

WE ARE THE UNION



A GUIDE TO SPORTS
2017/18



KEY CONTACTS

Questions about Sports? Contact:

Kelly Sutton

Sports Development Coordinator

Kelly.Sutton@northampton.ac.uk

01604 89 2324

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Sports Admin Assistant

helen.Bell@northampton.ac.uk

01604 89 2515

Sports enquiries? Contact:

sports@northampton.ac.uk

General enquiries? Contact:

Students' Union

Reception

enquiries@northampton.ac.uk

01604 89 2818

Website

northamptonunion.com



FREE SPORT

The University of Northampton Students' Union provides free sport to every student who wishes to participate.

Our athletes receive:

- Essential equipment to host a home fixture or competition
- Facility hire for training and competitive fixtures
- Affiliation fees and entry fees to your sports' governing body or competition
- Transport to and from away fixtures or competitions
- Accommodation for weekend competitions if required
- Personal Injury Insurance cover
- The opportunity to play socially or competitively
- Stallions playing kit.

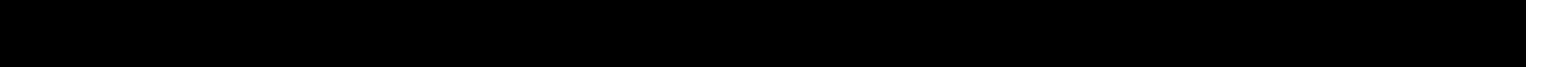
How do we compare against other universities?

University of Leicester requires:
£140-£300 Student gym membership
+ Up to £53 club registration fee.

Nottingham Trent University requires:
£45 Sports Club membership
+ Up to £120 club registration fee.

University of Hertfordshire requires:
Up to £110 club registration fee

Figures correct at time of print as advertised on official institute websites.



Hi!

I'm Kelly, the Sports Development Coordinator here at the Students' Union.

Welcome to the University of Northampton! I hope you enjoy your time here and trust you will equally have an enjoyable experience of Sport with the Students' Union.

Sport is one of the best ways to get to know people at the University, lead an active lifestyle, develop skills and feel part of something special whilst being an active member of the Students' Union.

All of our clubs are student-led and provide a platform for you to achieve your own personal goals within your sport, whether that be maximising your potential on the field or as a committee member, keeping fit or just meeting new people.

We are proudly represented by 33 Stallions Sports Clubs, who train weekly and compete in BUCS (British Universities and Colleges Sport) and other leagues alongside some of the biggest university competitions in the country throughout the academic year. Our clubs also offer social sessions and intramural leagues – there is something for everyone.

Can't see a club for a sport you would like to play? Why not set the club up yourself! The opportunities for sport



Kelly Sutton

Sports Development Coordinator
Kelly.Sutton@northampton.ac.uk

at the University of Northampton Students' Union are endless, so why not give it a go!

If you have any questions about Stallions Sport don't hesitate to drop me an email.



I'm Gemma, your Sports Officer for 2017/18.

Welcome to sport - an all-encompassing aspect of the Union that aims at promoting the sporting lifestyle by developing health and social wellbeing, and competition! It develops our members by building strong friendships and support networks to deliver the most positive student-led university experience possible.

We offer free sports so that you have the maximum opportunity to meet all those involved in the Union and find the sport that is best suited to you. There is a wide range of teams for you to join, from racquet sports to individual and team sports. As a student-led organisation, you shape your experience! Get involved and supplement your degree by learning real-world skills.

As your Sports Officer, I aim to empower you to create the change you desire for your clubs, so speak up and help shape your Union today!

Gemma Campagna

Sports Officer 2017/18

SportsOfficer@northamptonunion.com

HOW TO JOIN

A SPORTS CLUB

It's Incredibly Easy.

