Welcome to the 9th edition of our Sport and Wellbeing Guide.

The purpose of this publication is to highlight the full spectrum of sports and activities that Sport Lancaster has to offer. It looks at competitive sport with our BUCS teams, recreation sport and health and wellbeing. Sport Lancaster is going from strength to strength and I am especially proud to be part of its evolution.

The university’s commitment to the development of sport can be seen with the ongoing investment in facilities: the strength and conditioning facility and human performance laboratory that opened in January 2018 and the fantastic new sports hall with arena seating that opened in June 2020.

This academic year will see the first graduates from Lancaster University’s first ever academic sports degree. A great relationship has developed with the Sports Scientists and ourselves and we look forward to our sports teams developing with the help of staff and students of the Sports Science course.

The opportunity to try different sports is a feature of university life and I suggest that if you have always been intrigued by a particular sport or discover a new one whilst you are here that you take advantage of the opportunity and give it a go. We all know about the proven physical, psychological and emotional benefits of sport and enjoying an active lifestyle, but don’t forget sport is also one of the best ways to meet and make new friends that will last well beyond life at university.

Finally, no matter what your level of fitness, Lancaster University Campus is truly beautiful and will offer you an easy incentive to get outside and enjoy your surroundings. So take a stroll round the Woodland Walk or take on a bit more of a physical challenge on the Trim Trail, both will offer you opportunity to be active in beautiful surroundings all year round.

I hope that you find this guide to our facilities useful and I wish you a healthy, happy and successful year.

Candace Davies
Interim Head of Sport
Lancaster University opened the Sports Centre in 2011, featuring a range of fantastic sporting facilities. Conveniently located on campus, the Centre is open at times to suit you, allowing you to participate in a variety of sport and wellbeing activities around your studies.

**INDOOR FACILITIES**
- 8.5m climbing wall
- 25m swimming pool
- Sauna & steam room
- 100 station gym
- 8 badminton court sports hall
- 4 glass squash courts
- Human Performance Lab and Strength & Conditioning Room
- NEW 8 badminton court sports hall, with show court and bleacher seating for 500+ spectators

**OUTDOOR FACILITIES**
- 8 floodlit tennis courts
- 3 floodlit netball courts
- 3 rugby pitches
- 2 floodlit synthetic grass pitches
- 3G pitch
- 5 football pitches
- Lacrosse pitch
- Crown bowling green
- Artificial cricket wicket & bays
- Trim trail
- Woodland walk

**OPENING TIMES**
Monday-Friday: 7.00am-10.00pm
Saturday: 8.30am-6.00pm
Sunday: 9.30am-6.00pm
The swimming pool and climbing wall opening hours vary each week due to events and lessons. Please check the website or ask at reception for details.

**SPORTS HALL EXTENSION COMPLETED**
The University has recently invested in an additional Sports Hall extension. The project began in July 2019 and has recently been completed in the summer 2020. The 8 x badminton sized hall, can accommodate a variety of sports both within the University and local community.

We are very excited, that in this Sports Hall there is retractable seating for 500+ spectators, with show courts for Basketball, Netball, Volleyball, Badminton and Futsal.

**MEMBERSHIPS**

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BRONZE MEMBERSHIP CAN ONLY BE USED AT OFF-PEAK TIMES
MON - FRI: 7.00am - 12.00pm & 2.00pm - 4.00pm, SAT - Sun: All day
MEET THE TEAM

Candace Davies
Interim Head of Sport

Candace looks after the strategy and policy relating to sport on campus. Candace works to ensure the sports facilities on campus meet the need of students, staff and the local community.

Melinda Brookes
Administrative Assistant

Melinda is responsible for any Membership queries as well as any Sports Centre facility bookings. Melinda is involved in the timetabling of facilities for all users and is your general go to for any enquiries.

