

# SPORTS GUIDE 2017

# ABOUT

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Sport at the university is a partnership between the Sport and Recreation Service and the Students' Union, together delivering sport as "Sport Brighton". A summary of all activities and how they are categorised is on the next page of this guide.



Frank Dankwa  
SUVP Activities & Participation

My name is Frank Dankwa and I am Student's Union Vice President of Activities and Participation for 2017/18. My aim is to promote participation in competitive and non-competitive sport. During your time at university you will discover a great variety of recreational sports available through our Parklife Programme across all campuses. Our Sports Federation offers fantastic support for teams and individual athletes but also provides modern facilities and equipment for all your sporting needs. As a university we have a fantastic history of sporting prowess, joining a club or activity not only provides an excellent opportunity for meeting great people it also allows you to explore a different side to university life and keeps you fit and healthy in the long run! From my experience, engaging in university sport is completely invaluable to your student experience. Enjoy!



The clubs detailed in this guide with the Panthers logo are run by students for students and they offer a great way to continue your sport, find a new interest and to make new friends. These clubs are known as Sports Federation Clubs. Some clubs have a selection process for the more competitive teams whereas for others you can simply turn up to any session throughout the year. If your activity is not featured then you can take the opportunity to set up a new club with support from the Sports Federation and Sport Brighton.



We also run a social and recreational sports programme under the name of Parklife. The Parklife 'P' logo appears next to these sports. Some sports are offered both as Parklife and Sports Federation activities with separate sessions. In addition, Parklife delivers one-off events and pop-up sessions throughout the year and offers students a comprehensive volunteering programme to develop your employability skills. Full details of the programme can be found at [www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)



You will often see a reference to 'BUCS'. This is the British Universities and Colleges Sport association and is a national organisation which provides competitive fixtures between universities.

## Eastbourne

## Brighton

## Hastings

 Athletics	 Badminton	 Basketball	 Climbing	 American Football	 Archery	 Badminton	 Basketball	 Body Max	 Bouldering	 Boxing	 Badminton	 BMX/ Skateboard	 Boxing	 Floorball
 Boxing	 Cheerleading	 Cricket	 Dance	 Cricket	 Cycling	 Dance	 Dodgeball	 Equestrian	 Fencing	 Football	 Football	 Netball	 Running	 Stretch & Tone
 Football	 Futsal	 Gymnastics	 Handball	 Hockey	 Jitsu	 Judo	 Karate	 Korfball	 Medsports	 Motorsport	 Swimming	 Tennis	 Trampoline	 Zumba
 Hockey	 Lacrosse	 Netball	 Rugby Union	 Netball	 Pilates	 Pole Fitness	 Polo	 Pound	 Rugby League	 Rugby Union				
 Running	 Swimming	 Table Tennis	 Tag Rugby	 Running	 Ski and Snowboard	 Softball	 Squash	 Surf	 Table Tennis	 Tagged Rugby				
 Tennis	 Trampoline			 Tennis	 Trampoline	 Ultimate	 Volleyball	 Yoga						



## American Football



American football is one of the fastest growing sports in the UK. It is a sport open to anyone of any shape and size with a position to suit. Playing under the banner of Brighton Panthers, the club consists of players from all campuses. The team compete in weekly BUCS fixtures. The team train and play at the Falmer Campus.



## Archery



Archery combines both accuracy and skill and you can learn the basics of how to shoot in our six week beginners course. Enquire with Sport Brighton to find out when the next beginners course is scheduled for and to book on. Sessions will take place indoors on Sunday evenings at our Falmer Sports Centre.



## Athletics



The core of the Athletics Team trains at Sussex Downs College 3 times a week. There are also athletes within the team that are at other campuses such as Hastings and Brighton who train at tracks closer to them. We compete at the British Uni's Championships as well as other athletics meets. All standards of athletes are welcome to come along and train with the team.



## Badminton



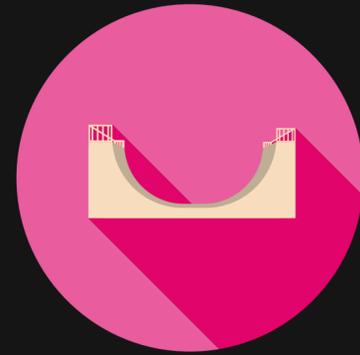
A great way to get some exercise! With sessions across the campuses there is no excuse but to get involved. The University enters both a men's and women's team in BUCS competition. For those who play at a more social level there are plenty of chances to join in through the club or Parklife programme.



