



The University of Sheffield

The University of Sheffield has been awarded a Silver Charter Mark. This reflects the inclusive environment and good level of support it offers student athletes of all abilities, across a wide range of events. The Athletics Club was awarded both the University Club of the Year and Yorkshire BUCS Club of the Year in 2018 and Martin Cook (Head of Athletics) won Coach of the Year in 2020.

This document provides a quick over-view of the facilities and support provided at the University.

- Up to date news items and results can be found on the club's space on the university website www.shefuniac.co.uk
- Facebook publicity page www.facebook.com/shefuniac
- For Instagram/Twitter/youtube see @shefuniac

Martin Cook, the Head of Athletics is a point of contact for the club. m.cook@sheffield.ac.uk

- The Elite Sports Performance Scheme (ESPS) offers elite athletes the opportunity and support needed to maintain and maximise their academic and sporting performances. Successful applicants receive free annual gym membership, access to strength and conditioning coaching and facilities, access to physiotherapy consultation and discounted subsequent appointments and lifestyle mentoring sessions, including Psychology and Nutrition. Some athletes additionally receive grants up to £1000 and free accommodation. For more details contact simon.vardy@sheffield.ac.uk and see www.sport-sheffield.com/performance-sport
- Bursaries available for athletes wishing to take part in university sports clubs at any level of up to £200. Submissions for a bursary can include support services such as sports science, physiotherapy, kit, access to gyms and expenses. More detail available at www.sheffield.ac.uk/ssid/finance/participationgrant
- All levels of athletes welcomed to the university athletics environment, with training and competitive opportunities available for all, regardless of ability or experience. Committee members, including the Welfare Officer, support new students with the transition period when joining the university. At the start of the year, 'Give It A Go' allows athletes to experience the opportunities on offer and to discuss training with the university Head of Athletics. Athletes who are on scholarships will also be contacted by the Head of Performance to discuss their training requirements.
- Structured training sessions are available for all disciplines, including strength and conditioning sessions. Qualified coaches, including a Para-Coach available for all events, sometimes via the links with local clubs that work with the university club. Athletes have access to the gym facilities at SIV in the city centre and at the English institute of Sport.
- Access to plenty of spaces to train on grass or off road, including Endcliffe Park and Bingham Park for grass and hill sessions. The proximity to the Peak District allows athletes to make use of Ladybower Reservoir, which offers 5.5 and 10 mile loops.

- Woodbourne Road Athletics Track provides facilities for all events including a steeplechase water jump and barriers and two throws nets. Additional indoor throwing space available at the EIS, including inclusive para facilities. University Club membership also provides access to the indoor track at the EIS.
- Strength and Conditioning facilities available at the university gym at the Goodwin Sports Centre and, with track membership, this provides access to gym facilities with SIV at the EIS and Ponds Forge.
- A wide range of competitive opportunities are provided for all disciplines, including BUCS Indoor and Outdoor Championships, National and Northern Championships, the South Yorkshire Cross Country League, the Manchester and Leeds Cross Country Relays, Sheffield 10k and parkruns. The university co-hosts the Steel Event and also enter local meetings run at the English Institute of Sport (EIS) and Sport City in Manchester. Additional training and competitive opportunities are provided through established links with several local clubs. This also allows students to volunteer and to join a local league club should they wish to.
- Sports testing available for a charge at the local Sheffield Hallam University and physiotherapy services are located close to the University of Sheffield and available at a discounted rate. The current sprints coach is a qualified sports masseuse, providing support for club members. Sport Sheffield provides drop in physiotherapy sessions and nutritional advice.