



University  
of Worcester

Women in Sport  
and Exercise (W.I.S.E)



WISE

Women In Sport & Exercise  
University of Worcester



# welcome to WISE magazine!

This bumper second edition of the WISE magazine is specifically aimed at UoW students and contains a number of articles written for students about students!

This latest edition coincides with the launch of the UoWWISE Facebook and Instagram accounts which we hope that all students who are taking part in women only OR mixed sport & exercise will engage with to help promote success, wellbeing & recognition of women in sport & exercise (WISE).

Find us  @uowwise  Women in Sport and Exercise  UoWWISE

#WorcesterGirlsDo #ThisGirlCan #BucsGirlCan #TeamWorc #uowWISE

## But why?

The WISE initiative began in 2015 out of recognition that women's participation in sport, exercise & physical activity was well below that of men. Since then although there has been an increase in participation levels, a Sport England report published on 26th January 2017 stated that women are still more likely to be inactive than men with the gap standing at 1.3 million. It also shows that women are less likely to participate in sport as opposed to fitness and leisure activities.

As a university we are in a position to develop opportunity, inspire future generations & raise aspirations. So let's see what you do here at UoW and get involved with the WISE campaign and make an impact!

# Happy Reading!

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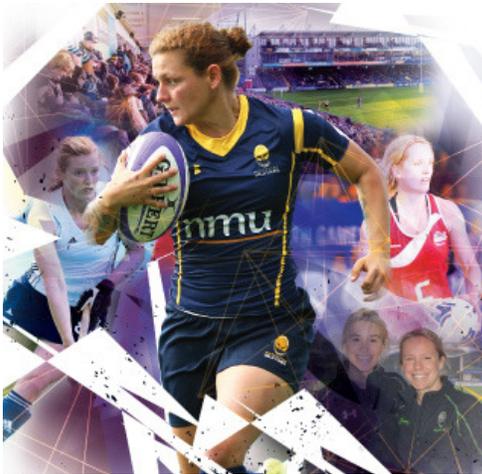
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# Research Inspiration



## Food for thought...

During the Women in Sport week in Semester One the WISE research group held a working lunch for independent study students. This event was to help and support third year students who are engaging in a project connected to women in sport.

The event was well attended by both staff and students and the relaxed atmosphere helped students to talk freely about research ideas. Students were involved in constructive conversations with each other about their projects for the year ahead, aided by a worksheet to make notes on throughout to ensure that they could remember the key points discussed. Initially students just discussed vague ideas that they had about their dissertation and it was encouraging to hear so many potential projects. All the students were at different stages of development and the discussions with their peers helped to narrow down and refine their initial topic ideas. Discussing their projects and justifying ideas to their peers allowed them the opportunity to think critically about their dissertation project. Staff were able to help guide the conversations helping students to consider the logistics of the ideas.

This atmosphere allowed students to mix with staff that they might not meet through their degree course and in some cases they were able to sort out their dissertation supervision.

Verity Postlethwaite (PhD student) also talked students through a poster that she had delivered at a conference and this helped students consider the wider aspects of their research including ethics and engaging with literature. Verity discussed her research with small groups of students and they were able to ask questions about the process of the research.

Overall, the lunch was highly successful and we hope to run one in the summer for the second years in preparation for their final year.

Article by Rachael Bullingham

For more information or if you want to discuss a WISE topic for next year please contact  
Head of Research for WISE  
Claire-Marie Roberts Email: [c.roberts@worc.ac.uk](mailto:c.roberts@worc.ac.uk)

# Coaching & Mentoring

## Student coach perspective by Nicole

Working with U11 girls for work experience is a challenge as they keep you on your toes constantly for the full hour. What's great about this bunch of girls is they just don't stop! They come with mounds of energy, stories & excitement which makes you as a coach feel important. Seeing the transition the girls are already starting to make is incredible within their team cohesion and developing individually as players. Having said all this the one thing that's made it possible is having Julia as a mentor. It is my first time working with this age group and it was very daunting taking my first session but I had full support from Julia. I shared my concerns with her and she's always ready to listen to any worries I might have including checking my sessions over & giving me advice. I've also learnt a lot from watching her coach & in general conversations we have around football and coaching. Overall I am really enjoying this experience & I recommend everyone tries out new age groups to work with as they'll definitely give you a run for your money.