## Basketball



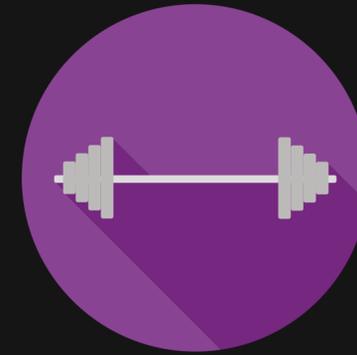
The University enters a men's and women's team in BUCS and these teams train and play from the Eastbourne campus. Sport Brighton can help with the travel costs. Alternatively in Brighton you can drop in to a Parklife session including a female-only hoop, or there is a men's team which trains and plays every week.



## BMX/Skateboard



A new and exciting project being run in conjunction with the Source Park; a huge underground skate-park facility situated under the Seafront in the heart of Hastings. The Source Park is open to all ages, abilities and disciplines with specific sessions for BMX and Skateboards. Mixed sessions are open to all.



## Body Max



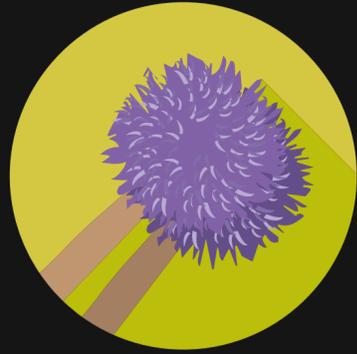
Body Max improves muscular strength and endurance and can assist in improving aerobic fitness. The scalability of Body Max means that anyone can benefit and enjoy no matter their initial fitness or strength!



## Boxing



The club has been highly successful in recent years with sessions in Eastbourne and Brighton. They have many members all of who enjoy the training and the social aspect of the club. Catering for all levels, especially for beginners who are looking to learn the skills or simply just to come along to keep fit. As an affiliated club to England Boxing, they offer regular competition opportunities to our boxers in local and national bouts.



## Cheerleading



If you think cheerleading involved just shaking some pom-poms you are wrong! Combining gymnastic disciplines such as sports acro and tumbling, cheerleading takes discipline and skill. The university has clubs in Eastbourne and Brighton campuses and both compete on a regular basis in national competition. The Waves (Soc Fed) are based in Brighton and the Panthers (Sports Fed) in Eastbourne. Bring it on!



## Climbing/Bouldering



The club have travelled the length and breadth of not only Great Britain and beyond in search of good climbing, scrambling and walks... and socializing. If you enjoy more adventurous sports and challenges then rock climbing is an amazing way to build up your strength, confidence and trust in yourself and others as well as learning new skills based around climbing, camping and the great outdoors. We also offer a drop in bouldering session with our partners Boulder Brighton, this is part of the Parklife programme.



## Cricket



With 2 men's teams, there are a variety of opportunities for people of all abilities to play cricket at the university. There are also a variety of cricket sessions open to all through the Parklife programme, and we enter teams in the BUCS indoor league for both men and women.



## Cycling



One of the newest clubs at the University. The club looks to offer a range of cycling opportunities from the road to the track. Last year the club entered individuals in the BUCS national championships. The club also welcome riders that are newer to the sport and simply want to go on local rides.



## Dance



There are Dance Clubs based in both Eastbourne and Brighton. These offer an opportunity for all to try dance. It is a fun and effective way of keeping fit. The clubs are open to trying different styles and disciplines and welcome input from all. Come along and have a go. The club showcase their routines at competitions and shows throughout the year.



## Dodgeball



Dodgeball will be running at our Brighton campus and will test your throwing, dodging and fitness skills in fun, exciting and social surroundings. With no previous experience required, come on your own, or bring some friends. There will also be one-off tournaments too.



## Equestrian



The equestrian club trains and rides at Plumpton College and enters two teams into the BUCS Championships. Horses are provided by the yard for training and competition. Due to the nature of the sport capacity is limited and is made up of largely experienced riders. The club does have a knowledge of local schools in the area so can offer advice as to the best places to ride at a campus near you regardless of your ability.



