



# High Performance Sport

at the University of East London



[uel.ac.uk/sport-scholarships](http://uel.ac.uk/sport-scholarships)

The University of East London provides support to elite athletes through world-class training facilities, a flexible learning environment and a support network designed to maximise sporting potential.

The University of East London (UEL) is aiming to become the No. 1 university for sport in London by 2015. Considerable investment in sport, and a massive jump of 42 places in the British University and Colleges Sport (BUCS) league table, resulted in UEL winning the 'Most Improved University' accolade at the BUCS 2010–2011 awards ceremony.

Attractive sports scholarships, a flexible study policy for elite athletes and a range of support services make UEL an ideal place to combine study with competing at the highest level. Senior international judokas, rowers and track & field athletes are among the high performance Sportspeople who are currently studying at UEL. Our sporting alumni and honorary graduates include John Amaechi (basketball), Graham Gooch (cricket), Tessa Sanderson CBE (athletics) Dame Tanni Grey-Thompson (Paralympic athletics), and Sir Geoff Hurst and Hope Powell (England football). The University of East London will play host to the USA and Singaporean teams during the London 2012 Olympics, and the legacy of the Games, together with the addition of the £21 million SportsDock facility, will further help the University's target of becoming the capital's premier sporting institute.

In addition to supporting current students, UEL staff provide support for other aspiring athletes. Our staff deliver on the Newham High Performance Programme, the Junior Athlete Education (JAE) Academy and the Talented Athlete Scholarship Scheme (TASS). We also offer our services to local schools, colleges and clubs.

## Sports Scholarships

The University of East London supports a range of scholarship programmes, and is passionate about supporting elite athletes in education. All scholarship students have access to lifestyle advice, mentoring and performance workshops. Our elite athlete study policy enables students to pace their degree against the demands of their course and to also receive support around coursework and examinations. The level of financial support and assistance with tuition fees is dependent on which scholarship programme you are part of.

## UEL Sports Scholarship Programme

(for UK and EU students)

The University of East London Sports Scholarship Programme is one of the most attractive university level programmes in the country. Elite-level athletes can expect bursaries of up to £3,000, together with partial or full waiver of university tuition fees. Athletes also have access to a range of sports science, sports medicine and lifestyle support services, opportunities to gain media and ambassadorial experience and priority use of our strength and conditioning facilities. Individuals from any EU country who are competing at a national or international level in any BUCS sport are eligible to apply, and the scholarship programme is particularly attractive for athletes within the focus sports.

Application forms are available at [uel.ac.uk/sports-scholarships](http://uel.ac.uk/sports-scholarships)



## International Sports Scholarships

(for students outside of EU)

The University of East London is offering sports scholarships for outstanding sportspeople from outside the EU, who choose to study at UEL. These scholarships cover full international tuition fees and are offered in focus sports only. Applications are through the University of East London's International Office – [uel.ac.uk/international](http://uel.ac.uk/international) – and scholarships are available for both undergraduate and postgraduate study.

## Asics UEL Athletics Scholarships

As part of the Olympic agreement signed between UEL and the sports brand ASICS, a number of additional scholarships for talented athletes studying sports-related courses will be offered from September 2012. Further details can be found at [uel.ac.uk/sports/scholarships](http://uel.ac.uk/sports/scholarships)

## Talented Athlete Scholarship Scheme

(TASS)

In partnership with the TASS hub at the University of Hertfordshire, UEL provides support to TASS athletes who are living and studying in east London. Athletes on the TASS pathway can expect a high level of physiotherapy, strength & conditioning and lifestyle support, in addition to the flexible study options at UEL.

For further information on TASS and the nomination process please visit [tass.gov.uk](http://tass.gov.uk)

## Focus Sports

### Athletics

Athletics is a strong sport within east London, and UEL track & field athletes benefit from our links with local clubs Newham and Essex Beagles AC and East End Road Runners, as well as access to indoor and outdoor facilities at the Terence McMillan Stadium. The UK Athletics High Performance Centre at Lee Valley is also within commuting distance of our campuses. Zara Hohn, who has represented GB at U23 level, is a current law student at UEL and GB international Jefferey Lawal-Balogun, who boasts a 200m personal best of 20.38, is a recent UEL graduate.

### Basketball

Facilities for basketball at UEL SportsDock are second to none, with four individual match courts, and the centre will be home to the USA basketball team during the London 2012 Games. UEL has a strong relationship with England Basketball who have committed financial support to Arena 2 within UEL SportsDock. As part of this agreement UEL SportsDock will also host a variety of England basketball events throughout the year. In 2009 UEL joined forces with Newham All-Star Sports Academy (NASSA), one of the largest and most successful clubs in the UK, and together we have teams playing in BUCS and national Leagues. UEL and NASSA are also seeking to establish a team in the British Basketball League (BBL).



Talented Athlete Scholarship Scheme



## Boxing

The UEL Boxing Club trains in Newham with West Ham Boys ABC, one of the most successful and established boxing clubs in London. The club produced 1956 Olympic Champion Terry Spinks and the legendary Nigel Benn was a member of the club when he won the ABAs in 1986. We also have links with the Frank Bruno Boxing Academy at Priory School in Orpington. Our boxers have access to the strength and conditioning room in SportsDock, and there is a boxing ring for additional training at the centre.