All of our Sports Clubs can be joined by simply visiting our website northamptonunion.com and following these tabs:

- > **Activities**
- > **Sports**
- > **Our Stallions Sports Clubs**
- > **Our Sports Clubs**
Find the Sport you want to join
- > **Click 'Join this group'**
- > **Click 'Member' & Confirm**
- > **Checkout**

Please Note:

The Students' Union website will require you to log in before you can sign up to a student group - these details will be your NILE login and password.





American Football

Uonnemesis@gmail.com

facebook.com/AmericanFootballNorthampton

Founded in 2010 by students, American football has grown into a full, fun-loving squad. If you want to give the sport a go, please come along to any of our training sessions – we are always looking to recruit new members to the family, regardless of experience or background.

Archery

uon.archery@gmail.com

Facebook: [The University of Northampton Women's Basketball team](#)

We are the University of Northampton Archery Club. We hold regular sessions indoors on campus, in the Everdon Sports Hall. Everyone is welcome and if you are interested in archery or just want to give it a try, feel free to come along and have fun!

Badminton

universityofnorthamptonbc@outlook.com

Facebook: [University of Northampton Badminton Club](#)

Badminton is an exciting way of meeting new people and having fun while exercising. All players are friendly and are always willing to give you a game, this session is a great way of getting game time and practising your badminton skills. Participation is free every Tuesday between 7-9pm.

Basketball (Women's)

uonwomensbasketball@hotmail.com

Facebook: [The University of Northampton Women's Basketball Team](#)

We are Women's Basketball which consists of girls interested in playing basketball. For the new academic year, we aim to be stronger and better than before and to be much more successful.

Boxing Club

uonboxing@yahoo.com

facebook.com/groups/UoNBoxing

We are an active group of people that like to box and hopefully get fit while we do it. We welcome anyone to the club even if they've never boxed before. It's a good place to make friends in a social atmosphere.

Cheerleading

uoncheerleaders@gmail.com

facebook.com/northamptonstallionscheerleading

Cheerleading is fun, enjoyable and a great team to be part of. We enter competitions throughout the year and have placed extremely well previously. Our social nights enable us to bond, bringing us closer together as a team. There are 3 squads which train individually, making the club open to all abilities.

Climbing

uonclimbingclub@gmail.com

Facebook: [University of Northampton Climbing Club](#)

We climb at the Pinnacle Climbing Centre twice a week on Tuesdays and Fridays. During our sessions we'll teach you the basics on how to climb and belay others, plus climbing trips every term. Our Climbing Club is an awesome way to socialise, have fun and keep fit.

Cricket (Men's)

Cricket.society@northampton.ac.uk

facebook.com/Uoncricket/

We are a welcoming club for people of all abilities, from beginners to semi-professional, and are highly competitive in both the BUCS indoor and outdoor leagues. We are also very active socially, through weekly socials as well as non-drinking events such as watching televised matches, curry nights and the annual Christmas Meal.

Cricket (Women's)

Womenscricketuon@hotmail.com

Instagram: [Uon_womenscricket](#)

This club has been made up due to not having a women's cricket team in the University. We will be training and hopefully competing once we've progressed as a team. All the participants that are in this team are passionate about cricket and want to make this team work.

Dance

uondanceclub@hotmail.com

facebook.com/UoNDancePage/

UoN Dance provides you with the opportunity to take part in multiple genres of dance, competing against other universities in both Loughborough Dance Competition (UK's biggest!) and Northampton's Take The Stage! Our styles include: Hip Hop, Contemporary, Tap & Jazz, as well as a social class for all members before our weekly team social nights!

Equestrian

unsuequestrian@gmail.com

facebook.com/universityofnorthamptonequestrian/

Our club tries to engage in all aspects of horse management, with a primary goal of helping people to ride. We are conducting regular beginner, intermediate and advanced riding lessons at two different stables, as well as hosting polo lessons, polocrosse lessons and have had horseback archery sessions.

