

## Ex-players and achievements

Several of the University basketball players have gone on to play for the Hatters and the England team. The most notable is ex-Hatters captain Katie Crowley who did a graduate training programme in physical education with us.

Katie has gained 36 caps representing England Seniors Women's Basketball Team and is a Commonwealth bronze medallist from the 2006 Games in Melbourne.

Whilst still a student, Katie captained the England basketball team to first place in the British University Games. She also won most valuable player for the tournament. She recently captained the Sheffield Hatters to their most successful season in years, winning the play off title, the Division One championship and the National Cup trophy.

## Contacts us to find out more

For more information about the programme, please contact Helen Roberts, the performance athlete support officer at Sheffield Hallam University.

Email [h.a.roberts@shu.ac.uk](mailto:h.a.roberts@shu.ac.uk)

Phone 0114 225 6401

Or visit [www.shu.ac.uk/sport/team/performance](http://www.shu.ac.uk/sport/team/performance)

For more information about basketball at Sheffield Hallam, email Vanessa Ellis at [vanessaellis50@hotmail.com](mailto:vanessaellis50@hotmail.com)

**'Being a performance athlete is great. The support is second to none and it has allowed me to stay in Sheffield and compete for the University and my club whilst also completing my course.'**

*Helen Naylor, Performance Athlete Support Programme student, GB senior squad member and Sheffield Hatters player.*

# Fulfil your potential *in women's basketball*



# The knowledge behind sporting success

We are a world leader in sports education, research and consultancy. Our sport courses are ranked in the top ten for sport science teaching in the UK.\* And our sports research centres have worked with professional athletes and sports organisations including British Cycling, British Diving, boxer Kell Brook, referee Howard Webb, world mountain bike champion Steve Peat and European tour golfer Danny Willet.

## The Performance Athlete Support Programme

Our performance athlete programme offers support and scholarships to talented athletes studying at Sheffield Hallam. It operates alongside the Talented Athlete Scholarship Scheme and World Class Programme initiatives operated by national governing bodies.

Benefits include

- scholarships of up to £6,000 each year
- unlimited access to all our sport facilities and programmes
- workshops focusing on sporting lifestyle, sports psychology and sports nutrition
- academic flexibility to ensure you can compete in key sporting events

## World-class facilities

Our students have access to some of the best facilities in the UK, including our sport campus at the English Institute of Sport Sheffield. This is one of the top indoor sports facilities in the country where many of Team GB's top athletes train, including Sheffield's own Jessica Ennis.

We also have sport and fitness facilities at both our campuses. They include fitness suites, sports halls and sport research laboratories featuring cutting edge technology such as video-capture review systems and environment chambers. And the Sheffield Hallam University Sports Park – home to many of our outdoor



sports teams – which will re-open in September 2013 following a £5 million upgrade.

Other world-class sport facilities within the city include Ponds Forge International Sports Centre and Ice Sheffield.

\*2013 Times and Good University Guide rankings.

# Women's basketball at Sheffield Hallam



Sheffield Hallam's women's basketball programme offers a performance lifestyle balanced with the requirements of an academic degree.

Because the club has focus sport status, it has access to our world-class high performance conditioning suite led by Olympic conditioning expert Dave Hembrough and his team of coaches. Physiotherapy is also provided by the University's team of performance physiotherapists.

The women's first team currently compete in the British University and Colleges Sports Championships (BUCS) Premier North division – the highest level in university basketball. The second team compete in Northern 2A following promotion in the 2012–13 season. Both teams play their home fixtures at the EIS Sheffield.

The first team's current weekly schedule is

- Monday – training, 6–8pm
- Tuesday – training, 6.30–8pm
- Wednesday – BUCS fixtures
- Thursday – training, 6.30–8pm
- Saturday – Hatters EBL fixtures
- Sunday – Hatters EBL fixtures

As well as competing on court there are many opportunities to coach through the University, the Hatters and the local school network. And with our bursaries – including qualifications in exchange for coaching hours – you might be able to get qualified for free.

## The Sheffield Hatters

The Sheffield Hatters, formed in the early 1960s, were the first women's basketball team in England. They have dominated English women's basketball since the early 1990s, winning numerous national honours. This has earned them the title of 'The most successful club in English women's team sport.'

Well in excess of 150 players have gone on to represent their country whilst at the club, along with several coaches and team managers. The team currently has players involved with Great Britain – who were recently promoted to the top division of European basketball – and England at junior level.

## Expert coaching

Both the University women's first team and Sheffield Hatters are coached by Vanessa Ellis, the Great Britain assistant coach. She has been involved in English and GB coaching for over ten years and has developed many athletes to the highest level.