## Mentor perspective by Julia

I am a female level three football coach, in recent years I have been asked to mentor coaches as they develop in their coaching practice. This year I have the pleasure of mentoring a female student coach (Nicole) working with an U11 girls' football side & helping her to develop her coaching in this area. It was both of our first experiences of an U11 girls' team at grassroots level & I joined the team a couple of weeks after the student had already started. My first coaching session was a very steep learning curve, I was not really sure what to expect in terms of the level of play & understanding from the girls. Furthermore, I was very aware that behavioural management suddenly became an important part of my coaching. The girls took every opportunity to talk & fidget during the session & I needed to respond very quickly in order to reduce my talking time & increase their active time in order to maintain a semblance of control. At the same time I was quite aware that as a mentor my actions and responses to the team were being observed by the student coach. We agreed the following week that Nicole would run her session and I would observe her performance. It was a success. The girls had very little control over their footballs & the result was just short of chaos but I could see that Nicole was becoming quite uncomfortable so I offered a suggestion & this seemed to help the practice & overall Nicole's coaching processes were good with her demonstrating her experience of coaching.



We worked out a system of coaching on alternate weeks & when it was Nicole's turn to coach her next session there was a huge improvement. Both the content, the setting out of the practice & the delivery demonstrated that she had learned, probably from my and her mistakes in previous weeks through what was appropriate & what the girls were capable of. Feedback from the manager suggested that game performance following these coaching sessions was excellent & acknowledged it to the coaching practices in the weeks leading up to the game.



## Morwenna Hastings - Wheelchair Basketball

Mo Hastings has joined the sports scholarship scheme this academic year when she made the move to Worcester from her home country of Scotland. Mo studies Sports Coaching Science with Disability Sport alongside training and competing for Great Britain in Wheelchair Basketball. Mo received the RGK MVP Award for the Scotland Nationals, as well as winning the U25 European Championships with Great Britain.

*Who is your greatest inspiration and why?*

*'Anybody who is happy and feels like they have a place in fulfilling their purpose in their life. Regardless of what career, race, gender, place you live etc... we all have goals to achieve.'*

## Natasha Allcock - Climbing

*Who is your greatest inspiration and why?*  
*'Alex Puccio, her powerful style of climbing and motivation for returning from injuries.'*



## Maresha Grewal - Taekwondo

Maresha currently studies Sports Coaching Science at UoW alongside being an international athlete in Taekwondo. She joined the scholarship scheme this year & has made great progress both academically & in her sport after making the move from her home town of Wolverhampton. She is the 4 times All-Ireland Champion 2016, as well as being the 2 times Northern Ireland Champion. She also competed at the 2016 World Championships as part of the Northern Ireland Squad, as well as attending trials for the Olympics. Most recently, Maresha obtained two bronzes in sparring and power strike at the Taekwondo British Championships.

*Who is your greatest inspiration and why?*

*'Honestly, it's my mom. She got me into the sport and has encouraged and supported me through my journey so far.'*



# following my own path...

Blog by Aston Cook, a 3rd year student who harnessed the power of crowdfunding..

Growing up I was never introduced to anything like crowd funding or sponsorship, we always had fundraising days within the club to fund our tournaments but it would just about cover the petrol costs to get up to Birmingham or London and back despite all of the travelling I was doing internationally. It wasn't until I got to University did I really understand crowdfunding and how it could really benefit me as an athlete.

This year I competed in the WAKO European Kickboxing championships in Athens, Greece. Being a totally non-funded sport it was up to us as individuals to raise £700.00 to get the opportunity to fight for my country. It wasn't until 5 weeks before I was heading off did I start a crowd funding campaign. Unfortunately because of the short time frame I wasn't able to raise the full amount however what I did raise contributed massively. I am very fortunate that I have parents who funded my kickboxing journey from the age of 7 and has made my journey competing all over the world possible. I could moan about having to train 5 days a week, a full time degree and juggle 2 part time jobs but I don't. I enjoy the intensity of it, it keeps me focused and even more determined to achieve my goals.





# FIXTURES 2016/17



## HOME UNIVERSITY OF WORCESTER ARENA

3RD MARCH 7.30PM  
CELTIC DRAGONS

11TH MARCH 7.30PM  
TEAM BATH

17TH MARCH 7.30PM  
WASPS NETBALL

27TH MARCH 7.30PM  
SCOTTISH SIRENS

15TH APRIL 7.30PM  
LOUGHBOROUGH LIGHTNING

24TH APRIL 7.30PM  
SURREY STORM

6TH MAY 7.30PM  
MANCHESTER THUNDER

19TH MAY 7.30PM  
TEAM NORTHUMBRIA

26TH MAY 7.30PM  
HERTFORDSHIRE MAVERICKS

## AWAY

18TH FEBRUARY 7.00PM  
SURREY STORM

25TH FEBRUARY 12.00PM  
LOUGHBOROUGH LIGHTNING

1ST APRIL 6.00PM  
TEAM NORTHUMBRIA

8TH APRIL 6.00PM  
HERTFORDSHIRE MAVERICKS

17TH APRIL 7.00PM  
CELTIC DRAGONS

28TH APRIL 7.45PM  
TEAM BATH

1ST MAY 6.00PM  
WASPS NETBALL

15TH MAY 7.30PM  
SCOTTISH SIRENS

3RD JUNE 5.00PM  
MANCHESTER THUNDER

Severn Stars's mission is to empower women and young people to be the best they can be whether as an international player or coach or a 'shining light' delivering in the local community, the Severn Stars's aim is to support!