## Fencing



One of our new and exciting projects is coming to the Brighton Campus bringing fencing to Moulsecocomb. Learn the beauty of fencing in Beginners classes using fun and simple rules through our Sabre: Lite Programme. All abilities welcome!



## Floorball



Floorball, a type of floor hockey, is an indoor team sport which was developed in the 1970s in Sweden. The game is played indoors. We have linked up with a local club in Hastings to offer floorball to students. Feel free to get involved, no experience is necessary and all the equipment you need is provided.



## Football



Your chance to compete in the beautiful game! The university fields 7 teams (men's 5, women's 2) and has a strong reputation in the national university sporting scene. Weekly training and matches are available and the university has both men's and women's teams at Eastbourne and Falmer campuses. For those looking for more social opportunities, Parklife provides 'turn-up and play' sessions, 5 & 11 a-side leagues, one-off tournaments and female-only sessions.



## Futsal



Futsal is FIFA's official small sided form of football. Played indoors the emphasis is on skill and footwork. Contact is minimal and it has been the starting block for some of the world's finest players. The university has men's and women's teams playing on the Eastbourne campus. The teams play in tournament based leagues throughout the year as part of BUCS.



## Gymnastics



Based at the Eastbourne campus the gymnastics club have both open sessions for students of all abilities and closed sessions for those who are more advanced. The club has a number of qualified coaches to help you get into gymnastics and they will also be travelling to specialist facilities to practice on a regular basis.



## Handball



Handball is a fast and physical game which features in the Olympics. We offer a social mixed Parklife session. They welcome beginners as well as experienced players.



## Hockey



The university has 1 men's team and 3 women's teams that compete in the BUCS leagues and trains on a weekly basis. The men's club invites members from all campuses. The women have teams based in both Eastbourne and Brighton. This is open to all that want to just have a go.



## Jitsu



Jitsu is a martial art based on the traditional styles of Jiu Jitsu that originated and developed in medieval Japan. The core of the art comprises a system of throws, joint locks and strikes. Based on the principal of using an aggressor's energy to their own disadvantage, Jitsu skills can be used by men, women and children to counter aggressive situations ranging from unwanted harassment to armed physical assault. Sessions run twice a week and is part of The Jitsu Foundation, which is the largest single-style Jiu Jitsu organisation in Britain.



## Judo



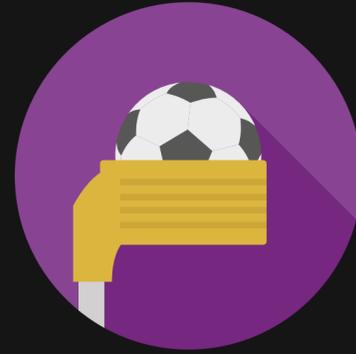
Judo is a martial art originating from Japan. It is a sport but can also be useful for self-defence. Judo can also be used as a fantastic cardiovascular exercise which can help improve overall fitness, balance, agility and strength. Anyone can join the weekly session which also provides the opportunity for regular grading sessions so beginners can quickly progress. The club benefits from a British Judo initiative offering beginners everything they need to take part in the sport including a licence, lots of free sessions and Judo suit (Gi).



## Karate



The club is affiliated to the KUGB (Karate Union of Great Britain) and has links to a club in Crawley which has been established for over 30 years. All are welcome to attend any of our sessions whether you have experience or not. Weekly sessions take place in Falmer and Moulsecoomb campuses.



## Korfball



Korfball is an exciting, fast paced game played in mixed gender teams. It is a cross between basketball, handball and netball where teams attempt to score in their opponents basket ('korf'). The pace of the game means it is great for your fitness as well as being lots of fun.



## Lacrosse



Lacrosse is a great sport to give a go. Offering men's, women's and mixed game opportunities the club based in Eastbourne welcomes all regardless of your previous experience. They play in local league as well as the BUCS leagues. They provide all you need to have a go at this sport so no equipment is required to get going.