## Judo

Judo is one of the fastest-growing sports at UEL. A number of British and international judo stars, including Senior Internationals Gemma Gibbons, Sophie Cox and Szandra Szogedi, chose UEL as their study base in the run-up to the London 2012 Olympics. Our flexible study options are particularly attractive to judokas, who travel a lot with their sport during the academic year. There are facilities for judo practice within the SportsDock facility and we are within commuting distance of the British Judo Training Centre in Dartford. There are also other strong clubs and training groups within London, which our students can access.



## Rowing

Rowing is the most successful sport at UEL, and the squad currently includes GB senior and U23 internationals Tom Wilkinson, Rhiannon Jones, Alan Sinclair and John Collins. At the 2011 European University Sports Association (EUSA) Rowing Championships Sinclair and Collins won gold in the Men's Double Sculls. While many of our top rowers train with their home clubs, including the prestigious Leander, Henley and London rowing clubs, a coach has recently been appointed to assist with the development of the intermediate and senior squads. The club trains alongside the Queen Mary squad at the London Regatta Centre on the Royal Albert Dock. This ensures that there is a suitable level of training partner for each member of the club. In addition to the fully equipped strength and conditioning room in SportsDock, there is also an ergometer area for land-based training.



## Swimming

In 2011 UEL signed an agreement with British Swimming, Newham Swimming Club and the local Borough Council to create Newham UEL Swim Club. Student swimmers at UEL have the opportunity to join competitive squads within the club which suits their standard and training requirements. The club has appointed a full-time swim coach and is developing a structure and programme that will attract and support high-performance swimmers. The club also has aspirations of moving into the Aquatic Centre in the Olympic Park following the 2012 Games.

## Volleyball

Volleyball is one of the largest participation sports at UEL, and benefits from eight courts within the SportsDock complex. SportsDock is also home to London Lynx Volleyball Club, one of the most successful clubs in the country. UEL has part-funded a full-time volleyball coach.

### Other Sports

UEL has links with national governing bodies and high performance academies and clubs across a range of other sports, including WimX tennis, Essex County Cricket Club, Newham Swords Fencing and Great Dane Handball club.

## UEL and high performance in the community

We deliver the Newham High Performance Programme, supporting talented athletes across a range of sports in the London Borough of Newham. Athletes receive support and advice, small bursaries and coaching to help them with their aspirations of competing at future Olympic Games. We deliver anti-doping, strength and conditioning and sports science support to talented 12–15-year-olds as part of the Youth Sport Trust's Junior Athlete Education (JAE) programme, as well as various workshops for other youth and performance academies across east London.

For further information, and to enquire about receiving similar support, please contact [highperformancesport@uel.ac.uk](mailto:highperformancesport@uel.ac.uk)



## Support services

High Performance athletes at the University of East London have access to a comprehensive range of support services designed to help them maximise their performance, and keep them healthy and injury free.

There is a sports injury clinic with heavily discounted physiotherapy and massage, as well as access to acupuncture, gait analysis and podiatry treatment if required.

All sports scholars have access to nutrition and psychology consultations from highly experienced staff, as well as physiology testing and advice.

In addition to the traditional sports medicine and sports science support services we offer lifestyle advice, career counselling and anti-doping education to our high performance sportspeople. We also provide a range of support services and workshops for various other external clients.



# SportsDock

The University of East London's SportsDock offers unrivalled sporting facilities to UEL students. The £21 million sports centre is open 7 days a week, 362 days of the year and has a range of competitive membership and pay-as-you-go options. SportsDock has a host of world-class facilities, including a state-of-the-art 120-piece fitness centre, two large multi-court sports arenas, a dedicated strength and conditioning room, dance and aerobics studio, two outdoor 3G five-a-side football pitches and a sports café.



## Strength and Conditioning

Athletes at UEL have access to the start-of-the-art strength and conditioning room at SportsDock, strength and conditioning programming and advice, and functional screenings. The strength and conditioning room has been designed and specified by the US Olympic committee in readiness for the 2012 Games, so our athletes will benefit from the highest-quality facilities.



“Since becoming a student at UEL, I have had nothing but support for both my athletic and academic goals. The enthusiasm the whole university has towards sporting success not only makes for a more relaxed study environment but enables you to commit more time to training thanks to the scholarship scheme.”

Alan Sinclair,  
UEL Sports Scholar, senior international rower and BUCS medal winner

“I chose UEL as it seemed to cater for my educational and sporting needs. Being at UEL has exceeded all my expectations, the teaching is first class and all the benefits from being a UEL sports scholar have majorly assisted me in my judo training and performance.”

Gemma Gibbons,  
UEL Sports Scholar,  
GB No. 1 and senior international judoka



# Contacts

We are keen to attract high performance athletes and to work with national governing bodies and other organisations involved with the development of talent. For more information on any of the information detailed in this brochure please contact:

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