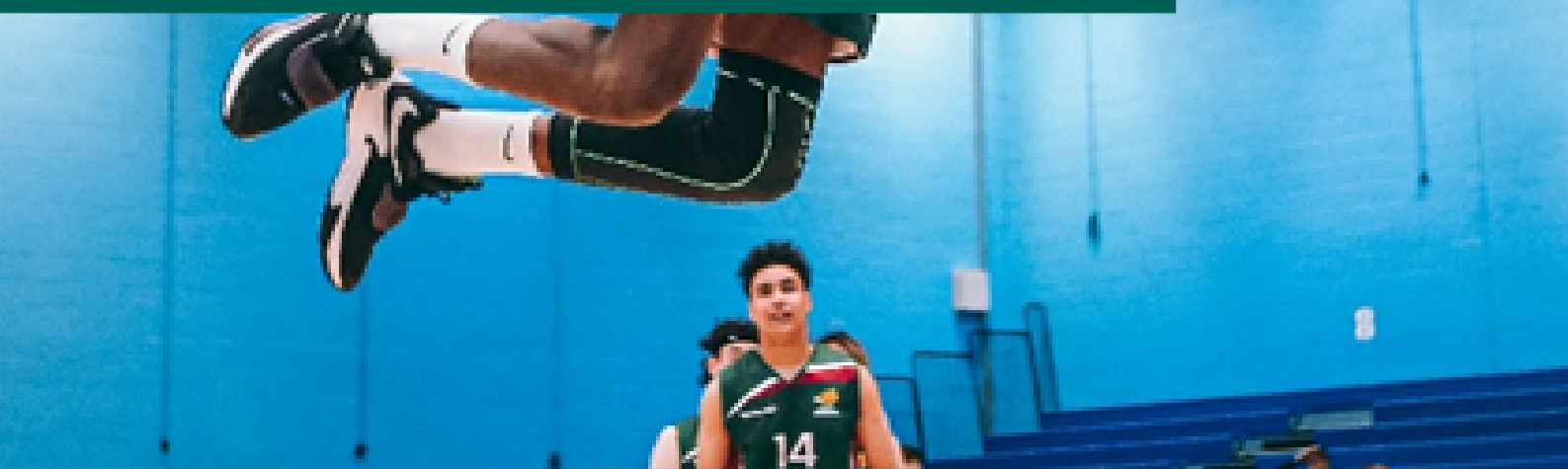




## UOL SPORTS TEAMS PROSPECTUS



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# INTRODUCTION

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"Leicester is a city of rich sporting history, that has been home to many championship winning teams in recent years. Our University is no different. We are notorious for competing amongst the best sporting Universities in the country with our Cheer, Men's and Women's Rugby (both Union and League), Futsal, Dodgeball, Equestrian and Rowing teams boasting competition and league wins, regatta wins, and cup finals last year. We also beat DMU in Varsity (again!), which is the biggest sporting event at the University!

However, here at Leicester, we boast one of the most inclusive and best participation offers in Higher Education. Recently, our Let's Do Leicester programme won a BUCS award for the best participation programme in University sport. This exemplifies what we are trying to achieve here at Leicester. Our goal is simple - to have the most inclusive sporting offer in Higher Education, and we are confident we can achieve this. An example of a team that shows this is Ultimate Frisbee, who's Women's team won the 'Spirit Award' at their national competition.

We cannot do this without you! Sport at our University is open to everyone - we have over 3500 students involved in sport at our University, which equates to 20% of all students and hopefully soon we can see you join our sporting community!

In this prospectus, you will be able to read about all of our sports clubs here at Leicester and our Let's Do Leicester and Intramural programmes! It will also have some words from Club Captains, talking about their experiences when they joined back in their first year.

I hope you find everything you're looking for, but if you do have any questions, please drop me an email and I will be happy to assist!"

**Archie Robinson**

**Leicester Students' Union Sports Officer 2022/23**

**SU-Sports@le.ac.uk**



## Membership Costs

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If you train or compete with one of the teams listed in this Sports Prospectus you are required to purchase a Team Leicester membership and a Club Membership as listed. For more information, including what the prices involve, head over to UOL\_Sport or visit their website!

### Team Leicester Price List

- |                       |      |
|-----------------------|------|
| • Team Leicester only | £100 |
| • Silver              | £110 |
| • Gold (Early Bird)   | £150 |
| • Gold                | £180 |
| • Gold+               | £230 |





# American Football

The Leicester Longhorns are a welcoming club that offer the opportunity to try a sport that many may never have played, watched, or even heard of. American Football is a sport that is suitable for everyone, no matter your ability or build, so is a great opportunity for anyone who is looking to gain new skills and try something new. We have a strong history and have produced multiple players who have played abroad and represented Great Britain, as well as having one of the largest coaching staffs in the country, giving everyone the best opportunity to succeed.

“

The club offered me somewhere to escape and pursue my passion for American Football and it is great to be able to do this alongside members who have never played as it also allows me to hold somewhat of a mentorship role. Seeing the members come together and improve individually and as a team is both rewarding and exciting.

Thomas Slade - Club Captain

”

## TEAMS

One Mixed BUCS  
Squad

## COST

£40 Full  
Membership  
£30 Specialist Kit

## OFFER

As a club we play in the BUCS Midlands Division 2 and will be looking for promotion straight back up to BUCS Midlands Division 1 and we want you to be a part of that. We train 3 times a week which offers a great opportunity for someone to switch off from their studies whilst keeping fit and having some fun.

We off a welcoming community with a great set of people with whom we hold weekly themed socials to enjoy and meet on Sundays to watch the NFL as a team at the Loaded Dog. We currently hold a 10 Year win streak over our Varsity rivals, DMU Lions, and this is one of the highlights of the year. We also hold a Superbowl Party every year which is always a great event.

We look forward to welcoming all newcomers and can't wait to get this season started.

## Club Accolades:



[Su-americanfootball@le.ac.uk](mailto:Su-americanfootball@le.ac.uk)

# Archery

Here at ULAC, we are open to anyone from master archers to complete beginners, archery is a sport dedicated to challenging yourself and the club is here to support you throughout your journey. We are fully equipped with the gear you need to get started and our coaches will be running 2 beginner courses in term 1 to help you get to grips the bow. Even after those courses finish our members always support and encourage each other, you will of course be no exception there will always be help and a welcoming community available!