## Med Sports



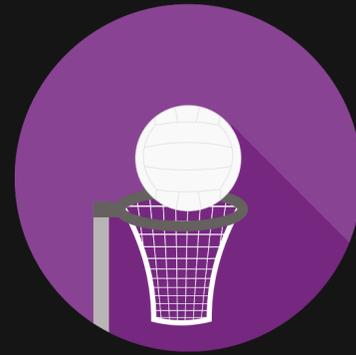
BSMS MedSport is a society that endeavours to provide a range of sporting activities for both beginners and advanced players within the Brighton and Sussex Medical School (BSMS). There is a wide number of teams from netball to rugby. These teams largely compete against other medical schools and enables those with heavy academic commitments during the week to participate at a time that compliments the BSMS timetable.



## Motorsport



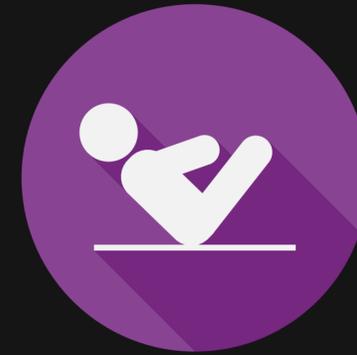
The Motorsport Team is based in Brighton and competes in the British Universities Karting Championship. There is simply no other sporting event where novices and experienced alike will get the chance to compete against the very best. This championship is special - it is about making motorsport accessible and having lots of fun doing it. We welcome you to join the Brighton University team in the most intense, adrenaline fuelled, exciting student championship in the world. We also hold weekly social events, as well as regular karting meets at local tracks.



## Netball



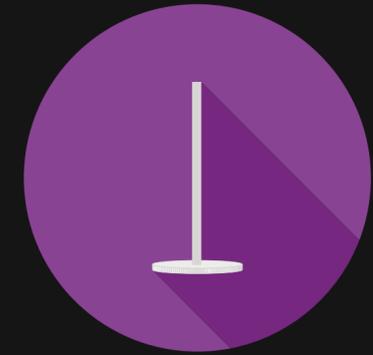
The club has teams at the Eastbourne and Brighton campuses and fields four teams into BUCS competition. The clubs offer weekly training sessions and a great opportunity to continue playing netball at university. If you like your netball less competitive then look out for the Parklife programme which will be offering some great opportunities to play netball at Eastbourne and Brighton sites including competitive opportunities through local league entry.



## Pilates



Pilates is an exercise class similar to yoga but is a flow of movement without static poses. Pilates aims to strengthen the body in an even way, with particular emphasis on core strength, improving general fitness and helping to maintain a healthy weight. It is great for people of all levels of ability and fitness, from beginners to elite athletes! Regular pilates practise helps improve posture, muscle tone, balance and joint mobility, as well as relieving stress and tension through good breathing technique. For elite athletes, including dancers, it complements their training, developing whole body strength and flexibility and reducing the risk of injury.



## Pole Fitness



Pole Fit is: An athletic approach to traditional pole dancing, which builds strength and increases flexibility; a fantastic cardio workout which burns calories and sculpts and tones the body and an all-inclusive alternative exercise experience! It does not matter about your age or shape everyone can benefit! By building confidence, increasing flexibility and core strength and developing balance and co-ordination, it's a great alternative activity which hones everything from slimming your waistline to inflating your ego! Pole fitness at Brighton is offered both as a competitive club and an exercise class so there is something for everyone!



## Polo



Polo is horseback riding's answer to hockey, in which goals are scored by hitting a ball into a goal with a mallet whilst in the saddle. The Polo Team want to expand, hoping to make polo accessible to all, regardless of riding experience, age, background and bank balance! Social Members (non-playing) are welcome to join and take part in exciting events such as trips to professional tournaments, socials with other universities and charity balls! All of these events are open to anyone and it is a great chance to be part of a vibrant and inclusive team.



## Pound



Using lightly weighted drumsticks you become the music in this exhilarating full-body workout that combines cardio, conditioning, co-ordination, speed, agility and strength training with yoga and pilates. Instead of keeping track of the clock, POUND® strategically distracts you from the high-intensity and duration of your workout, and shifts your focus to rhythm and volume. In a 45-minute POUND class, you'll have completed up to 15,000 reps, performed over 30 extended interval peaks, and zipped through more than 70 techniques without even realizing it, perfect for those who suffer from cardio aversion!



## Rugby Union



There are both men's and women's clubs. The men's club fields four teams at the university and runs small sided competitions and tournaments so there is a place for you within the club. The women's club welcomes both players with and without experience. Offering coached weekly sessions and match opportunities.



