PERFORMANCE SPORT

Lucy Attwood, Mathematics BSc, England Women’s Rugby 2018.

DRIVEN BY PARTICIPATION, INSPIRED BY PERFORMANCE
Welcome to Bristol

Your journey to your dual career starts here...

"The University of Bristol and Bristol SU are committed to providing a uniquely holistic environment where all aspiring young student athletes can continue their journey on both pathways whilst at University.

As a top 10 university for both academic and sporting excellence, we pride ourselves on the values and standards we uphold in order to provide the best possible student experience.

Our dedicated team of staff and coaches work hard to develop, challenge and support our WeAreBristol sports clubs and the Performance squad student athletes along their path to sporting excellence.

Regardless of programme of study or sporting discipline, each and every one of our student athletes at the University of Bristol is a vital part of our WeAreBristol sporting community.

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MEET THE TEAM

SOPHIE THOMAS
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Student led clubs process

We’re proud that our 70 plus sports clubs and societies are all student led, giving them the support to thrive and develop via the WeAreBristol clubs process.

“Being a part of the #WeAreBristol sporting community means that we collaborate with other sports clubs throughout the year, from socials to Varsity events. We also offer our own bursary available to our members to support badminton-related activities. Members have used it for competing in tournaments from county to international level.

In the last three years, we’ve climbed from 26th to 4th place in the BUCS leagues. Now we’re trying to cement that success, ensuring we consistently rank within the top universities in the country. We’re beginning this process by working towards hiring a full-time head coach and bringing more national events to Bristol. This year, our Women’s 1st team were invited to represent GB at the European Universities Sports Association Championships - we want to make these kinds of opportunities available to any of our students who are hoping to play international-level sport alongside a degree.”

GRACE LI
MECHANICAL ENGINEERING
BADMINTON CLUB CAPTAIN
For me, Bristol’s Boat Club is unique. Rowing is a sport that demands huge amounts; both in the time required for training and the physical toll that comes with being a performance athlete. Spending 25+ hours a week together, all working in perfect synchronicity towards a single goal builds friendships like nothing else I know. Our club is a family, run by students, for students united by a love for this sport.

Having the support of the WeAreBristol community gives us access to world class S&C coaching, bespoke facilities and seminars that allow us to progress as individual athletes and as a club. This support has brought about international representation for Alice Davies (Team GB) at the U23 World Rowing Championships in 2018.

We aim to be at the top of the university rowing scene by 2023, where crews are separated by milliseconds, and have our athletes regularly compete at an international standard while still maintaining the friendly atmosphere and equality of a student-run club.

TOMMY NICHOLSON
CHEMISTRY WITH STUDY IN CONTINENTAL EUROPE
BOAT CLUB CAPTAIN
Our club has had incredible success since formation in March 2018; from joining in with pre-season and running taster sessions, to winning a silver medal at the Swim England National Masters Synchronised Swimming Championships. Being part of Club Evolution has paved the way for us to lay strong foundations and produce a sustainable model for our club. The support you are given, whether through having a dedicated member of staff from the Bristol SU to guide you through challenges you face, or assistance with facility access to help develop the membership base of the club, has ultimately led to our success.

FIONA WILLIAMS, GEOGRAPHY.
SYNCHRONISED SWIMMING CLUB CAPTAIN
The Talented Athlete Scholarship Scheme (TASS)

A national athlete support programme to help talented athletes with balancing the demands of their sport and studies to be the best in both.

TASS is leading the way in providing lifestyle and wellbeing support for athletes in education. Backed by Sport England, the TASS partnership brings together student-athletes, education institutions and sports to support our country’s most exciting young talents.

The University of Bristol is proud to be a TASS Delivery Site.
The support services available to TASS athletes at Bristol include:

- Lifestyle
- Physiotherapy
- Strength and conditioning
- Personal development (nutrition, psychology, further lifestyle)
- TASS Medical Scheme & Bupa Healthy Minds
Bristol is the place to come if you are looking to combine high performance sport and top academia.

Over the last three years the Performance Squad has been fundamental to my development as an athlete and as a student at Bristol. The amazing range of support I have received from the Performance team has been critical in shaping my time at University. The strongest aspect, and reason why it delivers so many inspirational people, is due to the motivated and helpful attitude demonstrated by the staff and students who are members of the Squad.

JAKE FARREN-PRICE
ENGINEERING MATHEMATICS
PERFORMANCE SQUAD SAILING

Performance Squad benefits
- Free top-level sports membership worth £225 per annum
- Specialist 1:1 strength & conditioning coaching and facilities
- Bespoke nutritional and sports psychology services
- Personal mentor for academic and sport with year-round support
- Sports medicine full body screening
- Personalised athlete development plan
- Annual Squad residential and social events throughout the year
- Holistic support from Performance staff throughout the year
- Financial support bursaries available assist with training and competition costs (by application)
- Your place on the Squad is reviewed annually
The programme offers three main domains of support: physical, psychological and lifestyle advice. Within each domain students have access to a wealth of knowledge from experienced staff, helping us to build our own support system. Physical supports consist of personalised Strength and Conditioning paired with mobility and stability sessions from the physio. Psychological support is offered via a sports psyche, but also through allocated mentors who we meet with throughout the year, which ties into lifestyle advice. If issues arise regarding academic studies, personal struggles or your sporting career, help is always available.

Competing as an athlete while studying at university can be challenging, but the squad offers a group of like-minded people, experiencing similar struggles and feelings, and there is real comfort in this.

