



The University of Nottingham

The University of Nottingham has been awarded a Bronze Charter Mark. This reflects the high level of facilities and support it offers to student athletes at all levels and across the full range of events.

[This document provides a quick over-view of the facilities and support provided by the University.](#)

Up to date news items and results can be found on the club's space on the university webpage www.su.nottingham.ac.uk/sports/sport/athleticscc/ plus, Twitter - @UoN_Athletics

Athletes are welcome to contact the club committee members prior to joining/arriving at the university, (and whilst at the university) at Open Days, the club email address or by attending the welcome talk that the club runs to introduce the club structure to aspiring members. Student-athletes are then put in contact with the right coaches to enable a smooth transition into the university club. Online contact at <https://uonathletics.wordpress.com> and www.su.nottingham.ac.uk/sports/sport/athleticscc/

- A range of sports scholarships are available, aimed at providing an unrivalled level of support to elite athletes, including those competing in disability sport. There is a comprehensive tiered scholarship system, providing support up to a value £14,000 including sports and fitness membership, specialist strength & conditioning facilities and programme support, physiotherapy, performance lifestyle advice, academic mentoring, nutritional advice, sports psychology, anti-doping advice and financial support up to the value of £8,000. There is a dedicated Disability Sport Officer to offer comprehensive personalised support to our disabled student athletes. For more information see www.nottingham.ac.uk/sport/performanceport/sportsscholarships/index.aspx
- High performance zone situated on campus in the David Ross Sports Village, featuring a 60m six-lane indoor sprint track. Free to scholarship athletes whilst Athletics Club members also have access to the high performance zone twice a week. Off-road training available at Woolton Park, which borders the campus.
- All levels of athletes welcome at the university club, with a varied training and competition schedule provided, which is suitable for all experience levels. Inclusive sessions which the club adapts to meet the needs of disabled athletes. Qualified coaches available for all events and for strength and conditioning. The university has a full-time disability sport officer and has supported Para-Olympic gold medallists.
- Local and national competition opportunities from grass roots competition up to national level, including BUCS cross country and the track and field outdoor and indoor championships.
- Additional training and competition opportunities through the university's partnership with Notts AC, providing shared facilities and coaching expertise. The club has access to the stadium 5 times a week, including the track, steeplechase and all the jumps and throws events, including seated throws facilities.

- Strength and conditioning facilities on campus. Athletics club members have use of the facilities twice a week, and scholars are able to access the facilities as required at no extra cost.
- Physical performance testing and movement screening plus a plunge pool and hydrotherapy pool as part of the on-campus Sports Injury Clinic. Athletes able to book group and private sessions to access this facility from as little as £10.
www.nottingham.ac.uk/sport/davidrosssportsvillage/hydrotherapy-pool.aspx
- Gym facilities on all three campuses available 7 days a week and free to elite athletes. The largest is DRSV and features a 200-station fitness-suite and a rebound wall used by the throws events. The Athletics Club gets access to the high-performance zone on campus.
HPZ: www.nottingham.ac.uk/sport/davidrosssportsvillage/high-performance-zone.aspx
DRSV Gym: www.nottingham.ac.uk/sport/gym/gym.aspx
- Sports Injury Clinic, including a state-of-the-art rehabilitation facility. Sports Massage, Physiotherapy, Hydrotherapy, Sports Rehabilitation, Concussion Clinic, Watsu Therapy, Remedial Massage and Occupational health available.
www.nottingham.ac.uk/sport/davidrosssportsvillage/sports-injury-clinic.aspx
- Both group and 1-2-1 nutritional advice available on site
www.nottingham.ac.uk/sport/performancesport/nutrition.aspx
- University of Nottingham Sport's Leadership Academy Qualification Fund offers financial support to current University of Nottingham students to complete a recognised coaching qualification. Athletics members have regularly completed run leader and assistant coach qualifications over the last few years.
www.nottingham.ac.uk/sport/leadership-academy/qualification-fund-application-form.aspx