## Who are the Severn Stars?

The Severn Stars Netball franchise was awarded to the University of Worcester and University of Gloucestershire partnership in June 2016, following a successful joint bid to enter a team into the world of elite Netball. To have a semi-professional level sport operating at the University is a great opportunity to promote elite level female sport and to help engagement in Netball in numerous ways, from participating at various competitive levels to supporting the operational context of a sport business. Severn Stars is one of three new teams, along with WASPS Netball and Scottish Sirens, entering the Vitality Netball Super league for the 2017 season.

Mo'onia Gerrard - Head Coach for Severn Stars playing for Australia against Pamela Cookey - Director of Severn Stars playing for England as captain



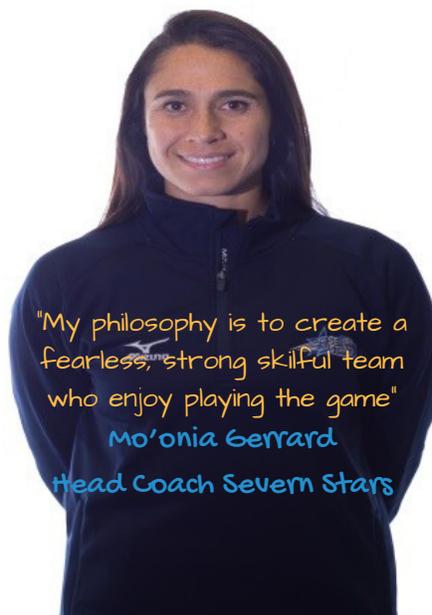
## Severn Stars selection & management

The Severn Stars franchise has a clear vision to develop, perform and achieve year on year success on the court by blending youth and experience supported by a high quality coaching team. Open trials were held in the autumn to select a senior squad. The 16 named players include two overseas international players, four England players (two of which are now studying at the University), three existing UoW players who have played first team netball, and a number of girls from the West Midlands region. This combination will allow some of the greatest players to support the next generation.



"Women's sport has seen a dramatic change over the past few years. It is definitely not where it should be but on the right path and we want to help continue that momentum so women and girls can be given the best opportunities to excel in what they aim for"

**Pamela Cookey**  
Director of Severn Stars



"My philosophy is to create a fearless, strong skilful team who enjoy playing the game"

**Mo'onia Gerrard**  
Head Coach Severn Stars

UoW student  
Severn Star players

Laura Tildesley - studying BSc (Hons) Sports Studies

Jodie Gibson - studying BSc (Hons) Sports Studies

Rebecca Tildesley - studying BSc (Hons) Sports Therapy

# ONLY **GIRLS** ALLOWED



## COME AND JOIN THIS NEW, FUN AND ACTIVE GROUP WITH LIKE-MINDED WOMEN.

This is a chance to try a range of activities such as dance, yoga, hockey, netball, circuits, rugby and many more. An opportunity to take time out and meet new people.

**STARTS** WEDNESDAY 18TH JAN 6-7:30  
**WHERE** SIXWAYS STADIUM, INDOOR CENTRE

For more information:  
EMAIL [LAURA.BOLON@WARRIORS.CO.UK](mailto:LAURA.BOLON@WARRIORS.CO.UK) or  
[CHARLOTTE.HATTON-SMITH@WARRIORS.CO.UK](mailto:CHARLOTTE.HATTON-SMITH@WARRIORS.CO.UK)

# ONLY GIRLS ALLOWED

With the current national drive to get more women participating in sport and exercise, Warriors Community Foundation want to work with as many females in our community as possible to develop a programme that keeps our core values of teamwork, respect, communication. The project started on the 18th January 2017 aimed at women 18 and over for the foreseeable future. It will have a similar theme to that of our existing Only Girls Allowed programme, aiming to deliver a completely different sport and exercise each week. The aim of this is to keep it entertaining and full of variety, hopefully appealing to a wider group of women.

Our Only Girls Allowed (OGA) stemmed from our successful 'Walk Like a Warrior' programme. We want to adapt this programme and reach out to women in our community too. We have developed partnerships with various providers and through the 8-week programme they participate in Zumba, Gymnastics, Cheerleading, Street Dance, Contemporary Dance and Rugby.

