchair rugby club.

We work closely with Hampshire FA, Southampton FC (Girls & Women's Football), and Southern Vipers (Women's Cricket), helping to deliver extended sporting opportunities to the University and local community.

More recently, we have begun work with PFA, TASS (duel career accredited centre) and UKAD to develop our performance sport programme.





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# RECREATIONAL SPORT

Want to play a sport but don't want to commit to a sports club?

If you want to compete at a recreational level in your sport, whilst making new friends at university, this is the programme for you.



# TESTIMONIAL

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## **Elizabeth Stanley**

Ladies football competitor and student

Studying FdSc Marine Operations at Warsash Maritime Academy, part of Solent University

"For as long as I can remember I've played football. As soon as my course was confirmed, I contacted the team, got involved and have been fortunate enough to have made friends for life."



# RECREATIONAL ACTIVITIES

We cover most mainstream sports, as well as original activities chosen by our students. There's no need to book, just turn up by yourself or with friends and play for as little as £2.50. 'Give Sport A Try' is our no-experience-necessary sports taster programme, aimed at getting more people involved in recreational sport. It's a great way of trying a new hobby, or returning to a sport you used to play, without the commitment of joining one of our existing teams or clubs. Below is our taster programme timetable, where we also run Sunday night football league, futsal league and much more...

## St Mary's Sports Hall

Futsal Pay and Play	Monday	4pm-5pm	£3
Wheelchair Rugby	Tuesday	6pm-8pm	See website for detail
Shoot the Hoops	Tuesday	8pm-10pm	£2.50
Badminton Pay and Play	Friday	7.20pm-10pm	£3
Community Table Tennis	Friday	5.20pm-7pm	£3
Squash Pay and Play	Friday, Saturday, Sunday		£3
Futsal League	Sundays	5.30pm-8pm	See website for detail

## Test Park Venue

Sunday Night Football League	Sundays	4pm-10pm	£150 per Team
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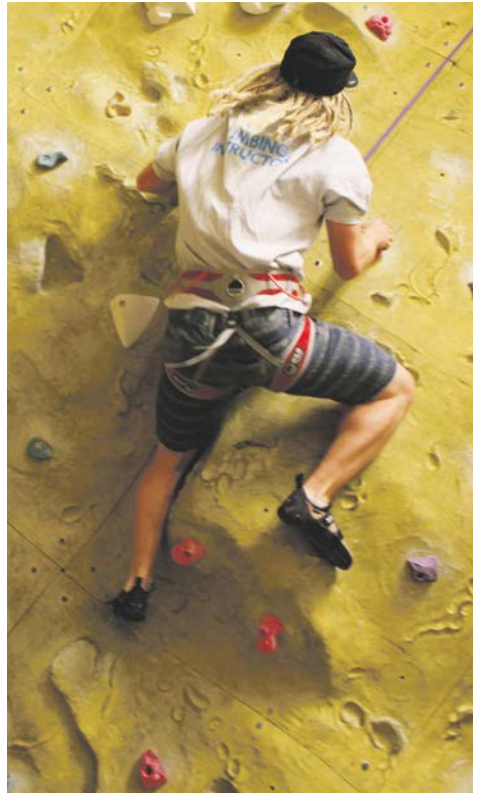
# RECREATIONAL CLUBS

Our recreational clubs are for individuals who literally just want to play sport, stay active and meet new friends. Sports that offer this opportunity are:

Volleyball, cheerleading, kickboxing, boxing, tennis, windsurfing, sub aqua, climbing, snowsports, equestrian and rounders.

There will be new and exciting activities added to the timetable throughout the year. So keep an eye on the website and get involved.

To join up please contact  
**[solent.sport@solent.ac.uk](mailto:solent.sport@solent.ac.uk)**



## FITNESS AND WELLBEING

No matter your level or ability, or whether you're looking for gyms or a place to play racket sports, Solent Sport has a membership package to suit you.







Get annual and monthly gym memberships. Memberships are open to students, staff and members of the public. Let us help you design your own fitness programme. Our team of Solent Sport gym experts can create tailored programmes designed to help you meet your fitness goals, at your own pace.

You can find out more about our membership at [www.solent.ac.uk/memberships](http://www.solent.ac.uk/memberships) or email [solent.sport@solent.ac.uk](mailto:solent.sport@solent.ac.uk)

# OUTSTANDING FACILITIES

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We provide our students with state-of-the-art equipment and access to a wide range of facilities; giving them the opportunity to really experience sport, either for leisure and recreation, or to a competitive level. All our facilities are open to students, alumni, staff and the public, and our venues are available for hire for sporting and non-sporting events and conferences.



## St Mary's Sports Centre

The centre has a main hall, divided into Sports Hall 1 and 2, a fitness suite and weights room, squash courts, an indoor rock climbing wall and a bouldering room.

[www.solent.ac.uk/stmarys](http://www.solent.ac.uk/stmarys)



## Sports Hall 3

Get involved in volleyball, basketball, badminton and many other sports. The venue also hosts a number of BUCS league fixtures.

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



### **Performance Fitness Centre (PFC)**

The centre is mainly used by High Performance Academy students. It offers strength and conditioning equipment, including Olympic lifting stations, kettlebells, power bags, and free weights, as well as cardiovascular and resistance machines. [www.solent.ac.uk/ept-sport](http://www.solent.ac.uk/ept-sport)


### **Test Park Sports Ground**

The facility includes a '3G' multi-purpose all weather sports pitch, the Sydenhams Wessex League floodlit football stadium, two grass pitches, six changing rooms, a pavilion, and conference facilities, as well as a function room. [www.solent.ac.uk/test-park](http://www.solent.ac.uk/test-park)

### **Our New Sports Facility**

Our new sports building is due to open in summer 2019, adding two new sports halls, three fitness studios, a health and wellbeing gym, a strength and conditioning gym and further high-quality teaching facilities to the campus.





Solent University  
East Park Terrace  
Southampton  
SO14 0YN

T. +44 (0)23 8201 3277

E. [solent.sport@solent.ac.uk](mailto:solent.sport@solent.ac.uk)

 /MySolentSport

 @MySolentSport

 /MySolentSport

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