SAMMY DARLING
BIOLOGY
PERFORMANCE SQUAD SHOOTING + TASS ATHLETE
BUCS provides a platform for colleges and universities to compete against each other in both team and individual sports throughout the year. We are incredibly proud to be a top 10 university in BUCS and have been since the 2016/17 season.

With over 120 teams and 800 plus individual entrants, Bristol challenges at the top end of a number of leagues and events. Representation in over 40 sports has seen many podiums, cup wins and promotions over the years. At the heart of this success is the WeAreBristol community which grows stronger every year through the commitment and dedication of our students.

“BUCS gives us the chance to partake in some of the highest standard competitions in the UK. For instance, our student swimmers get to swim alongside Olympians and compete at Ponds Forge, and our Water Polo team is one of the most successful clubs at university level in the country. This season we are delighted that our Women’s 1st team have qualified to compete in EUSA, the epitome of student water polo, after remaining unbeaten in their league to finish top of Premier South and reaching the Championship semi-finals.

It’s fair to say, the sense of pride our athletes feel during competitions is one of the best!”

SOPHIE THOMAS
BUCS AND PERFORMANCE COORDINATOR
900+ Fixtures in 2018/19

5607 Sports club members

800+ Individual entrants

42 Sports clubs represented

42 Clubs involved

19 Premier league teams

120 BUdCS teams

3 Consecutive years in top 10

5 Weeks of pre-season training

friendships built

relationships developed

life-long memories made
All the coaches at the University are all connected through the coaching community offer. This allows sharing of good practice and insight into new concepts/training methods across all sports, further enriching the support given to student athletes.

Working closely with the Netball club, we have instilled a culture that focuses on the empowerment of players. We provide an environment that supports students to reach the best of their ability on and off the court. We strive to continue to offer a performance culture within the club that develops talent through inspiring coaching and S&C sessions.

With strong links across the South West and with the Team Bath Superleague franchise we continue to support athletes in the performance pathway, ensuring they have a balanced training and playing programme and enjoy representing the University in BUCS.

PHILIPPA HICKS
LADIES NETBALL COACH

Alumna Eboni Uruso-Brown, gold medal winner in the Gold Coast 2018 Commonwealth Games.
Commitment to excellence

“Since the day I joined the University of Bristol as a basketball coach, I have understood these words serve as inspiration across the coaching community. No matter the aspiration of the athlete, we’re committed to helping each-and-every individual become the best they can possibly be.

Within the University of Bristol Spartans basketball club we hold those same three words as a philosophy. Commit to your training schedule. Commit to helping your teammates be better. Commit to being a leader. When we decide, as a team, to commit to excellence in the small things, then the wins will follow and “the score will take care of itself”. The result has been sustained improvement and success.

Over the years we have developed partnerships with local clubs such as Bristol Flyers and Bristol Storm, to offer top athletes the opportunity to play at the next level. We’re committed to work together to make the Spartans the top basketball programme in the country.”

RIC HAMPTON,
BASKETBALL COACH

Our Performance Sport Coaches

- We have Head Coaches in Rowing, Tennis, Hockey and Men's Rugby
- Over 30-part time Coaches delivering across our Performance Sports
- Qualified, experienced and providing technical and tactical elements of sport
- Personal development strand for all Coaches to engage and develop students
- Engagement with talent pathways and partnerships with NGB's
We count many famous faces amongst our sporting alumni, including Olympians, Commonwealth Games medalists and International athletes.

Eight of our Alumni were selected to compete at Rio 2016, the most recent Olympic Games, collectively bringing home two gold medals and one silver.

When I was selected for the London 2012 Olympics, the University were fantastic in their support and helped to structure my academic programme to allow me to complete my law degree whilst training for the Games.

GEORGIE TWIGG
ALUMNA AND OLYMPIC GOLD MEDALLIST
The University of Bristol Performance Sport team would like to thank all of our sponsors for their ongoing support, guidance and commitment to the continued growth of our programme.

Our unique student-led sport approach brings not only results but life-long memories and friendships for all students and staff during their time with us here at the University of Bristol.
Vice Chancellor’s Award

10 awards available per annum, ranging from £1,500 - £3,000 (depending on level of application).

All applicants representing their sport at a junior/senior national and/or international level will be considered.

Applications for the Vice-Chancellor’s Award will also be considered for a place on the Performance Squad. Successful Vice-Chancellor’s Award applicants will automatically be offered a place on the Squad.

For those applying to study in 2019/20, the applications will be accepted from September 2019, with the closing date in March 2020. Interviews are expected to take place in April 2020, following a shortlisting process and coach references.

For more details, deadlines and how to apply, please visit: bristol.ac.uk/sport/performance/scholarships
I feel very honoured to have received a Vice Chancellor’s scholarship, it creates a great support network and has helped me get to grips with my new life at uni. I’ve not had to worry about the financial side of supporting myself, instead investing my energy in training professionally and studying.

It has been brilliant in helping me to progress my career in football. Anyone given the opportunity to take part in the programme should jump at the chance.

To be recognised out of all the amazing athletes at this university by being awarded the Vice Chancellor’s scholarship was a great honour for me.

The support from it has been instrumental in helping me to keep progressing as an athlete and compete at the highest level, whilst tackling a challenging academic course.

Matt competing at the 2018 Sailing World Championships in Denmark.
#WEAREBRISTOL

bristol.ac.uk/sport  
@bristolunisport