The programme will be open to women aged 18 and above, with the hope that we can break down some of the participation barriers. If transport or anything else is holding you back then please get in touch and we may be able to help you with any issues you may have.

We want to provide women with opportunities and so we are welcoming any female coaches who feel they can offer their skills and time to a session on a Wednesday evening 6.00-7.30pm at Sixways. It would be great to hear from you and work together on this up and coming project.



Contact: Community Education Officer, Laura Bolon  
laurabolon@warriors.co.uk or 07736316481

#WorcsGirlsCan

Hot and not bothered.



# #Worcs Girl Can

...launching a county-wide campaign in February 2017

Last year Sports Partnership Herefordshire and Worcestershire supported a 'This Worcs Girl Can' initiative in Malvern Hills to encourage girls to become more physically active and help address mental health issues amongst young women.

Following the success of this campaign we will be extending our reach and launching a county-wide campaign in 2017.

Gender has a significant influence on physical activity levels; *only 31.6% of women play sport at least once a week according to Sport England*. Nationally, 13 million women and girls said they wanted to play more sport, of whom, nearly half are currently inactive! There are also growing concerns over mental health problems experienced by teenage girls as recently indicated by a Department for Education study published over the summer. Physical activity is renowned for being as good for the mind as it is the body, helping to reduce stress, increase self-esteem and reduce the risk of depression and anxiety. We have therefore partnered with a lead secondary school in each Worcestershire district in a bid to get our girls moving!

The campaign will run from 13th - 17th February 2017 to coincide with the re-launch of the national This Girl Can campaign.

We are very pleased to have uoWWISE supporting this campaign to help raise the aspirations of young women and highlight the benefits of sport and physical activity. Where possible we would like students to get involved in our campaign, this could be through:

- \* Raising the profile of the campaign if you are on placement or work experience at any Worcestershire secondary or middle school
- \* Supporting the delivery of the events by being a WISE ambassador
- \* Utilising your links with any local community sports clubs to encourage them to get involved

If you're a fan of This Girl Can and would like to see more girls taking part in sport and physical activity, get in touch by contacting Bethan Watson on [b.watson@worc.ac.uk](mailto:b.watson@worc.ac.uk)

# Joining a mixed society: a student's experience

An interview with Meg Price, a first year student at UoW

JM: Hi Meg, thanks for the interview, how was the sports fair this year?

MP: Initially, the sports fair was daunting with, what felt like, all the societies competing to gain the most freshers. However, the laidback friendly atmosphere exuded from the Ultimate Frisbee table instantly put me at ease. Speaking to members and seeing that there was a lot of choice within the society, to compete or just train but always being told the aim was to have fun reassured me.

JM: How was your first tournament as a UoW student?

MP: I was previously someone who would be quite anxious before competing in sports at school but with this tournament I was more excited than nervous. More experienced players and even players from other teams were helpful with helping me learn rules and improve my technique. Initially I did feel slightly out of my depth, but after a while I felt like it was a fantastic environment to learn and improve at a faster rate than in training. Throughout the day, even though I had made mistakes

and we didn't perform particularly well compared to the other more experienced teams I felt as though I improved much more than expected. I learnt so much in terms of technique, rules and tactics as well as how a tournament is run. This lends its way to bonding as a team over sugary snacks. More importantly I enjoyed the whole day, the camaraderie and learning about the spirit of the game. I felt as if I was involved with a game which emphasised morals and integrity as well as the

JM: Do you play outside the University?

MP: I went on to attend a female only winter training session for a club called HYDRA. It was fantastic to see people I had met at tournaments who I would watch play and could now play with them. I felt, once again, massively out of my depth with advanced drills being set but I, again, felt this helped me progress quickly. The difference between playing in a mixed tournament and playing in an all-female game was evident. Both had their pros and cons and I enjoyed them equally.

MP: I had officially got the Ultimate Frisbee bug, so I decided to join my local club Blue Arse Flies (BAF) with some of the more experienced members of the university team. Playing in an older more experienced mixed team was different once again as everyone had different levels of experience and different techniques and the confidence to suggest them to me. This is by far the place I get pushed the hardest and yet the improvement and the atmosphere at every Frisbee session I attend makes it enjoyable.



JM: Why should people join mixed societies?

MP: I think more people should get involved with mixed societies because not only do they help you grow and develop as a person in confidence and communication skills but a mixed society creates friendships and bonds which last the whole of university and hopefully beyond. The array of people in mixed societies, different abilities, different personalities and different experiences means that you're always learning on and off the pitch. My society has been a fundamental part of my first semester at university, it has helped with my physical, social and mental wellbeing.