“

I was looking for a new sport, and archery had a great way in. Since I've joined I've received tons of support from the members and its allowed me to succeed in a sport I love.

”

Kishen Pankhanian - Club Captain

## TEAMS

Open to all

## COST

£35 Full  
Membership

## OFFER

ULAC Badge  
Scheme

But its not just fun and games, we train hard too! Our training schedule is flexible, and you only need to come to the sessions which best suit you! We will host occasional in-club competitions but for most sessions it'll be up to you to either come for a relaxed social shoot or to train competitively! The ULAC have a badge scheme for scores achieved, throughout your journey you will move up this, it's an independent challenge for each member. If you want to take your shooting on the road, during the second half of the year we participant in multiple competitions including BUTS, BUCS and Varsity. There will never be any expectation to take part or even to win which is why we have always loved getting novices in to shoot at these events, in past years we have had novices progress to the National Finals of BUCS!

## Club Accolades:



[Su-Archery@le.ac.uk](mailto:Su-Archery@le.ac.uk)



# Badminton

Badminton at the University of Leicester is the largest club you can be a part of! We welcome all, with any skill, from experienced competitive players to those who have never held a racquet before.

We have four competitive teams (3 men's and 1 women's) playing in the nationally recognised BUCS League (and we even made an appearance at BUCS Nationals!) along with the annual Varsity rivalry against DMU – of which we won overall last year!

“ I went to the badminton give it a go session purely because one of my peers started talking to the badminton members running the freshers fair stall and told me about how friendly they were. I was keen to join a society but as someone who's not particularly “sporty”, was unsure which one to join. Over the last year, joining badminton has actually given me a much bigger interest in the sports itself. Socially, badminton have been so inclusive, and I have now made friends for life due to the welcoming atmosphere this club offers.”

Olivia Stratford, Social Secretary

## TEAMS

- Three competitive Men's squads
- One competitive Women's squad

## COST

£30 Full Membership

## OFFER

Intramural, Let's Do Leicester (LDL) and Local League competition

With our established development pathway, you can be assured that you will have the opportunity to progress your game in a friendly, yet competitive, society where everyone feels valued and cared for. With that in mind, we have a drive and focus for our socials so rest assured you will be able to meet new people and make new friends.

We have a culture here where we try our best ‘to make the club, a club for everyone’. We always welcome a new face and would love you to join our society – feel free to get in touch and add our socials to keep yourselves updated!

## Club Accolades:

[Su-badminton@leicester.ac.uk](mailto:Su-badminton@leicester.ac.uk)







# Basketball

Leicester is one of the cities at the forefront of UK basketball and the University of Leicester Basketball Club is proud to be a part of such a culture, fostering an expansive community of basketball enthusiasts and offering competitive and non-competitive basketball for all abilities as well as exciting weekly games which often fill our sports hall with 100 spectators. With four teams competing in BUCS fixtures (three Men's teams and one Women's team) and the newly formed campus leagues, this season will prove to be one of our most exciting yet as we hope to massively increase our membership and maintain our title as one of Leicester biggest clubs.

Members are invited to weekly socials and encouraged to support all competitive fixtures breeding a strong rapport within the club which allows for personal growth alongside university studies. Our team coaches are professionals from the Leicester Riders, Leicester's resident British Basketball League pro team with which our club has a strong relationship with and which we are looking forward to expanding this season. The club aims for improvement in all its players and the final chance to prove this is at the varsity event at the end of the year where players can demonstrate their growth against our closest rival; DMU.

“

I joined the basketball club to not only learn the game from some of the best professional coaches in the country, but also join a community of basketball fans to watch and go to games with and have the best socials on campus.

”

Alejandro Medina - Club Captain

## TEAMS

- Three competitive Men's squads
- One competitive Women's squad

## COST

£50 Full Membership

## OFFER

- Performance Pathways
- Run their own IMS League

**Club Accolades:**

[su-basketball@leicester.ac.uk](mailto:su-basketball@leicester.ac.uk)



## Boat Club

The University of Leicester Boat Club, one of the largest mixed student groups on campus, is an open and welcoming rowing club that over the next year aims to continue to build its competitive standing nationally.

The club has much to offer – whether you are an experienced rower, have never stepped foot in a boat before or even just want to join a community with an active social scene – you will find somewhere to fit within ULBC!

Throughout the year both the novice and senior squads have opportunities to take part in British Universities & Colleges Sports events, national British Rowing races, training camps, tour and all the weekly training sessions the athlete in you could desire.

Additionally, our weekly socials will allow you to get out and about in Leicester making new friends, either through a classic Wednesday night's LetsDisco, annual or summer ball or through one of the sober socials run throughout the year – there are many memories to be made and laughs to be had!

“Joining ULBC made my first year at university so much better than I ever thought it could be. Being entirely new to the sport I was apprehensive for the first session but everyone was so welcoming I was quickly put at ease. My technique and fitness improved so much throughout and the ULBC family has supported me through the highs and lows of the season. Seeing the composite double race at Henley Women's towards the end of the year has only motivated me further and I'm so excited to see what the next season holds for all our squads!”

Erin Flood - Club Captain

### TEAMS

- Senior Men's
- Senior Women's
- Novice Men's
- Novice Women's
- Coxes

### COST

- Senior - £100
- Novice - £35
- Cox - £25
- Social - £25

### OFFER

## Club Accolades:



[SU-ROWING@leicester.ac.uk](mailto:SU-ROWING@leicester.ac.uk)







# Cheer and Stunt

For the last few years, Leicester Panthers has been one of the largest and most successful clubs on campus, with over 100 members and numerous Grand and National Champion Titles.

Cheerleading has grown rapidly in popularity in the UK recently, and as a club we are so excited to be able to offer everyone the chance to fall in love with the sport at University. In fact, many of our members join us with no previous cheerleading experience, and go on to continue the sport after graduating!