## Rugby League



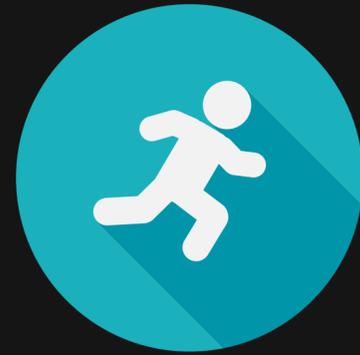
A Men's Rugby league team is entered into BUCS Competition and plays weekly fixtures. All abilities are welcome to have a go and we also have a Tagged Rugby offer through Parklife for those wanting to start without contact.



## Tagged Rugby



Tagged rugby is a mixed-gender, social version of Tag Rugby which is designed for both complete beginners and more experienced players to compete together in a friendly, fun and non-contact environment. Perfect for building fitness, developing rugby skills and socialising. Weekly sessions take place in Brighton and Eastbourne.



## Running



A brand new session at our Eastbourne campus designed to get new and existing runners out and about on campus. Our run leader will take you around some of the great locations surrounding the Eastbourne Campus, from the Downs to the seafront. Brighton, Eastbourne & Hastings all have local Parkruns taking place every Saturday. This is a chance to join hundreds of others in a timed 5k every week and it's free!



## Ski & Snowboard



The club provides heavily discounted snow-sport holidays and events combined with an unbeatable social experience. Over 150 new members every year keep the socials packed and the holidays unforgettable. We welcome and cater for skiers and boarders of all abilities. For the pros and the competitors among you, we have a fast, dedicated race team and a gutsy, slightly unhinged freestyle team who both hold regular training sessions for a subsidised price! For those new to the sport we offer a Parklife course in Skiing and Snowboarding at a great price.



## Softball



Softball is part of the Parklife and Sports Federation programmes, and is open to all. Whether you have played before or are completely new to the game, sessions cost just £1 so why not give it a go!



## Squash



'Turn-up and play' squash sessions take place weekly in Brighton at the Virgin Active Leisure Centre (just off the Falmer campus). Get your equipment from Parklife at the Falmer Sports Centre first, then head over to give it a go.



## Stretch & tone



Our fantastic stretch and tone class takes place at the Hastings Campus, fusing all the elements of ballet and yoga, providing exceptional balance and mindful relaxing. A wonderful Wednesday activity with our instructor Karina to break up the week!



## Surfing



Your chance to catch a wave with like minded students. A social club for people who may or may not have surfed before but want to join us in our various trips to Cornwall, abroad and social nights outs. We will also be doing wakeboarding day trips and regular stand up paddle boarding.



## Swimming



The club trains several times a week with both land and pool sessions. The club also enters the BUCS long and short course swimming championships. Catch any of our sessions at the Eastbourne Sports Centre pool to get involved.

Parklife offers an amazing deal of £1 drop in swims at Eastbourne's pool & at local providers in Brighton and Hastings.



## Table Tennis



Training takes place in Brighton and sessions are open to all abilities, male and female. Brighton University will be entering teams into the Brighton and District Table Tennis League for students to compete regularly against local teams. Parklife sessions across the campuses run on a regular basis, also you can turn up and play on our tables in Hastings, Moulsecomb and Falmer.



## Tennis



The club enter men's and women's teams in the BUCS competition. We have training for those in the team as well as those that just want a match. Our fixtures run during the winter term and our home venues are all indoors. There are also club linked Parklife Tennis sessions in Brighton and Eastbourne, providing 'turn-up and play' sessions, development training sessions and intra-mural competition.



## Trampolining



All are welcome to come and have a bounce. The club have qualified instructors who will guide you through the basics and those that are more experienced can look to represent the university at the BUCS championships and other invitational competitions.



## Ultimate Frisbee



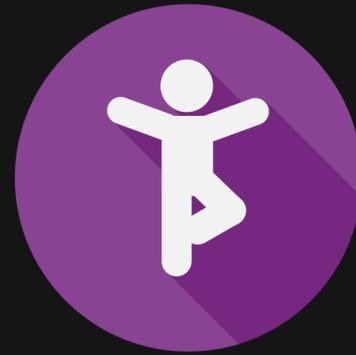
Ultimate is a exciting and demanding non-contact sport that combines the best elements of other sports such as American Football and Netball. We aim to improve the skill of all our members and to offer everyone the opportunity of competition. Men, women, beginners and experienced players are welcome to all of our sessions.