Interview & article by  
Jordan Money  
(2nd year BA (hons) Sport  
Business Management student)

# Female UoW student motives for participation in University Netball

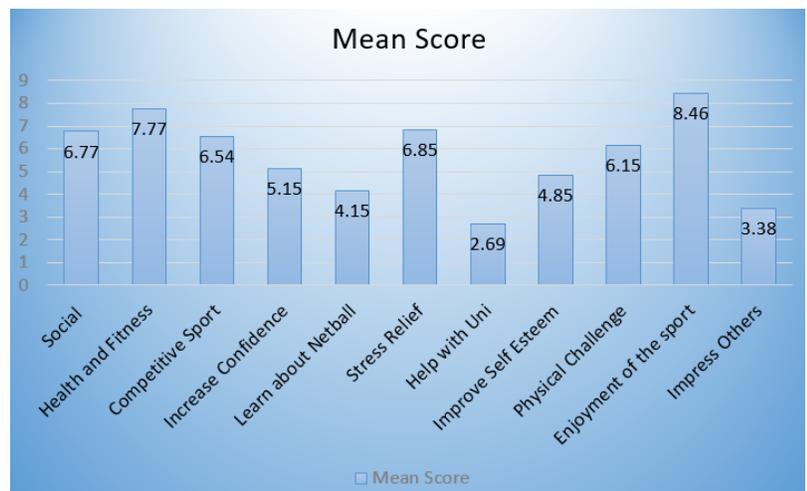
A project undertaken in Research Process  
Article & Project by Chloe Brooks  
(2nd year BA (Hons) Sport Business Management student)

UoW Netball has over 200 members making it one of the largest societies within the University. UoW Netball has also been extremely successful through the last year with teams being promoted and the establishment of Severn Stars. Severn Stars is a new team entering the Vitality Netball SuperLeague with a combination of Worcester and Gloucester University students.

A research project was conducted with the aim of gaining a better understanding of female participant motivations for taking part in university Club Netball. This research topic is an issue as female participant motives need to be understood to be able to engage them in to sport (Kilpatrick et al 2010; Heerden & Cornelius 2012). Netball is one of the top three most popular sports for weekly female participation (Sport England 2016) and is therefore vital that participant motives are identified so they can be met.

Participants were competitive members of the UoW Netball 3rd and 4th teams. A total of 13 females took part in the research, all completing a Likert scale questionnaire in which they ranked eleven motives on a scale from 1 - 9 as to how strong that motive was for them participating in University Club Netball.

It was found that 'Enjoyment of the Sport' was ranked the highest motivator, followed by 'Health and Fitness' and thirdly 'Stress relief'. This allows captains and coaches to adapt their training sessions and netball programme to make it more appealing to members and hopefully draw new members in to grow and develop the society.



#### References:

- Armour, K & Macdonald, D. (2012). Research Methods in Physical Education and Youth Sport.
- N.S. (2016) Severn stars. [Online] Available from: <http://www.netballsl.com/team/severn-stars/> [Accessed 10 January 2017]
- Sport England (2014) Women and girls in Sportivate [Online] Available from: <https://www.sportengland.org/media/4595/case-study-female-team-v-individual-sports.pdf> [Accessed 10 January 2017].