Sam Cadwallader
Sport Development & Student Engagement Officer

Sam is responsible for increasing participations levels in sport for staff, students and the community. Sam organises a variety of coach education courses throughout the academic year that gives you the perfect opportunity to take your love of sport to the next level.

Debbie Bell
Sports Centre Manager

Debbie is responsible for all operational matters relating to the Sports Centre and outdoor facilities.

Abby Chamberlain
Opportunities Coordinator (BUCS)

Abby supports our 39 Sport Lancaster Clubs with their competitive endeavours and development needs. This includes coordinating our BUCS programme and helping improve the student sporting offer at Lancaster. This includes providing support to our ever-growing college sport.

Danielle Barnes
Sports Development Manager

Danielle, is on maternity leave, returning in spring 2021. Danielle manages all Student Union sport from our recreational projects to our Focus Sports. Danielle is responsible for helping our student clubs nurture and develop meaningful partnerships with each other, NGBs and local clubs to ensure the continued development of sport at Lancaster.

Lauren Forrow
Rugby Participation Coordinator

Lauren’s role is part of a RFU partnership with local institutions UCLan and Edge Hill. Lauren’s role is all about growing student participation in Rugby Union across the region. Lauren supports Student Activators to run a range of rugby activities and events in conjunction with our brilliant Men’s and Women’s Rugby Union Clubs.

CONTACT US

Follow us on social media to stay updated with activities and events, special offers and weekly BUCS updates throughout the year.

A MESSAGE FROM SENIOR LECTURER, FACULTY OF HEALTH AND MEDICINE, BIOMEDICAL AND LIFE SCIENCES

While playing sport or keeping active you might meet students studying our Sports and Exercise Science degree. This is one of the very small number of Sports and Exercise Science degrees delivered from a Medical School, emphasising the strong clinical and scientific content of the degree. In addition to their detailed subject knowledge, our students are excellent Sports and Exercise Science practitioners.

They have the opportunity to gain fitness qualifications as part of their degree and so you may meet them as they work with University teams to enhance training and performance while others support individuals as trainers in the Sports Centre. The Human Performance Laboratory in the Sports Centre is our state of the art testing facility in which our Sports and Exercise Science students become accomplished practitioners. They use our testing facility not only in a healthy lifestyle along with training and recovery for individuals and for teams.

If you’d like to know more about the Human Performance Laboratory or the Sports and Exercise Science degree – just ask any of the Sports Centre Team.

Dr Bob Lauder, (Senior Lecturer, Faculty of Health and Medicine, Biomedical and Life Sciences)
HEALTH & WELLBEING

It’s important to look after your health and wellbeing at University, especially whilst you’re juggling studies, social life and potentially a part-time job.

We’ve put together some handy hints for you to find out the easiest ways to look after you whilst at Lancaster University.

EAT WELL

You might find it beneficial to track and plan your meals. Not only does this help you work out exactly what you need to buy from the supermarket, it will also help you cut waste and save you some money.

Why not get together with your flatmates and organise one person to do the cooking one night each week. That way, you can cut the costs between you all, have delicious homemade and nutritious meals and be less tempted by a takeaway if you’re not cooking every night.

If you’re struggling to eat well during the day, make sure you’ve invested in some good Tupperware. By storing leftovers from your evening meal you easily created a healthy, handy lunch with no extra effort. No doubt this will not only save money but also ensure you’re eating a balanced meal that will keep you full throughout the afternoon.

The recently refurbished Deli offers some fresh and filling options like avo on toast and tasty flatbreads. Or if you are looking for something slightly healthier, why not try some of their home-made pastas or a filling option like avo on toast and tasty flatbreads.

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BE ACTIVE

Whether that’s swimming, running, going to the gym or for a walk, there’s opportunity all over campus to be active. Remember you can always pay & play at the Sports Centre rather than taking out a full membership so you can stay active at times that suit you.

If you’re looking to take part in a team sport but not keen on playing inter-varsity, there’s plenty of opportunity to play recreational sports within your college – a fantastic way to meet new friends and stay healthy.