Our club currently has 7 teams, that train at varying levels, readying themselves to compete at 2/3 national competitions later in the year! This includes a performance and development team (Sapphire), which means we are able to offer every person a position on one of our teams. At Panthers, we pride ourselves on being a big, beautiful and inclusive club! When you join our club, you are joining a caring family, that will support you to grow in all aspects of your life. We even offer our own mentor scheme (the Cub Scheme) to make sure all members feel looked after. As well as training hard and taking care of each other, we love to have fun! Our social calendar is very vibrant and we hold a variety of events throughout the year such as: Tour, Cheer Awards, Cheer Week and MORE!

“

My university experience would not have been the same without the Panthers! Originally I was nervous to join but everyday I'm so thankful I did. I owe some of my favourite memories, best friends and so much of my own personal growth to this club. In my last four years here, I have developed a talent I didn't even know I had and found a family in this club.

”

Katie Irish - Club Captain

## TEAMS

Obsidian - Stunt  
Ammolite - Stunt  
Emerald- Routine  
Ruby - Routine  
Crystal - Pom  
Onyx - Hip Hop  
Sapphire - Open

## COST

£45 Newcomers  
Membership  
£40 Returners  
Membership  
£15 Social  
Membership

## OFFER

Development  
and  
Performance  
Pathways

## Club Accolades:

[SU-Cheerleading@le.ac.uk](mailto:SU-Cheerleading@le.ac.uk)





LEICESTER  
STUDENTS'  
UNION



# Cricket

Cricket is one of the most thriving clubs within Team Leicester with both playing and non-playing members. With 2 indoor teams in the winter and 3 outdoor teams in the summer, all playing in BUCS leagues we are one of the most competitive clubs at the university. Our 1st team won the outdoor BUCS league in 2022 as well as beat DMU to become varsity champions. We cater to all abilities of cricket regardless of if you have played before, having different sessions in order to make cricket at Leicester enjoyable regardless of your playing level.

“

Joining the cricket club has enabled me to meet individuals from a range of different backgrounds. I have loved being able to compete for a club focused on achieving on the field, but one that is so welcoming and inclusive on the social side. I felt part of the group immediately and am so glad to be part of the ULCC family.

”

Jackson Darkes-Sutcliffe - Club Captain

## TEAMS

Three Outdoor  
BUCS teams  
Two Indoor  
BUCS teams

## COST

£45 Full  
Membership

## OFFER

We have access to amazing facilities and coaches. On the field, you can expect to see huge improvements in your game. We have great opportunities provided to us for example playing our outdoor varsity against DMU at Grace Road (Leicestershire stadium). As well as this our club has an amazing social culture where everyone is welcomed and valued. It is an amazing opportunity to meet new people and make friends at the start of your university experience. Regardless of your cricketing ability joining the club is a great chance to be part of a family which you will cherish throughout your whole university experience. We would love for you to join us, regardless of your experience in cricket, at ULCC we have a place for everyone.

## Club Accolades:



[Su-cricket@le.ac.uk](mailto:Su-cricket@le.ac.uk)





## Cycling

Leicester University Cycling Team is the ideal club for anyone who loves riding a bike or has recently taken up the sport. All abilities are catered for in our weekly training, with sessions on a purpose built cycle circuit, perfect for developing confidence as well as training away from traffic, chain gang on a Wednesday and we also run casual rides for those who love café stops just as much as us. We host training camps, exploring some of the best riding locations in the UK. We had a great time exploring the Yorkshire dales this year and hope to see even more this year.

“ Being part of LUCT allowed me to get back into a sport that I love after having neglected it for too many years. You’ll always be welcome and its one of the best ways to meet like-minded people and quickly gain the confidence to engage in events where you otherwise might not have been comfortable. I can’t encourage joining a team enough and I look forward to many more café stops with the club. ”

Isaac Waton

### TEAMS

One Mixed BUCS team

### COST

£25 Full Membership  
£10 Social Membership

### OFFER

LUCT is British Cycling affiliated, meaning it is the perfect place to compete in University colours in both BUCS events and local races. We plan to race in BUCS hill climb, time trials and road race in the 22/23 season. Members will also be racing in the Leicester cyclocross league in the winter as well as tackling road and crit racing in the summer.

But above all, the club is simply a group of mates enjoying riding their bikes.

**Club Accolades:**

**[su-cycling@leicester.ac.uk](mailto:su-cycling@leicester.ac.uk)**



# Dodgeball

Dodgeball is the perfect mix of competitive and social sport at university level sport. On the competitive side, you can work towards a spot on our first team, competing towards the top of the national dodgeball premier league, winning varsity and university opens. If you're new to dodgeball as a sport (most of the club first played competitively at university) then you can have the chance to develop as a player, competing in open competitions, and internal tournaments as a part of our second team.

“

I joined the dodgeball club in my first year of university, where even though the year was cut short due to covid, I made so many friends which I still keep in contact with today, and this friendly atmosphere has stayed in the club ever since.

”

Jamie Hughes - Club Captain

## TEAMS

- One Men's BUCS team
- One women's BUCS team

## COST

£30 Full  
Membership

## OFFER

One  
Development  
team

There will be plenty of opportunities for people not in those teams to compete both locally and at national university opens. Our club trains 3 times a week, with sessions being delivered by a British Dodgeball recognised coach with 4 years' experience coaching, and 6 years playing at every level from junior to international.

On the social side of the club, we have one session a week which is treated as a more social session, typically a Sunday so we can head to the pub afterwards for food. As well as offering social playing opportunities, we host socials every week which range from dressing as your degree and heading to the o2, to dressing in your finest outfits and attending sports awards, or getting your Santa hat on to join us for a Christmas meal and secret Santa.

## Club Accolades:



[SU-Dodgeball@le.ac.uk](mailto:SU-Dodgeball@le.ac.uk)





# Equestrian and Polo

Here at Equestrian and Polo we welcome all abilities to take part in weekly training sessions and competitions throughout the year - if you have never sat on a horse before or you have years of experience, there is something for everyone!

For equestrian riders, we offer beginner, intermediate and advanced lessons at our amazing yard Somerby Equestrian Centre. The lessons are tailored to the level of the group, starting from the very basics of horse riding and progressing to improving skills and technique for BUCS team standard

If you're interested in Polo, we run weekly lessons for both beginner and novice riders at Offchurch Bury Polo Club. Here, you learn the rules and techniques required to play chukkas (matches) and work as teams to prepare for Winter and Summer SUPA Nationals!

