PERFORMANCE
SPORT
2017 / 18

WE ARE TOP 10

#WeAreBristol
Our students and their sports clubs achieved Top 10 in British University Sport for the first time in 2017.

Their commitment, passion and energy across all the sports provided over 2,500 points to the total and a 9th placed finish.

This student led approach of Performance sport has created a very special, inclusive community where participation to performance is a very clear pathway and opportunity is given through the clubs.

WE ARE TOP 10

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The new hashtag #WeAreBristol has never been so fitting as right now, each student, coach, staff member are all part of the community that is creating something unique and special at the University.

Sport is the driver and increased Performance is the outcome of the process getting better and better each year.

Matt Paine
Performance Sport Manager

www.bristol.ac.uk/sport/performance/clubs/
TEAM GB
OLYMPIANS

Tom Mitchell
Georgie Twigg
Lawrence Clarke

Hannah Mills
Andrew Pozzi
Jazmin Sawyers
• American Football
• Archery
• Athletics & Cross Country
• Badminton
• Basketball
• Boat
• Cycling
• Cricket
• Fencing
• Futsal
• Korfball
• Men’s Football
• Women’s Football
• Ladies’ Hockey
• Men’s Hockey
• Ladies’ Lacrosse
• Mixed & Men’s Lacrosse
• Men’s Rugby Union
• Women’s Rugby Union
• Netball
• Riding
• Rugby League
• Sailing
• Snowsports
• Squash
• Swimming & Water Polo
• Table Tennis
• Tennis
• Trampoline & Gymnastics
• Ultimate Frisbee
• Volleyball
My experiences at Bristol University shaped me into the man and the player I am today. UBRFC is a club that encourages commitment and endeavour whilst recognising the academic commitments of the students. The high performance squad support extends into all aspects of life, studies as well as expertise in relevant sporting areas.

Tom Mitchell
Great Britain and England 7’s Captain (BA 2011)

In the final year of my undergraduate, I was doing both rugby and university full-time, training and studying and I thought the balance was great, they complimented each other quite well because whilst you’re enjoying one or finding one difficult, you’ve got the other one as a release. I now know that in my rugby career, whatever happens for me, I’ve got something set up for me afterwards.

Sam Jeffries
England Students & Bristol Rugby (BA MSc 2017)
Rowing at Bristol gives you the opportunity to meet so many people, train in a competitive environment and be part of one of the biggest clubs at the University... now is a really great time to be a part of UBBC.

Annie Rogers
Medicine - GB Jnr Team 2012

• Largest and Oldest Sports Club at Bristol
• A training program tailored to your goals, your course, and your history
• Top 10 Rowing Program in UK (BUCS 2017)
• New Boathouse at Saltford and new equipment added to it every season
• Club atmosphere like no other, with a ‘one club’ culture, people love being involved and all contribute to the club’s success
• Want to row for your country? We support GB Triallists with top support services and scholarships available
• Support services including strength and conditioning, physios, nutritionist, sports psychologist
• Experienced in assisting transition from school to University competition
• Experienced helping students manage highly academic degrees alongside sporting goals
• New to Rowing? We also have one of the best Learn-to-Row & Novice programs in the UK!

Head Coach - Cameron Kennedy
c.kennedy@bristol.ac.uk
uobboatclub.co.uk

Photo courtesy of ‘Fine Time Photography’

Sponsored by

@UOBBoatClub
@UOBBoatClub
The 4 years of hockey I have had at Bristol have been fantastic. There is an excellent balance between professionalism and enjoyment, making it easy to balance studying medicine with a high standard of hockey. The club continues to improve and now more than ever is competing with the top university sides; it is an exciting time for hockey at Bristol’.

George Cairns
England U18

- One of the universities largest clubs with over 260 playing members
- 10 teams playing in BUCS; 8 teams playing in the West Hockey Leagues
- Men’s and Women’s 1s in BUCS Premier Division with both looking for a return to the National League
- Full time Head Coach supported by a wide range of performance services
Here at the University of Bristol, we offer a wide range of athlete support services to help you develop as an athlete and improve performance, including: Strength and Conditioning, Sports Psychology, Nutrition and Physiotherapy.

Our Support Staff have a wealth of experience, with backgrounds working with Olympic, International and Professional athletes. Our focus during your time at Bristol is to provide you with the necessary support structure and education to help you maximise your development to achieve your goals.

COACHES VIEW

The input of the support staff at University of Bristol has really helped to develop our players both on and off the field. Sports Psychology and Nutrition has offered real benefits and the close working relationship with Will and his team to improve our Strength and Conditioning continues to push all our players to a much higher level of performance.

Keith Leaker
Women’s Rugby Head Coach

ATHLETES VIEW

The Support we receive from the University has definitely helped us improve on an individual and team basis. Not only has the support made us faster, stronger and consistently better, but help provide the players with a more focused mindset, improving performances on the pitch.

Alex Coetzee
Men’s Cricket Captain

SERVICES WE OFFER

Individualised Strength and Conditioning programmes coached within team sessions.

- 1 to 1 or Team Nutritional support and advice
- 1 to 1 or Team Sports Psychology sessions
- Individual Physiotherapy sessions
- Performance Analysis

Lead S&C Coach - Will Ruscombe-King
will.ruscombe-king@bristol.ac.uk
British Universities and Colleges Sport (BUCS) facilitates competitive sport across a wide range of disciplines through regular league fixtures, tournaments and individual events.

The University of Bristol currently sit 9th on more points than ever before across both league and individual competitions.

"Contributing to Bristol’s position in the BUCS table alongside all the other sports gives a huge sense of Bristol pride and achievement, and promotes our recognition as a high performing sports club on a number of platforms."

Chris Mathias
Snowsports Club Captain

- First time in Bristol’s history we are Top 10 in BUCS
- 60%+ win rate across the year
- 4 teams (all female) promoted to Premier Leagues, including Tennis into the National Premier League
- 110 teams for 2017/18
- Trophy gold and silver in Volleyball 2016/17
- 4 Conference Cup golds and 2 silvers
- Individual medals in Archery, Athletics, Fencing, Orienteering, Rowing, Snowsports, Surf and Windsurf
- Bristol proudly hosted 3 BUCS events this year - Premier Squash Stage 1, National Indoor Archery finals and Lacrosse 8s

Sophie Thomas - BUCS and Sports Coordinator
sophie.thomas@bristol.ac.uk
WE ARE
TOP 10

Contact
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Performance Sport Manager | University of Bristol

#WeAreBristol

University of
BRISTOL

INSPIRATION · RESPECT · DISCIPLINE · ENJOYMENT · PARTICIPATION · LEARNING

BRISTOL SU
the best student life

BLUES
SARACENS
PLAYERLAYER