Maybe you fancy being active in the great outdoors? The woodland walk and trim trail on campus are a perfect way to get fit in the fresh air for free. The versatile trim trail combines fun and fitness for all levels of physical ability.

The trim trail is a series of fixed, timber exercise stations that can be found opposite the Sports Centre.

Designed to improve your cardiovascular system, upper and lower body strength and agility, the trail can be as mild or as intense as you wish.

You can find a map of the woodland walk at reception or see p9 for some great exercises you can try out on the trim trail.

GET OUTDOORS

TRIM TRAIL

What better way to get fit in the fresh air for free. The versatile trim trail combines fun and fitness for all levels of physical ability.

The map below outlines each exercise station on the trail and provides instructions on how to use them. Keep track of your progress by charting the repetitions completed and also your trail time on each visit.

VAULT

Tests your core strength and balance. Instructions: Place hands on pole and hop forward. DIFFICULTY: ★★★

STEP UPS

Tests your core strength and balance. Instructions: Step up and perform sit ups. DIFFICULTY: ★★★

POLE CLIMB

Tests your upper body and climbing ability. Instructions: Attempt to reach the top of the pole by moving your hands over the other. DIFFICULTY: ★★★★★

STRAUTLASS JUMP

Tests your core strength and explosive leg power. Instructions: Jump onto the pole. DIFFICULTY: ★★★★★

POLE HOPSCOTCH

Tests your upper body strength and balance. Instructions: Lift your knees up and aim to put them onto the poles. DIFFICULTY: ★★★★

TYRE HOPSCOTCH

Tests your upper body strength and balance. Instructions: Lift your knees up and aim to put them onto the poles. DIFFICULTY: ★★★★

POLE CLIMB

Tests your upper body and climbing ability. Instructions: Attempt to reach the top of the pole by moving your hands over the other. DIFFICULTY: ★★★★★

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TYRE HOPSCOTCH

Tests your upper body strength and balance. Instructions: Lift your knees up and aim to put them onto the poles. DIFFICULTY: ★★★★
If you prefer fierce competition, then you should look no further than the BUCS competitions that bring students together to compete regionally and nationally against other institutions. You can join one of the 39 sports teams that play every Wednesday afternoon in BUCS fixtures. Trials for each team are usually held at the beginning of term 1.

The BUCS teams are:

- American Football
- Archery
- Badminton
- Basketball Men’s
- Basketball Women’s
- Boat
- Canoe
- Climbing
- Cricket Men’s
- Cricket Women’s
- Cycling
- Equestrian
- Fencing
- Football Men’s
- Football Women’s
- Futsal
- Handball
- Hockey Men’s
- Hockey Women’s
- Korfball
- Lacrosse Men’s
- Women’s
- and Mixed
- Netball
- Pool & Snooker
- Rugby League
- Rugby Union Men’s
- Rugby Union Women’s
- Running & Athletics
- Sailing
- Shooting
- Snow Sports
- Swimming & Waterpolo
- Squash
- Table Tennis
- Tennis
- Trampolining
- Triathlon
- Ultimate Frisbee
- Volleyball

For more details on the clubs and how to get in contact, please check out the Students’ Union website at lancastersu.co.uk
ROSES ARE RED

Roses is an intervarsity competition that take place between the University of York and Lancaster University each year, dating back to 1965. Roses is organised by the Students’ Union with support from the University. Take a look at our highlights from the last Roses…

After last year’s competition was unfortunately cancelled due to Coronavirus, we’re looking forward to reigniting our rivalry with York in the coming year. We still need to avenge our narrow loss in 2019, and with the extra year of training and preparation our teams have had there’s no doubt we’ll be more than ready for the challenge.

Crowds will turn out in their masses to watch students compete - think cheesy chanting, electrifying atmospheres and of course think, Roses are red!