## Volleyball



Volleyball has both a men's and women's section based at the Brighton campuses. Both teams have coached weekly sessions and enter the BUCS leagues.



## Yoga



Yoga is an ancient form of exercise focusing on strength, flexibility and breathing to boost physical and mental well being. The main components are postures (a series of movements designed to increase strength and flexibility) and breathing. You do not have to be fit or flexible in order to join a class! Yoga is a low-impact activity that will improve your flexibility and help you go beyond your normal range of movement, as well as increasing general health and stamina, reducing stress and increasing joint mobility. This is a new session coming to the city campus. Yoga also features in our class programme on other sites.



## Zumba



Zumba mixes low-intensity and high intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why so many students and staff across the University are joining in.



Sport Brighton is your one stop shop for information on sport and physical activity at the university. As well as assisting the Sports Federation clubs, Sport Brighton also runs a number of programmes (Parklife & Volunteer) as well as facilities, classes and courses.

As a student at the university you can take advantage of a range of facilities located at our Falmer, Moulsecoomb and Eastbourne campuses.

Facilities include artificial floodlit pitches, tennis and netball courts, climbing walls, sports halls, studios, fitness gyms and a swimming pool. These facilities are used by a range of clubs but can also be hired by students at student friendly prices.

Our class programme ranges from Yoga to Zumba, Boxercise to Pole Fit. There is a class to suit everyone.

Sport Brighton also hosts a number of courses offering leisure related professional qualifications.

Further details, timetables and membership prices are on our website:

[www.brighton.ac.uk/sport](http://www.brighton.ac.uk/sport)

Alternatively pop into one of our centres.



Parklife is your chance to take part in activities whilst at the University of Brighton, regardless of how serious you want to take it. The main focus for all events is on taking part and having fun. Plus it's also a fantastic opportunity to meet new people.

Activities take place during term-times across all university sites including student residences, Sport Brighton facilities and at pop-up locations on campus.

Parklife sessions range from 'turn-up and play', intra-mural leagues, beginner courses, mini-competitions, club development sessions and calendar-specific events. All this ensures you can play, train, learn and exercise your way with Parklife; try something new, have fun, step-up for club level, develop employability skills or maintain and improve your health & well-being.

Keep up to date via 'University of Brighton Parklife' Facebook, speak to one of the Sport Development team at the Falmer Sport Centre reception or view the activities programme on the website.

Parklife also offers a comprehensive volunteering programme to allow you to receive tailored training, support and rewards working with Sport Brighton to develop your employability skills and complete your university experience.

Activator or media & communications opportunities are available. These do not require any previous sporting experience to fulfil.

For further information on any of the above details please visit the Parklife website or use the contact details below:

[www.ParklifePlay.co.uk](http://www.ParklifePlay.co.uk)

[studentsports@brighton.ac.uk](mailto:studentsports@brighton.ac.uk)

01273 642871

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### How do I get involved?

The best way to get involved is to turn up to the first session. See our Introduction leaflet for details of these sessions. Sport Brighton and the clubs will be at the SU Freshers' Fairs and you can also contact us via the website or our receptions.



### The activity I want to do is not listed, can I do anything about it?

If your passion is not listed then get in touch with us. We can either direct you to local opportunities or guide you through the process of setting up a session.



### How much will taking part in these activities cost me?

All these activities are subsidised so you should be able to get involved cheaper than if you went elsewhere. Sports Federation clubs require you to take out Sports Federation membership. We let you 'try before you buy' but membership is between £10 and £130 once you decide to get involved. Obviously some sports by their very nature will have additional charges. Each club will be able to tell you any additional costs prior to signing up. Parklife activities are either free or charge a nominal cost.

Parklife is £1/ session unless stated elsewhere on the website.



### Want more information?

Get updates and information about sport at the University of Brighton online.

'Like' us on Facebook or 'Follow' us on Twitter!

Or simply visit our websites:

[www.brighton.ac.uk/sport](http://www.brighton.ac.uk/sport)

[www.parklifeplay.co.uk](http://www.parklifeplay.co.uk)

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