# Student Union Sports Fixtures (Jan-Mar '17)

Date	Time	Sport	Home team	Away team	Home Venue
25/01/2017	11:00	Tennis	UoW Mens 1st	University of East Anglia Mens 2nd	Hallow Tennis Club
25/01/2017	14:00	Badminton	UoW Mens 1st	University of East Anglia Mens 1st	UoW Arena
25/01/2017	14:00	Badminton	UoW Mens 2nd	University of Lincoln Mens 2nd	UoW Arena
25/01/2017	14:00	Football	UoW Mens 2nd	University of Wolverhampton Mens 2nd	UoW 3G Astroturf
25/01/2017	14:00	Hockey	UoW Womens 1st	University of Leicester Womens 1st	UoW Hockey Astro
25/01/2017	16:00	Basketball	UoW Mens 3rd	Coventry University Mens 2nd	UoW Arena
25/01/2017	16:00	Volleyball	UoW Mens 1st	Aston University Mens 1st	UoW Arena
25/01/2017	18:00	Basketball	UoW Womens 1st	University of Cambridge Womens 1st	UoW Arena
25/01/2017	19:00	Futsal	UoW Mens 2nd	Anglia Ruskin University Mens 3rd (Cambridge)	UoW Arena
25/01/2017	20:00	Basketball	UoW Mens 2nd	University of Derby Mens 1st	UoW Arena
25/01/2017	20:30	Netball	UoW Womens 2nd	Oxford University Womens 1st	UoW Arena
29/01/2017		Futsal	UoW Mens 1st	University of Nottingham Mens 1st	
01/02/2017	13:00	Football	UoW Mens 5th	University of Chester (UC Shrewsbury) Mens 1st	Battenhall Playing Fields
01/02/2017	14:00	Hockey	UoW Mens 1st	University of Nottingham Mens 3rd	UoW Hockey Astro
01/02/2017	14:00	Rugby Union	UoW Womens 1st	University of Birmingham Womens 1st	Worcester Wanderers
01/02/2017	14:00	Football	UoW Womens 1st	University of Nottingham Womens 2nd	UoW 3G Astroturf
01/02/2017	14:00	Badminton	UoW Mens 1st	University of Leicester Mens 1st	UoW Arena
01/02/2017	15:00	Volleyball	UoW Mens 1st	University of Wolverhampton Mens 1st	UoW Arena
01/02/2017	16:00	Football	UoW Mens 3rd	University of Warwick Mens 2nd	UoW 3G Astroturf
01/02/2017	16:00	Volleyball	UoW Womens 1st	Cranfield University Womens 1st	UoW Arena
01/02/2017	16:00	Hockey	UoW Womens 1st	Oxford University Womens 2nd	UoW Hockey Astro
01/02/2017	18:00	Netball	UoW Womens 4th	University of Derby Womens 3rd	UoW Arena
01/02/2017	18:00	Basketball	UoW Mens 3rd	University of Nottingham Mens 2nd	UoW Arena
01/02/2017	20:00	Netball	UoW Womens 5th	University of Bedfordshire (Luton) Womens 4th	UoW Arena
01/02/2017	20:00	Basketball	UoW Womens 1st	University of Nottingham Womens 1st	UoW Arena
08/02/2017	13:00	Ultimate (Outdoor)	UoW Mens 1st	Staffordshire University Mens 1st	UoW Lakeside Campus
08/02/2017	13:00	Football	UoW Mens 4th	University of Wolverhampton Mens 2nd	Battenhall Playing Fields
08/02/2017	13:30	Badminton	UoW Womens 1st	Nottingham Trent University Womens 1st	UoW Arena
08/02/2017	13:30	Badminton	UoW Mens 1st	University of York Mens 1st	UoW Arena
08/02/2017	14:00	Hockey	UoW Mens 1st	University of Birmingham Mens 3rd	UoW Hockey Astro
08/02/2017	14:00	Football	UoW Mens 1st	University of Cambridge Mens 1st	UoW 3G Astroturf
08/02/2017	15:00	Netball	UoW Womens 4th	Newman University Womens 1st	UoW Arena
08/02/2017	16:00	Basketball	UoW Mens 1st	Northumbria University Mens 1st	UoW Arena
08/02/2017	16:00	Football	UoW Mens 2nd	Loughborough University Mens 2nd	UoW 3G Astroturf
08/02/2017	16:00	Hockey	UoW Womens 1st	University of Nottingham Womens 3rd	UoW Hockey Astro