Football (Men's)

mensfootballuon@gmail.com

facebook.com/UniNorthamptonMensFootball/

Massive club with even bigger ambitions. We currently have 3 BUCS teams in competitive leagues. Our welcoming intramural league also allows players to play for enjoyment and as a benchmark, to enter our BUCS squads through our 4th team and other affiliated teams. Not just a club, but a way of life.

Football (Women's)

UONWF@outlook.com

Twitter: [@UCNWF](https://twitter.com/UCNWF)

UoNWF is a family of ladies who love to play football. Whether you are looking for a fun kick-about or wish to get involved in the competitive matches, we can cater for all. Come along to socials each week for drinks and a laugh. We offer training sessions on Mondays and matches on Wednesdays. Meet people from other clubs too, experience University the right way!

Hockey (Men's)

uonmenshockey@gmail.com

facebook.com/UONHockey

We are Men's Hockey and we train twice a week at Moulton College from 6:30-8pm on Mondays and Fridays. We are a hockey club for all levels and experience, where enjoyment and success run hand-in-hand both on and off the field. We look forward to meeting you in September.

Hockey (Women's)

uonwomenshockey@hotmail.com

Twitter: [@uonwomenshockey](https://twitter.com/uonwomenshockey)

We are a friendly club that welcomes all abilities. We are made up of social and competitive members. We train twice a week at Moulton College from 6:30-8pm on Mondays and Fridays, led by a qualified coach. We also hold weekly socials. We look forward to welcoming you in September!









Judo

Judo-northampton@hotmail.com

facebook.com/StallionsJudoNorthampton

A fun and friendly club for judoka of all capabilities and experience. From new beginners to international athletes, our club welcomes anyone looking for a diverse dojo to let off some steam!

Jiu Jitsu

UoNJiuJitsu@gmail.com

Facebook: University of Northampton Jitsuka

A fun and exciting way to learn martial arts and self-defence, while also being an excellent method of fitness. We offer a calm and inviting environment to get fit and learn Jiu Jitsu.

Lacrosse (Women's)

lacrosseuon@gmail.com

facebook.com/uonlacrosse

At UoN Women's Lacrosse, we aim to provide you with the opportunity to discover a new, fast-paced sport. Come along to our socials every Wednesday and charity events throughout the year to meet one of the most sociable clubs on campus!

Netball

uon.netballsquad@gmail.com

facebook.com/UONNetballClub/

Looking for a new sport, playing for fun or already involved? University of Northampton Netball Club offers four competitive teams and an intramural system where you can play for fun and fitness! We welcome any skill level and our weekly socials are never short of laughs! We hope to see you soon!

Pool & Snooker Club

uonpool@hotmail.com

facebook.com/UONpool/

The Pool Club strives to create a fun atmosphere for anyone who wants to come and have a laugh, a drink, and play some pool! This year we're also adding snooker to our programme so join us, whether you're up for a challenge or just want to play for fun.

Rounders

uonrounders@gmail.com

Twitter: [@UONRounders](https://twitter.com/UONRounders)

We are the Rounders Club. A fun, interactive social group of students who train weekly and meet for social events regularly. If you are looking for a laid-back sport and a new group of friends with exciting opportunities and excellent reputation, we are the sport for you.

Rowing

rowing.society@northampton.ac.uk

facebook.com/NorthamptonUniRC/

The Rowing Club are a friendly bunch, and we welcome anyone of any age and ability to join our lovely rowing family! Our training is consistent but flexible to accommodate busy university schedules. We work and train hard but we know how to play hard too! Come and try rowing!

Rugby League

unsurugbyleague@gmail.com

Twitter: [@UoNRugbyLeague](https://twitter.com/UoNRugbyLeague)

At UoN Rugby League, we won Varsity with a score of 54-4 and reached the Cup final while finishing a respectable third in the league. We train twice a week and have socials every week, so join us if you want to have fun and win at the same time!