Our main priority is that club members have fun, and so throughout the year we offer all our members hacking opportunities, gymkhanas, inter-club competitions and even a summer camp for everyone to enjoy!

We would love to welcome you as a member of our club so please look out for the dates of our taster sessions, team trails and much more

“ I first joined UOLEPC three years ago and it's been one of the highlights of my time at Leicester! Having both equestrian and polo combined in one club has meant I've been able to meet way more people, but only had to buy one membership! I love the fact that training is done on such a flexible basis, but competing is open to everyone from friendly to national level, making it such an inclusive club! ”

Jessie Smart - Polo Captain

## TEAMS

- A Team
- B Team
- Polo Team

## COST

£40 Full Membership

## OFFER

Performance Pathway

## Club Accolades:

[SU-HORSERIDING@leicester.ac.uk](mailto:SU-HORSERIDING@leicester.ac.uk)





## Fencing

The University of Leicester Fencing club is a close-knit community, with most of the members being beginners that have dived straight into the sport thanks to the welcoming nature of the group and the brilliant training of our professional coach. With a diverse committee devoted to generating an inclusive, engaging and exciting club, we welcome all who wish to try their hand with a sword, be it in Foil, Saber, or Epée, all you need is a openness to making mistakes and having new experiences.

“

Joining the fencing club has been one of the best choices of my university career so far, having fenced before, this club has a great vibe to it!

Yann Luk - Wellbeing Officer

”

### TEAMS

One Men's  
and Women's  
BUCS Squads

### COST

£35 Full  
Membership

### OFFER

With an amazing team spirit, we regularly compete in BUCS (British University and College Sport) competitions across central England – and even go as far as to compete internationally in places such as France – where beginners are encouraged to get involved and build their skills.

Adding in socials that go beyond drinks at our local pub (which we do, especially after competitions!), no matter how you're looking to get involved in Fencing, it's a brilliant way to bring spirit into your university experience.

**Club Accolades:**

[su-fencing@le.ac.uk](mailto:su-fencing@le.ac.uk)



## Men's Football

Men's football comprises five competitive teams as well as additional development teams which makes it one of the biggest clubs here at the University of Leicester. With more teams than most sports, there's a level for everyone; last year we had over 210 members across the club. University football is the best opportunity to make the most of your uni experience. Whether you're looking to play competitively from the excellent coaching of our very own UEFA A qualified coach, or just love playing with your mates; there is an opportunity for everyone!

“

I joined Men's Football in my first year to carry on playing the sport I love most throughout my university life. Since then, not only have I developed my skills but I've also met some incredible mates along the way and made many sweet memories of victory.

Lewis Lord - Football Vice-Captain

”

### TEAMS

Five Competitive  
BUCS Teams

### COST

£45 Full  
Membership  
£30 Social  
Membership

### OFFER

Additional  
Development  
Teams

Facebook page "ULFC Trials 22/23"

As well as the competitive squads, we also take part in the Campus Leagues, which gives you the opportunity to play with your course mates/ society against other courses and societies on a weekly basis.

This year we will be entering our development teams to maximise the football opportunities you will get. Away from the pitch, we have a very fun and welcoming social group. Last year there were many fun activities, such as Pub Golf, Christmas Party and a tour to Croatia!

## Club Accolades:

[su-mensfootball@le.ac.uk](mailto:su-mensfootball@le.ac.uk)







## Women's Football & Futsal

ULWFC consists of 2 football teams and 1 futsal, whether you were born into boots or wants to try out a new sport there is a place for everyone. We welcome girls from all backgrounds and abilities and pride ourselves on being a family like club.

We have 2 football teams competing in tier 2 and tier 4 with our futsal team in tier 2 narrowly missing out on promotion by 2 points.

“

Being part of ULWFC has been the best decision I've made at uni. The club has allowed me to meet some of my closest mates and has given me opportunities I never thought would be possible!

”

Abbie Dossetter Club Captain

### TEAMS

Two Football  
One Futsal

### COST

£40 Full Member  
£15 Social  
Member

### OFFER

Let's Do Leicester

We are the current Women's football varsity holders and our Futsal team were given the chance to showcase our futsal skills in an international tournament in Antwerp.

Arguably, the best part of the week is the social this gives our girls the chance to bond and get to know each other more than on a playing basis. We go on many trips within the club whether its Wembley for the women's FA cup final or Croatia for the yearly tour with other team Leicester clubs. This year has been one of the best and its only going to get better.

## Club Accolades:



[SU-womensfootball@le.ac.uk](mailto:SU-womensfootball@le.ac.uk)



## Men's Futsal

Men's Futsal is one of the most successful Team Leicester clubs, both on the competitive front and in inclusivity. We have a newly implemented pyramid structure in the club that allows for progression through the ranks. The top of this is made up by our 3 BUCS teams, which currently play in BUCS tiers 2 & 3. Just below this we have our 4th team, which play in a local futsal league and also train with the 3rd team. We have our two development teams, who have the chance to play in the same local futsal league, while also playing in a 7-a-side league.

There is also an IMS league run by us, which while being competitive, also allows people to join and play for fun. Whether this is by creating a team with your mates or by being seeded into a team, there are many different ways to get involved with futsal. We also boast a highly committed and qualified coach, who has a UEFA B qualification. Off the court we have a great social scene with weekly socials being held, giving a brilliant chance to make new friends with similar interests. Whether you are new to the university or doing your 5th year, there is always a reason to come to a futsal social, where we love to make our members feel valued to the club. Even if futsal is a sport you have never even heard of, sign up and give it a go. You may just discover something you love!

“When I first joined Leicester University, I was looking for a sport that I had never tried before. Having seen clips of futsal online, I instantly was infatuated with the sport and so eagerly turned up to the first social. Straight away I felt like a part of the club, making friends with people from all year groups, despite being a fresher myself. Joining UOL Futsal has genuinely been one of the best choices I have made since I joined the university and I hope you make the same one.”