# Student Union Sports Fixtures cont'd... (Jan-Mar '17)

08/02/2017	17:00	Netball	UoW Womens 1st	Northumbria University Womens 1st	UoW Arena
08/02/2017	18:00	Basketball	UoW Womens 1st	Anglia Ruskin University Womens 1st (Cambridge)	UoW Arena
08/02/2017	19:00	Volleyball	UoW Mens 1st	Staffordshire University (Stoke) Mens 1st	UoW Arena
08/02/2017	20:00	Netball	UoW Womens 3rd	University of Wolverhampton Womens 2nd	UoW Arena
12/02/2017	00:00	Futsal	UoW Mens 2nd	De Montfort University Mens 1st	
12/02/2017	13:00	American Football	UoW Mixed 1st	University of Nottingham Mixed 1st	The Moors
15/02/2017	00:00	Basketball	UoW Mens 2nd	London South Bank University Mens 1st	
15/02/2017	14:00	Football	UoW Womens 1st	University of Birmingham Womens 2nd	UoW 3G Astroturf
15/02/2017	14:00	Hockey	UoW Womens 1st	Loughborough University Womens 4th	UoW Hockey Astro
15/02/2017	14:00	Ultimate (Outdoor)	UoW Mens 1st	University of Nottingham Mens 2nd	UoW Lakeside Campus
15/02/2017	16:00	Basketball	UoW Womens 1st	University of Glasgow Womens 1st	UoW Arena
15/02/2017	18:00	Netball	UoW Womens 3rd	University College Birmingham Womens 2nd	UoW Arena
19/02/2017	17:30	Futsal	UoW Mens 2nd	Loughborough University Mens 3rd	UoW Sports Centre
20/02/2017	20:00	Basketball	UoW Womens 1st	Loughborough University Womens 2nd	UoW Arena
22/02/2017	11:00	Tennis	UoW Mens 1st	University of Nottingham Mens 4th	Hallow Tennis Club
22/02/2017	13:00	Football	UoW Mens 4th	Nottingham Trent University Mens 4th	Battenhall Playing Fields
22/02/2017	14:00	Football	UoW Womens 2nd	Loughborough University Womens 4th	UoW 3G Astroturf
22/02/2017	14:00	Hockey	UoW Womens 2nd	University of Nottingham Womens 6th	UoW Hockey Astro
22/02/2017	14:00	Volleyball	UoW Womens 1st	University of Derby Womens 1st	UoW Arena
22/02/2017	16:00	Football	UoW Mens 3rd	Loughborough University Mens 4th	UoW 3G Astroturf
22/02/2017	18:00	Netball	UoW Womens 3rd	Staffordshire University (Stoke) Womens 2nd	UoW Arena
22/02/2017	20:00	Netball	UoW Womens 2nd	University of Warwick Womens 1st	UoW Arena
26/02/2017	13:00	American Football	UoW Mixed 1st	Liverpool John Moores University Mixed 1st	The Moors
01/03/2017	14:00	Rugby Union	UoW Mens 2nd	University of Warwick Mens 3rd	Worcester Wanderers
01/03/2017	14:00	Badminton	UoW Womens 1st	Coventry University Womens 1st	UoW Arena
01/03/2017	18:00	Basketball	UoW Mens 3rd	University College Birmingham Mens 1st	UoW Arena
05/03/2017	17:30	Futsal	UoW Mens 1st	University of Warwick Mens 1st	UoW Sports Centre
08/03/2017	14:00	Rugby Union	UoW Mens 1st	University of Edinburgh Mens 1st	Worcester Wanderers
15/03/2017	00:00	Hockey	UoW Mens 1st	University of Nottingham Mens 2nd	UoW Hockey Astro
15/03/2017	14:00	Rugby Union	UoW Womens 1st	University of Leicester Womens 1st	Worcester Wanderers
15/03/2017	14:00	Football	UoW Mens 2nd	Staffordshire University (Stoke) Mens 1st	UoW 3G Astroturf
15/03/2017	14:00	Badminton	UoW Mens 2nd	University of Derby Mens 2nd	UoW Arena
15/03/2017	16:00	Hockey	UoW Womens 1st	Loughborough University Womens 5th	UoW Hockey Astro
15/03/2017	16:00	Football	UoW Womens 1st	University of Derby Womens 1st	UoW 3G Astroturf
15/03/2017	18:00	Netball	UoW Womens 4th	Loughborough University Womens 5th	UoW Arena
15/03/2017	20:00	Netball	UoW Womens 5th	Birmingham City University Womens 3rd	UoW Arena

# Uow student club directory

Club	Main Contact	Club Role	Contact Details		
American Football	Michael Harris	Chair	worcester_royals@hotmail.com	Worcester Royals University American Football Team	@WorcesterRoyals
Athletics	Derrian Nyongesa	Chair	nyod1_15@uni.worc.ac.uk	Worcester University Athletics Club	
Badminton	Louise King	Chair	kinl1_14@uni.worc.ac.uk	University of Worcester Badminton Society 2016-17	@Worc_Badminton
Boxing	Connor Hyett	Chair	hyec1_15@uni.worc.ac.uk	University of Worcester Amateur Boxing Club	
Cheerleading	James Morrell	Chair	sinnerworchester@gmail.com	Worcester Sinners Cheerleading	@sinner2014
Climbing and Mountaineering	Ryan Whitehead	Chair	uowcmc@gmail.com	Worcester University Climbing and Mountaineering Club	
Dance					@worcestersaints
Equestrian	Joann Nicholas	Chair	nicj1_14@worc.ac.uk	UOW Equestrian Society 2016/2017	@UOWEquestrian
Fencing	Sophie Tapp	Chair	taps1_14@uni.worc.ac.uk	UoW Fencing Club	@UoW_Fencing_Club
Futsal	Vytas Jelinskas	Chair	jelv1_14@uni.worc.ac.uk	Worcester University Futsal Freshers	@UOWMFUTSAL
Golf	Jordan Aubrey	Chair	worcgolf@gmail.com	University of Worcester Golf Society	
Handball	Kieran Fowler	Chair		University of Worcester Handball	@worcunihandball
Jitsu	Rebecca Leach	Chair	lear1_14@uni.worc.ac.uk	University of Worcester Jitsu Club	@WorcUniJitsu
Karate and Self-Defence	Michael Dean	Chair	uowkadsoc@gmail.com	Worcester Uni Karate	@UoWKarAndDef

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# Uow student club directory