Rugby Union (Men's)

northamptonrugbyunion@gmail.com

Facebook: [University of Northampton Men's Rugby Union 2017-2018](#)

Men's Rugby Union is a sports team for any shape or size. Whether you are experienced or new to the sport, we welcome everybody. We are highly-regarded for hosting some of the best socials at the university, and we also received 'Club of the Year' for 2016-2017.

Rugby Union (Women's)

UON.womensrugby@outlook.com

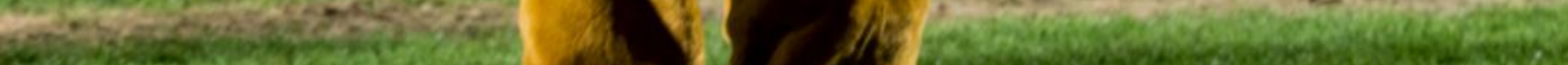
Facebook: [UON Women's Rugby 2017-2018](#)

We are Women's Rugby! We train on a Monday and Thursday evening on the Front Pitch. Never played before? No problem, we welcome all girls of all abilities and availability. Want to keep fit, play a great sport and make amazing friends for life? Then join women's rugby!









Snowsports

uonsnowsports@hotmail.com

facebook.com/UONSnowSports

We run monthly trips to the Snozone at Xscape (including beginner sessions for skiing/snowboarding, for those who want to learn!) and an annual trip to France. We end the year of fun with a dry slope barbecue so don't miss out, join us!

Squash

uonsquash@yahoo.com

Twitter: @UONSquash

We are a friendly club who train twice a week and cater for all abilities. We proudly have both a Men's and Women's team competing regularly in BUCS Wednesdays, followed up by great club socials from 9pm. Our non-alcoholic socials are great too and are on our Facebook page.

Swimming

su.northampton.swim@gmail.com

facebook.com/uonswimteam

Do you want to make a splash in a sports team, or dip your toes into a new friendship group? Swimming is the sport for you! We cater for all abilities and experience levels, so nobody is left in over their heads. Swimming is the perfect sport to dive into!

Table Tennis

Stallionstt@gmail.com

Facebook: University of Northampton Table Tennis Club

We are a FREE social and competitive club, providing all equipment. Whether you have never played before or play competitively, everybody is welcome. Bring your friends and play together or come to meet new ones!

Tennis

uon_tennis@hotmail.com

Facebook: University of Northampton Tennis Society

The University of Northampton Tennis Club offers sessions with a coach for members looking to improve their skills and potentially play matches in the BUCS league, as well as social sessions. The club is progressing greatly, and with all abilities welcome, we hope you will join us for our upcoming events and success!

Trampolining

uontrampolining@gmail.com

facebook.com/uontrampolining

Welcome to UON Trampolining! We are a friendly team who train up to three times a week at NTGA in Benham Sports Arena. Feel free to come along and train for competitions or come along just for fun! Whatever ability you are, we will be happy to have you.

Volleyball (Men's)

UoNMVolleyball@gmail.com

Twitter: [@UoN_Volleyball](https://twitter.com/UoN_Volleyball)

Looking to try out a different sport? Or are you experienced at Volleyball? Whatever the reason, competitive or recreational, all levels of playing ability are welcome to come along, have fun and get involved! Our BUCS matches are held on Wednesdays where last season we finished 2nd in our league..

Volleyball (Women's)

uonwomensvolleyball@gmail.com

facebook.com/UoNWomensVolleyball

Women's Volleyball encourages women of all ages and abilities in the University of Northampton to come practise and work on their volleyball skills. We offer training once a week, as well as a fun and supportive social environment for all of our members! This year our aim is to perform well in BUCS and other competitive tournaments!

Wheelchair Basketball

uon.wheeliebball@yahoo.co.uk

facebook.com/UoNWheelieBBall

The University of Northampton's Wheelchair Basketball Team - the University's most inclusive sports team, open to men and women of all abilities - has the ambitious aim of becoming the UK's leading university wheelchair basketball team this year. Hosting weekly training sessions, our award-winning team comes together to practise a game of equality, vigour and sportsmanship. Why stand up in sports, when you can do it on wheels?







