



Birmingham University

Birmingham University has been awarded the Gold Charter Mark. This reflects the excellent level of support it offers student athletes, from club level participants to elite athletes who have been provided with bursaries.

[This document provides a quick overview of the facilities and support provided at the University.](#)

For up to date information on the coaching staff, rosters, relevant news items and upcoming fixtures see <https://www.ubsportathletic.co.uk>

For more information about the University Athletics Club, Luke Gunn will be happy to provide more details and can be contacted via L.S.Gunn@bham.ac.uk

- Sports Scholarships available from with a value of up to £6,000 per year. This includes unlimited Physiotherapy, S&C coaching/programming and access to Performance Gym, full profile physiology lab testing, 1-1 consultations with Nutritionists, Performances Lifestyle and Psychology practitioners. There is also access to Sports Medicine clinic when necessary. There is a high-tech heat chamber and ice bath facilities. For more information, see <https://www.sportandfitness.bham.ac.uk/student-sport/scholarships/ubsport/>
- Athletics Club Membership is open to all athletes and includes track access, coaching, training programmes, circuit training, drills and plyometrics as well as gym classes such as spin sessions and yoga classes. There are numerous off road training areas close to the university and opportunities to train at altitude are also available. Sports Scholars can access the strength and conditioning gym free of charge, whilst the 'Club Performance Squad' can also access it for a moderate charge. Any student can also purchase a University gym membership, with a full provision of state of the art equipment, which can be viewed here: <https://www.sportandfitness.bham.ac.uk/facilities/gym/inside/>
- The University has its very own track facility on campus, which is built to full IAAF specification. There is an 8-lane, synthetic surface and full complement of equipment required for competition including adjustable steeplechase barriers and water jump, which can be filled by arrangement with the university coaches for training purposes.
- All jumps events have IAAF specification facilities and there are numerous hurdles and power training aids available during all club sessions.

- There is an IAAF specification throws cage and shot circle, together with two javelin runways at the track facility and seated throws and tie-down facilities are available. Space to land the hammer, discus and javelin all year is available within the club and BRAT bookings.
- All athletes are invited to communicate with university coaches and train with the group prior to starting at the university. Plans for training and competition aims are shared with home coaches and communication with university and home coaches are supported.
- There are qualified coaches for all events and they are all qualified and confident in coaching para athletes. In addition, there are several dedicated strength and conditioning coaches based at the university.
- Training opportunities are available via agreements between the University Athletics Club and the local BRAT club as well as with the Alexander Stadium's indoor and outdoor HIPAC facility. If required, additional local clubs are available to provide additional training and competition opportunities. The HIPAC centre is only 5 miles from campus, is free to the Performance Squad members and all club members can access it all year round for a small fee. This includes indoor jump facilities and a track area.
- Competition opportunities are available for all members of the club, regardless of ability or training history. As well as local competitions, the University Club competes in indoor and outdoor track and field competitions, as well as over cross country and road races. These include all the BUCS Athletics Championships. Regional BMC fixtures will be hosted at the University in 2019 and the University continues to support the 50 year old competition partnership with Harvard, Yale, Penn and Cornell Universities.