James Cutts - Co-Club Captain

### TEAMS

- Four competitive squads
- Two development squads

### COST

- £45 Full Membership
- £10 Optional IMS Membership

### OFFER

- Run their own Intramural (IMS) League
- Performance pathway

### Club Accolades:



[su-futsal@leicester.ac.uk](mailto:su-futsal@leicester.ac.uk)







## Golf

We play at the Leicestershire Golf Club, an England Golf Championship Venue, throughout the academic year.

This year we have entered Midlands League 2 in which we play league games on a Wednesday. Fixtures are played both home and away, so we have the opportunity to play at excellent golf courses across the Midlands.

“

The UOL Golf team has been a wonderful part of my university life. I was welcomed warmly as a new member and thoroughly enjoyed playing matches and being a part of the socials. I felt throughout the year every team mate became a friend.

”

Ritik Patel - Former Club Member

### TEAMS

One  
Competitive  
Squad

### COST

£25 Full  
Membership

### OFFER

The format of this League is scratch team match play, resulting in enjoyable competitive golf and team comradery. Our regular and set practice is on Sundays, this allows the team to get together and socialise whilst improving our games and keeping things competitive.

All handicap golfers are welcome to join, and we have 15 free Leicestershire memberships which will be awarded to squad players able to commit to fixtures and play competitively.

**Club Accolades:**

**[Su-golf@leicester.ac.uk](mailto:Su-golf@leicester.ac.uk)**



# Hockey

University of Leicester Hockey Club is a friendly and welcoming club comprised of both the Ladies and Men's. We are one of the biggest Team Leicester clubs and play in the BUCS league as well as the local Saturday League. This allows our members to have as much opportunity as possible to develop and strengthen their hockey ability. We have a wide range of abilities from beginners to national players, therefore anyone is welcome! Our committee are motivated to ensure our members have an incredible time making friends and enjoy playing hockey, whether that be in a friendly or competitive way.

Not only do you have the opportunity to make friends and enjoy yourself on the pitch, but we also have fantastic social secs that put together a vast range of socials for members to join. Socials take place at least once a week and are always a good time. We have two brilliant professional coaches who are incredibly involved members of our clubs.

Their expertise are extensive and they have experience coaching all types of abilities, including goalkeeping coaching. We would love for you to join our club, as a competitive or social member, and become a part of our hockey family!

“My name is Lizzie and I'm going into my fourth year in the club! I have really enjoyed every year I have spent playing hockey at Leicester. It's been such an integral part of my university experience. All the girls are so lovely and you're always guaranteed a laugh both on and off the pitch. I'd strongly encourage anyone who is interested to join both for the sport and the social side because it's a great way to meet new people, keep active and most importantly have some fun! The club caters to all abilities, so whether you've never played hockey before or you've been playing it for a while, there is a place for you!”

Fi Heenk - Executive President

## TEAMS

- Two Men's BUCS Squads
- Two Ladies BUCS Squads

## COST

£40 Full Membership  
£10 Social Membership

## OFFER

Development offer with Leicester Hockey Club

## Club Accolades:



[SU-Hockey@le.ac.uk](mailto:SU-Hockey@le.ac.uk)



## Mixed Hockey

Mixed Hockey is a great club to be a part of as we emphasise serious yet fun hockey for all abilities – whether you have never stepped foot on a hockey pitch before or if you play in European Championships, there will be a position for you.

Everyone is welcome and encouraged to train, play and socialise in a club where you can make a great group of friends with similar hobbies to see you through your university life, whether you join us as a first-year fresher or as a fifth-year medic.

“

I joined because in the past I have enjoyed playing mixed hockey and thought it would be a great way to play more hockey. The fun and friendly attitude was very welcoming, and it was nice to see how they catered to many people of all abilities. The weekly socials helped me make friends in all year groups when I was a fresher and made sure I had a fun time at uni.

”

Amelia Phillips - Team Captain

### TEAMS

Two  
Competitive  
Squads

### COST

£30 Full  
Membership

### OFFER

Our team plays in the local Leicestershire & Rutland Hockey Association league on Saturdays and in the Warwick University Mixed Hockey League on Sundays. We are also involved in tournaments with other universities, and an annual hockey tour abroad, which is a highlight of the year.

Every Wednesday we hold themed socials, which are a great way to get to know your fellow students and Mixed Hockey are known for having some of the best. We also hold a variety of special events such as charity events, fundraisers, and awards evenings.

**Club Accolades:**

**SU-MixedHockey@le.ac.uk**





# Jiu Jitsu

Ju-Jitsu is an essential skill for everyone as it makes you feel safer and increases certainty, and confidence in everyday life. More than a martial art, with a history of over 30 years at the University of Leicester, our Ju-Jitsu has taught many how to keep themselves and those around them safe in a variety of situations.

Whether you are a novice or an avid sports person, regardless of your physical abilities, Ju-Jitsu is excellent for people from all walks of life.

“

Jiu Jitsu has helped me immensely. It has kept me safe and allowed me to make some of my most important and lasting relationships. I want to have a chance for that and so I help keep the Ju Jitsu Club running so people have that opportunity

Isaac Bitelli - Club Captain

”

## TEAMS

All are welcome

## COST

£45 Full  
Membership

## OFFER

We are a welcoming and compassionate club and provide more than just a chance to learn a martial art. We run socials throughout the year for those who drink and those who don't.

We also offer the opportunity for professional development through programmes that will support your journey towards becoming a Ju-Jitsu coach, like many other Leicester alumni that trained with us. We also aim to improving many life skills of our members to help them thrive outside of Ju Jitsu

## Club Accolades:

[Su-jiujitsu@le.ac.uk](mailto:Su-jiujitsu@le.ac.uk)





# Lacrosse

Lacrosse is one of the fastest games on two feet and great fun to play whatever your ability level. ULLAX is one of the largest mixed sports clubs at Leicester. Whether new to the game or with experience of playing you will be welcomed as a new member and supported by players and coaches alike.

As a club, one of our key aims is to provide a welcoming and inclusive environment to give you the opportunity to make friends at the very start of your university experience.