VARSITY

Our annual Varsity marks the exciting conclusion to a year of sport with our one-day competition against our East Midlands rivals – the University of Derby!

Each year we alternate venues between the University of Northampton's Park Campus and Derby's Kedleston Road Campus. This year we will be travelling the 70-mile trip away to Derby for an action-packed day of competitive sport.

The event is growing year on year as 2017 saw a total of 30 sports teams competing for the trophy and bragging rights for winning!





Established in 2014, the Northampton Stallions have remained undefeated for 4 consecutive years and this year we will be aiming to make it to 5!

2014 – Derby 9 - 10 Northampton
2015 – Northampton 15.5 - 7.5 Derby
2016 – Derby 12 - 13 Northampton
2017 – Northampton 17 - 14 Derby

Varsity is a fantastic event that brings all of our Stallions teams together to support one another and celebrate a year of superb sport! Also you don't have to be a part of a Sports Club to come along, you just need a ticket and Varsity t-shirt!





WINNERS 2016 - 2017

Club Of The Year -

Men's Rugby Union

Team Of The Year -

Women's Squash

Sportsman Of The Year -

Rafael Garcia-Krailing

Sportswoman Of The Year -

Carys Chalklin

First Year Of The Year Award-

Kirby Earl

Most Improved Club-

Men's Rugby League

Sports Personality Of The Year-

Katy Baker

Changemaker Award -

Rowing

Stallion Of The Year-

Tayla Mounter

SPORTS AWARDS

One of the many highlights of the sporting calendar is the annual Sports Awards evening.

At the end of each academic year the Students' Union throws an annual awards evening to celebrate and recognise the hard work of individuals, teams and clubs.

The 2017 Northampton Students' Union Sports Awards saw approximately 400 students attend the Royal & Derngate Theatre on the night, making it the biggest one yet! It was a fantastic celebration of our sports clubs and individuals' achievements and hard work throughout the academic year. The evening also includes a superb three-course meal, entertainment and professional photography to capture celebrations of the special moments. We are already planning this year's awards to make it even bigger and better than last year!



Can't find your Sport?

- start your own!

As your Students' Union we are here to make sure that you have the best time whilst at University, so if there is a Sports Club that we don't currently offer, we can help you set up your own!

You can do this by visiting northamptonunion.com/activities/our-stallions-sports-clubs and following the three steps below:

Step 1

Fill in the proposal form to set up a new Sport and return it to Kelly Sutton.

You will require:

3 x Committee Members
(President, Secretary & Treasurer)
2 x Additional members

Step 2

Fill out your Constitution. This is your Sports' governing document that states how your Sports Club will run.

Step 3

Become ratified (approved) at an Athletic Union Committee meeting. This is a monthly meeting comprising of each club's committee members to be informed and updated on Union activities, discuss all things to do with sport within the Students' Union and approve new clubs.

Key Benefits

Funding - We have a number of grants and subsidies available - this year we have up to £45,000 for you to put to good use!

Reduced Rate Hire of SU Venues

Free University Room Hire

Free Minibus Hire

Free Web Promotion

Photocopying & Print Services

Banking Services

Free Access to Union Day, Students' Union publicity and this very Handbook!



Get an Amazing

5p

For Every

£1

Spent

Plus
Sports and Societies
can receive great
sponsorship
deals through the
loyalty scheme.

northamptonunion.com

Where can I earn points?

UniExpress, The Art Shop,
Avenue Shop, Pavilion,
Park Campus Students' Union
Avenue Campus Students' Union

and coming soon at

THE PLATFORM

There is an additional

10%

Off food at
Park Students' Union
Avenue Students' Union
Pavilion and The Platform.
Plus Meal Deals at
UniExpress

T&Cs Apply