Club	Main Contact		Contact Details		
Ladies Basketball	Aalyah Malcolm	Chair		Worcester Uni. Ladies Football	
Ladies Cricket	Jeska Ward	Chair	warj_13@uni.worc.ac.uk	University of Worcester Ladies Cricket	
Ladies Football	Alice Pugh	Chair	puga1_15@uni.worc.ac.uk	University of Worcester Ladies Football 2016-17	@officialuwffc
Ladies Hockey	Alice Hilton	Chair		University of Worcester Ladies Hockey Club 2017/17	@officialuwfhc
Ladies Rugby	Catriona Phillips	Chair	phic1_15@uni.worc.ac.uk	Worcester Uni Ladies Rugby 16/17	@WULRU
Mens Basketball	Paul James	Head Coach	p.james@worc.ac.uk	Worcester University Basketball	@uowbasketball
Mens Cricket	Matthew Spokes	Chair		University of Worcester Mens Crickett 2016/17	@worcuniCRICKET
Mens Football	Samuel Gibbons	Chair	gibs1_13@uni.worc.ac.uk	University of Worcester Mens Football Freshers 2016/2017	@UOWMF
Mens Hockey	George Robertshaw	Chair			@Official_UWMHC
Mens Rugby	Euan Morrison	Chair	uowrfc-chairman@outlook.com	University of Worcester Rugby Club Freshers 2016/17	@UWSRFC
Netball	Louisa-Jayne Walker	Director of Netball	l.walker@worc.ac.uk	University of Worcester NETBALL	@UWNetball
Paddlesport and Surf	Peter Murphy	Chair	murp1_15@uni.worc.ac.uk	University of Worcester Paddlesport & Surf Club	
Pole Fitness	Lucy Miller	Chair	mill1_15@uni.worc.ac.uk	Phoenix Pole Fitness 16/17	@PhoenixPole15
Quidditch	Samuel Wotton	Chair	wots1_15@uni.worc.ac.uk	Worcester Saucerers Quidditch Team	@WorcSaucerers

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# UoW student club directory

Club	Main Contact		Contact Details		
Rowing	Rachael Elmes	Chair	elmr1_14@uni.worc.ac.uk	University of Worcester Rowing Club	@Worcesterrowing @uni_worcrowing
Social Sports	Megan Davies	Chair		Social Sports University of Worcester	@UoW_SocialSport
Swimming	Samuel Vessey	Chair		Worcester Uni Swim Team 2016/2017	@WorcSwim
Table Tennis	Thomas Wooten	Chair		University of Worcester Table Tennis	@UoWTTC
Taekwondo	Daniel Booth	Chair	bood1_15@uni.worc.ac.uk	University of Worcester Taekwon-Do Club	
Tennis	Elliot Worrall	Chair	wore1_14@uni.worc.ac.uk	UoW Tennis Club	@UoWTennisClub
Trampolining	Nicola Bishop	Chair	worcester.trampolining@outlook.com	University of Worcester Trampolining Club	@TrampoliningUoW
Ultimate Frisbee	Thomas Holman	Chair	HOLT1_14@UNI.WORC.AC.UK	University of Worcester Ultimate Frisbee Club	@worc_ultimate
Volleyball	Connor Hetherton	Chair	hetc1_14@uni.worc.ac.uk	UoW Volleyball 2016/2017	@worcs_vball
Wheelchair Basketball	Ella Beaumont	Chair	beae1_13@uni.worc.ac.uk	University of Worcester Wheelchair Basketball	@UoWWheelieBall
WorcSnow	George Hastings	Chair	worcsnow@gmail.com	University of Worcester Snowsports- worcsnow	@WorcSnowsports

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# FEMALE FRISBEE SESSION



FEMALE LED TRAINING SESSION  
BY TALENTED CURRENT TEAM AND  
CLUB PLAYERS FOR NEW AND  
EXISTING PLAYERS  
IN A UNIQUE AND INTERESTING  
FAST GROWING SPORT.

WILL YOU CATCH THE ULTIMATE  
VIBE?

**FEB 21ST**  
**21:00-22:45**

ST JOHN'S  
CAMPUS SPORTS  
HALL



University  
of Worcester

Women in Sport  
and Exercise (W.I.S.E)

Women In Sport & Exercise  
University of Worcester  
Henwick Grove  
Worcester  
WR2 6AJ



This magazine was created by the PR & Promotion and Recruitment team for WISE  
To get involved please contact Gill Renfree (email [grenfree@worc.ac.uk](mailto:grenfree@worc.ac.uk))

CONTACT US and GET INVOLVED



<http://www.worcester.ac.uk/discover/women-in-sport-and-exercise.html>



Women in Sport and Exercise



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