“What I like about Lacrosse is the ability to go to university and start a new sport and be on a level playing field with everyone. Most people who join ULLAX have never played before and everyone picks it up so quickly with everyone having ample match time within their first term of playing. I joined because I wanted to try something new and I ended up finding a sport that I love with a great mix of contact and teamwork.”

MP - Men's Team Captain

## TEAMS

- Men's and Women's competitive squads
- One development squad

## COST

£35 Full Membership

## OFFER

Performance Pathway

Playing lacrosse is at the heart of the club. We currently have two competitive teams entered in BUCS, a men's team and a women's team, as well as a Women's development team with organised friendly matches against other university and local teams. We also run a mixed training session every other week with organised matches. We hope to enter our mixed and development teams into upcoming tournaments. Teams also compete in Varsity annually and have yet to be beaten by DMU. Our socials are a fantastic way of meeting and making many new friends. Both men's and women's teams meet together every Wednesday for themed socials resulting in long lasting memories. Everyone agrees the socials are integral to fostering a welcoming, inclusive and friendly community.

## Club Accolades:



[Su-Lacrosse@le.ac.uk](mailto:Su-Lacrosse@le.ac.uk)





# Mountaineering

Interested in escaping from the city? Want to exercise and socialize in the great outdoors? Then come and join the team of friendly, out-going and passionate people that are the Mountaineering Club. We strive to make our members feel included no matter whether you have done climbing before. Every ability is welcome; even if you have never had the opportunity to try it, we can show you the ropes! To complement our weekly sessions, we run regular outdoor climbing trips all over the country. These can run as day trips or overnight stays where we either camp or stay in huts. Not only this, each year we run an international trip and last year we went to sunny El Chorro, Spain (check out our photo!)

“ I joined this club because at the time I was really into calisthenics, and I discovered climbing as a sport where I can put a lot of that into work. After a session of bouldering with ULMC, I fell in love with climbing instantly, and I've remained an active member of the club ever since. I've made many friends and we have fun whenever we are together. It is a very healthy form of sport and learning some mountaineering skills could potentially be lifesaving! Secondly, we are a growing club yet we are a family, we are good friends, and we love welcoming any newcomers. ”

Elliot Sy - ULMC

## TEAMS

One whole team

## COST

£25 Full Membership

## OFFER

Social Climb

While there is no pressure to be competitive in the club, we do cater for all levels of competitive spirit, from relaxed inter-club bouldering competitions, to more serious competitions such as BUCS. However, the highlight of the competitive calendar is the Varsity climbing competition against De Montfort University, where we enjoy beating our rivals! We also organise fortnightly socials including the famous roped-up social and the end of year ball. We also incorporate meals out and film nights into the social calendar, so there is something for everyone to enjoy.

## Club Accolades:

[Su-climbing@leicester.ac.uk](mailto:Su-climbing@leicester.ac.uk)





# Netball

The University of Leicester Netball Club (ULNC) is the largest female sports club at our university. The club has a place for anyone interested at a number of different levels. We welcome all years of university to trial giving everyone an equal opportunity to become part of our teams. Within the club there are five competitive BUCS teams, one local league team, development teams and our intramural league. No matter what level you join the club at, the training sessions lead by our dedicated coaches will be integral to your growth and development.

“ It was a no brainer joining ULNC, but university netball has been the best netball I've ever played, and I have played a lot! You make great friends, have a great team, do great socials so what's not to like. I'm treasurer for this season as it was only fair to take some responsibility after this club has provided so much enjoyment over the past season. ”

Lizzie Evans - Club Treasurer

## TEAMS

- Five competitive squads
- Local League Squad
- One development squad

## COST

£45 Full Membership  
£45 Local League Membership  
£35 Development membership  
£15 Social Membership

## OFFER

Run their own Intramural (IMS) League  
Performance pathway

As well as becoming part of one of our many netball teams, we have many different social events throughout the year that is a great way to meet new people. Some of the events that take place are weekly themed socials at our Student Union, movie nights, team meals, Netball summer ball and many more to ensure everyone feels part of our club.

One of our biggest events is varsity in which we put three teams forward to play against DMU and we hope to continue our victory this coming year.

## Club Accolades:

[SU-Netball@leicester.ac.uk](mailto:SU-Netball@leicester.ac.uk)







# Men's Rugby League

Men's Rugby League is a tight-knit and successful club at the heart of Team Leicester. We are made up of one BUCS side with opportunities for development as well as competitive play. We currently sit in the Midlands 1A division for the first time in over 5 years after an extremely successful 2021/22 season. Our squad is made up of a range of experiences, from players brand new to the sport all the way to players representing the country!

At ULRLFC we pride ourselves on giving all our members opportunities to develop and improve.

We offer high quality coaching sessions multiple times a week that cater for all abilities and ensure all our players develop their rugby knowledge and technical ability. As well as our BUCS games, there are plenty of opportunities for growth, such as development games for newer players or regional trials for those who want to push themselves to reach the next level. We believe that there is a place for everybody at ULRLFC, and every member is valued as much as the next. The best way to make friends as you begin university life is to join a society, and we offer the perfect place to do so! We are an extremely social club, hosting social nights every week as well as various other events such as tours abroad or our annual Old Boys Weekend – you will never find yourself bored with us!

“

A someone who joined with no Rugby League experience, I was worried at first about being out of my depth, but the whole club were extremely supportive and welcoming and helped me to learn the game in no time. I've had so much fun and made so many friends in my first season at the club and cannot wait to be back enjoying games and socials with members new and old.

”

Matthew Daniels - 1st team Vice Captain

## TEAMS

One BUCS Squad

## COST

£30 Full  
Membership

## OFFER

## Club Accolades:



[SU-Rugbyleague@le.ac.uk](mailto:SU-Rugbyleague@le.ac.uk)



# Men's Rugby Union

Men's Rugby Union is one of Team Leicester's most successful clubs! We're made up of two competitive teams playing in BUCS leagues 2 & 3, and a development team playing locally with Oadby Wyggs RFC. You can expect to see your own personal development as a player through our highly experienced coaching staff who will be committed to seeing you grow as a player. We boast nearly a decade of uninterrupted varsity success against DMU in front of thousands of spectators at Welford Road stadium!

“ There are two reasons I joined this club, firstly I'm a keen rugby player and I've always enjoyed playing, so seeing the high standard of rugby played within the club initially attracted me. From my first few socials I knew this would be an environment where I can easily make friends, enjoy myself and feel comfortable. Despite being a fresher when I joined the club, I made friends with people in all years groups. I can comfortably say that joining this club was one of the best decisions I made in my first year, and I hope you make the same choice ”

KK - Club President

## TEAMS

Two Competitive Squads

## COST

£50 Full Membership

## OFFER

Off the field, with our club being so highly sociable, joining us would be one of the best ways you could make friends at the start of your university experience. As a club we strive to create a culture where our members feel valued as well as valuing others in the club, staying true to our core values, demonstrating character and humility on and off the field; and to carry ourselves in manner that proudly represents and reflects the values of Team Leicester, our club and university. We'd love for you to join us, regardless of how much rugby you've played before, there's a place for you.

## Club Accolades:



[SU-Mensrugbyunion@le.ac.uk](mailto:SU-Mensrugbyunion@le.ac.uk)





## Women's Rugby Union

At ULWRFC we are a group of women connected by our love for rugby, who enjoy socialising, playing rugby and most of all having fun while doing so. If this sounds like it could be something you enjoy, come and join us! You don't need any experience! In fact, most of our members have none when joining us. We are a group with varying skills and experience, and our coaches understand this, ensuring our training sessions benefit everyone- from those who have never touched a rugby ball before, to those already experienced. We also have a leadership team, made up of players elected at the start of the year whose job is to support all members!

Outside of university, we also encourage our players to play for local teams. Some of our players are a part of Litchfield Ladies RFC- a team which trains about an hour away, good for those who have played before and want to play at a higher level. More locally, our players enjoy Oadby Wyggs Women's team, a new team perfect for those just starting out in rugby and those seeking more playing time and hoping to improve. This offers everyone the opportunity to get more training and game time! If you like the sound of ULWRFC life, join us today! Whether you are a fresher, last year or a PhD student, it is never too late to give rugby a try!

“I've always loved sports and I knew I wanted to join a team at Uni. I knew nothing about rugby beforehand and had no friends on the team so I was very nervous going to the taster session. But everyone at ULWRFC was extremely inviting. I've been playing for 4 years now and even joined a team outside of Uni. The best part of rugby is that it's a sport for everyone- whether you are strong or fast, you will explore your strengths and find a position that works for you.”

Justyna - Club Captain

### TEAMS

One Competitive  
BUCS Squad

### COST

£35 Full  
Membership  
£2-4 match fee's

### OFFER

Touch Rugby  
  
Performance  
Pathways to  
Oadby Wyggs

### Club Accolades:

[su-womensrugbyunion@le.ac.uk](mailto:su-womensrugbyunion@le.ac.uk)





## Running and Athletics

The great thing about running and athletics is that anyone can do it and we therefore cater for all abilities. Anyone can stick on a pair of trainers and join in! The wide range of sessions we offer allow loads of flexibility: whether you want to compete at high level athletics events, such as BUCS, less serious events such as a local cross country or open meets, or if you just want to keep fit and have fun doing it then the running and athletics club is the best team to join! To join you must be a current student (undergraduate or post-graduate) at the University of Leicester.

“

People should be part of UOLRAC as it is an inclusive and fun club whilst also allowing you to improve your fitness without the emphasis on constant top level athletic performance that other clubs can levy upon people.

”

Emily Sidaway, Previous Club Captain 2021/22

### TEAMS

Athletics  
XC/Road Middle  
Distance  
Joggers Club  
Field Events

### COST

£30 Full  
Membership

### OFFER

Once you are a member the club you can access all the club's great training sessions and the clubs pays for travel and entry into competitions. We train, compete, and socialise together as one club making for a great student experience!

Furthermore, we also organise some of our own great events throughout the year including our charity Colour Run, Victoria Park Relays, Varsity with DMU runners & the Team Leicester Open Meet!

## Club Accolades:



[Su-Running@le.ac.uk](mailto:Su-Running@le.ac.uk)





LEICESTER  
STUDENTS'  
UNION



## Swimming and Waterpolo (SWOLO)

Fancy diving into the deep end? SWOLO is the university's only water sport club, with a membership you have access to two sports. The swimming side of the club is structured to support swimmers wishing to achieve any goal. There truly is something for everyone. We offer swimming lessons taught by level 1 & 2 coaches. We also have social swim sessions, a development squad such as BUSL and local leagues, and then we have our BUCS squad which is the performance squad for SWOLO. Competing at BUCS short course and long course meets at Ponds Forge in Sheffield.

**“** I chose to take on the role of President of SWOLO for a few reasons: I wanted to make a difference to people's university and life experience, I whole heartedly support the clubs values and respect and enjoy the company of each member of the club. From the competitive experience to our Wednesday night socials, where I have made friends for life. My university experience would without a doubt not be the same if I had not joined SWOLO. I can only hope that this year, new members feel the same as I do. **”**

Grace Wylie - Club President

### TEAMS

BUCS Swimming  
and Waterpolo  
squads

Development  
squad

### COST

£52 Full  
Membership

### OFFER

Swim School  
(beginner  
swimming  
lessons!)

Waterpolo is a great opportunity to partake in a team sport and try something new! Our teams are filled with mixed abilities too and all are welcome to give the sport ago. We compete in BUCS and local leagues for waterpolo for both the men's and women's teams. SWOLO is also a highly social club, we got out every Wednesday to the SU, have wing Wednesday at the Loaded Dog, as well as team meals, and we also host a ball! At SWOLO we strive to create an inclusive environment and every member is expected to hold a certain standard to maintain a warm welcoming environment, this starts with our committee. We strive to maintain our core values and represent team Leicester to the best of our ability. Weather you competed at a national standard or have never stepped foot into a pool, there is a space for you at our club.

## Club Accolades:

[Su-Swimming@le.ac.uk](mailto:Su-Swimming@le.ac.uk)





LEICESTER  
STUDENTS'  
UNION



# Tennis

We are an inclusive and welcoming sport society, accepting of players of all abilities, whether that be an advanced player wanting to compete at university level, someone who plays for leisure or someone who has never even held a racket before. Our close knit community allows all players, social and team, to maximise their university experience through sport!

Working with our LTA-certified coaches, members will be guided to improve fitness, technique and overall performance through consistent training held throughout the week.

For those who want to, there is ample opportunity to get involved competitively. We have two Men's BUCS teams and one Women's team, that compete against other universities in the Midlands, as well as summer and winter league matches competing against local clubs. We also organise regular internal tournaments to practice match play skills as well as to have fun.

The club has a great atmosphere both on and off court. As well as training sessions, we organise many varied social events including mini golf, bowling, the annual Christmas dinner and more!

“ I joined UOL tennis in my first year to stay active and to meet new people. Now, 2 years in, UOL tennis means so much more than that to me! Training and matches can be daunting at first, but quickly they became something that I really looked forward to. I absolutely love going to training because I get to see my friends and competing in matches is so much fun. Whilst I play competitively, some of my closest friends are all abilities players who just play weekly for fun. I met them at Wednesday socials and I think this highlights the clubs fun and inclusive environment! ”

Meg Riley, Co-Club Captain

## TEAMS

- Two Men's competitive squads
- One Women's competitive squad

## COST

£40 Full  
Membership

## OFFER

One Men's  
and one  
Women's  
team in a  
local league

## Club Accolades:



[Su-tennis@leicester.ac.uk](mailto:Su-tennis@leicester.ac.uk)



## Jesters Ultimate Frisbee

The Jesters are an Ultimate frisbee team who strive for a fun and inclusive environment. Ultimate frisbee is one of the few sports offered which is played mixed gender, as well as individually, from Beginner all the way through to an Elite level. Though Ultimate Frisbee may be a sport you've never heard of before we can guarantee you'll love it. Around 85% of our member base had never heard of Ultimate before joining us but still go on to compete in national and even some global competitions!

“

Ultimate looked like new and different sport, and it was, which still managed to satisfy my itch for competitive sport as well as also providing a community of people who I could get a long with and have a great time with.

”

Jacob Peace - Club Captain

### TEAMS

One Whole  
Squad

### COST

£25 Full  
Membership

### OFFER

Pathways to  
Leicester City  
frisbee team

The best way to find out what Ultimate frisbee is all about is to come down to one of the taster sessions and see for yourself. Ultimate has one of if not the lowest skill floor a sport could probably have and yet one of the highest skill ceilings possible. If you've never even touched a disc before we want you to join us. The ultimate community regularly hosts tournaments specifically for beginners where you'll compete against only other beginners.

Regardless of all of the above, the best part of our club is the friends you'll make along the way. Our community is one of the most accepting inclusive sporting groups you'll find at team Leicester, you'll find it difficult to not get on with us.

## Club Accolades:



[Su-UltimateFrisbee@le.ac.uk](mailto:Su-UltimateFrisbee@le.ac.uk)





# Volleyball

A volleyball club for everyone. We welcome players no matter their experience to provide an enjoyable experience for all. From our highly competitive Men's and Women's 1st teams to our recreational student HEVO (higher education volleyball officer) lead casual sessions there's a spot for all.

We consist of three regional teams competing in BUCS and 2 local teams competing against other volleyball clubs in the East Midlands.

The fun and competitive mind-set within the club has resulted in a great atmosphere, where everyone is looking to improve whilst enjoying themselves – essential for any sport.

Our active social scene sees socials on Wednesdays and weekends, including park volleyball, themed socials, laser tag, bowling, mini golf, 5-a-side-football, UV volleyball and more!

Our annual volleyball tour takes us to the south coast of Portugal to play and party on the beaches, taught by some of England's current beach volleyball stars.

“ I joined University of Leicester knowing I wanted to join a sports society, but not knowing which one to pick. From playing volleyball on the beach as a kid, I decided to try it out again. Competing in BUCS for the club has given me another identity within the university, not to mention the social scene to come with it, which has without doubt been the best part of my university experience so far. ”

Fin King - M1 Setter

## TEAMS

Two Competitive Men's Squads in BUCS

One Competitive Women's Squad in BUCS

## COST

£50 BUCS Membership

£40 Development Membership

## OFFER

Women's Development Squad

Mixed Development Squad

## Club Accolades:



[su-volleyball@le.ac.uk](mailto:su-volleyball@le.ac.uk)

# INTRAMURAL

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Our Intramural Campus leagues are the perfect way of getting involved in team sports, meeting and making new friends. Gather your teammates, decide your team name and enjoy your playing experience! Take part in leagues, tournaments and events throughout the year – it's recreational and all abilities are encouraged to participate!

Campus Leagues are an ideal way to stay active, meet new people and try something new! Compete for your University halls, your course team, for a society, or as a group of friends!

Our Current Campus Leagues:

- 11 a-side Football
- 7 a-side Football
- Futsal
- Netball
- Badminton
- Basketball

If you are an individual and would like to participate please contact us and we will assist you to find the team for you. Or if there's a group of you, you can create your own team!

If you have any direct queries/questions please contact Aaron Spencer at [as831@le.ac.uk](mailto:as831@le.ac.uk)

## Let's Do Leicester

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Let's Do Leicester is a Free, relaxing and fun approach to taking part in physical activity. We hold weekly sessions for our students with no requirement to sign up and they're free. Meet new people, be active and learn a new skill right on campus, in halls or in one of our sports facilities.

### How do I take part?

Choose the session you want to attend, turn up and meet our friendly student activators and take part in these no-pressure, fun activities. All levels of ability are welcome and all of our sessions are open and inclusive for all students.

### Where do I find out what's on?

The monthly schedule provides a variety of sessions across a number of locations and platforms, making it easily accessible to all students.

We introduce to you... Let's Do! - Our Team Leicester clubs provide opportunities for our students to try their sport, without the pressure of competition and free of charge, sessions are fun and inclusive. We will have sessions such as Let's Do Self Defence, Let's Do Running and Let's Do Ultimate Frisbee!

We also have swimming lessons through Term 1 and 2 at the Danielle Brown Sports Centre, for students only. If you would like to take part please visit [Shop@le](mailto:Shop@le) to book your space (limited spaces available)