

Sports Club Training

2019/2020



By the end of the session

You will know

- More about our staff and officer team
- The vision for TeamUCL
- Who can join and take part in club activity
- How to recruit, register & pay coaches
- How to find, book & pay for facilities
- How to order kit
- How to plan for pre-season & welcome fair
- How to get involved in Varsity

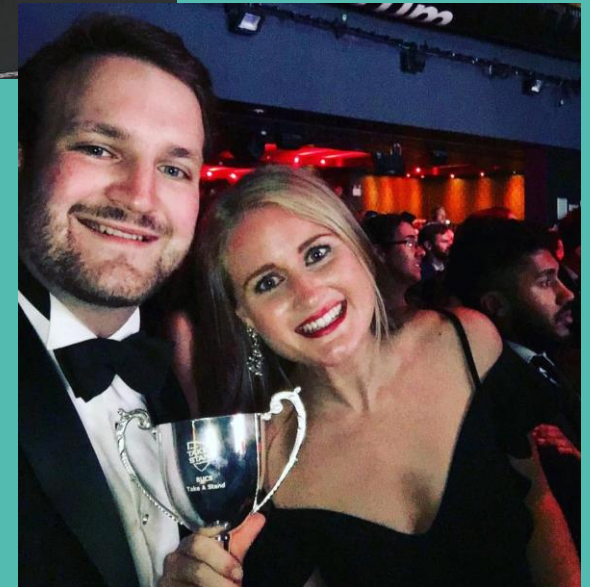
About Me

Durham  University



Netball Club 2008-2009

Lizzie Cutting, Katie Thorne, Abi Ryan, Scarlett Wilkes
Hannah Wells, Clare Henry, Laura Spaven, Joanna Lawrence, Anna Marshall, Rosie Wadham, Becky East, Stephanie Mitchell, Jessica Ste
Lucy Wilson, Laura Tetlow, Nicola Routledge, Emma Wilkinson (vc), Jasmine Coyne (c), Becca Sheldon (Treas), Katie Sykes, Diane Iyayi, Gab



TeamUCL Staff

Katie Sykes Sports Development Manager

Neal Hickey Sports Development Coordinator

Tiahan Eeles Lead Strength & Conditioning Coach

Dennis Boatey-Watson Sports Administrator

Bikram Bains Project Active Coordinator

VACANT Project Active Coordinator (*Post Graduate*)

Joe Russell Rugby Officer (*shared with King's*)

Alex, Abi, Panna & TBC Sports Assistants (*Student Staff*)

Contact Us

All general questions and form submissions go to su.activities@ucl.ac.uk

Questions about fixtures or travel reclaims go to teamucl@ucl.ac.uk

Call the office on

0207 679 7239

Or drop in during our surgery hours

TeamUCL Officers

D'Arcy McGuinness Activities Officer

Laura Dell'Antonio Sports Officer (Job Share)

Clara Baltay Sports Officer (Job Share)

6 x Sports Portfolio Roles – To be elected in October 2019

How we work with you

Sports Development

Presidents are our main point of contact

Sports Fixtures & TeamUCL Performance Programme

Captains are our main point of contact

****Ensure your captains sign up to and attend training****

Development

Club Development Awards

- Development Plans & Meetings
- Development Training
- Volunteer Projects
- Promoting your club's successes
- Linking into your NGB's HE Programme
- Supporting & Developing Union campaigns

TeamUCL

TeamUCL is the overarching brand for club based sport at UCL.

Our aim is to be the best University for Sport in London

- This doesn't just mean winning matches
- New TeamUCL Strategy to be released ahead of next term

Project Active

Breaking down barriers to sport; helping inactive students get active!

- No Commitment
- No Judgement
- No experience needed

<https://www.youtube.com/watch?v=bW5mZTfczAA>

Project Active

How to get involved

- Run an event – club or society! So long as the aim is physical activity.
- Become an Activator and help facilitate sessions
- Try a new sport and attend a session 😊

Members

PLAYERS MUST BE A MEMBER OF YOUR CLUB TO TAKE PART: President & Treasurer's responsibility to check this for all activity!

- Only UCL students can play in competitive fixtures
- U18s cannot usually take part; if unsure check!

Consider your **Levels of Membership**

Members

Consider other ways in which students can engage with your sport; this needn't be restricted to competitive sport.

- Social sessions
- Working to support Project Active
- Becoming a coach or official
- Volunteering on your programmes

Members

INITIATIONS ARE STRICTLY PROHIBITED.

Initiation Ceremonies are defined as being events in which members (often, though not exclusively, new members) of a Club or Society are expected to perform a task or tasks as a means of gaining acceptance, status or credibility within the Club or Society

Under no circumstances must any individual or group of individuals be forced or pressured against their will into taking part in any Club or Society activities or events

Coaches/Instructors

Its important to have appropriate coaching personnel in place

- Qualified
- Insured
- Professional but approachable
- Support your club activity, NOT run it

All coaches must be registered and approved by the union before undertaking any coaching with your club

Need help finding a new coach? Let us know

Coaches/Instructors

We have a **Step into Sport Bursary fund** that you and your members can apply to, for support towards coaching and officiating courses.

We typically fund up to 75% of the cost of a Level 1 Course and up to 50% towards the cost of a Level 2 Course.

Any UCL student can apply for this bursary online

<https://studentsunionucl.org/forms/step-into-coaching-bursary-application-form>

Facilities

Over the Summer you will be able to request block bookings for the following facilities

- Bloomsbury Fitness Studio
- Somers Town Community Sports Centre
- SU Dance Studio & Rehearsal Room

One of the biggest challenges we face at UCL is a lack of space for sport; not enough space to go around so finding and booking external facilities is a must.

Facilities

Remember not to sign any contracts personally, submit all facility booking contracts to the Union for signing.

- No event budget required!

Most clubs will receive grant funding towards facility hire. Make it a Summer priority task to source and book your facilities.



Akuma Sports are our official kit supplier

- They run an online shop where members can order stash directly
<https://www.akumasports.com/TeamUCL/>
- If your club is allocated a playing kit grant, we will automatically deduct this money when you submit an Akuma invoice for playing kit
- If you are adding a sponsor's name to your kit, you must have a signed contract in place before the kit design will be approved for production

Performance & Elite Sport

Performance Programme

- Team-based for national level, high performing teams
- S&C support lead by Tiahan Eeles, TeamUCL Strength & Conditioning Coach
- Access to physiotherapy, nutritional seminars & resilience training
- Session tomorrow for the captains of next season's teams

Elite Athlete Programme

- Support for high-performing individuals
- Applications for 2019-20 open end of Term 3

Pre-Season & Trials

This year we will be centrally promoting all club trials/tasters to maximize attendance - > watch this space for more information.

TeamUCL Pre-Season will run from September 16th to October 4th

Online performance form for incoming students

Dedicate plenty of time to planning your trials; the process must be fair and transparent

London Varsity Series

Provisional Varsity Dates March 6th-13th 2020

Online applications for Varsity 2020 will open in June and close in late August

- Applications are submitted jointly with your King's counterpart
- A good idea to appoint a Varsity Organiser from within your club

Social Media



Facebook/teamUCL



@TeamUCL

#teamUCL #BUCSwednesday



Instagram – TeamUCL

Look out for the
Team UCL newsletter!

An Introduction to BUCS & LUSL



LUSL:
BUCS ➤



By the end of the session

You will know

- More about BUCS competition & organisational structure
- The role of you and your captains
- Some important BUCS regulations
- More about LUSL
- How to book travel and officials
- How funding works for BUCS & LUSL

British Universities and College Sport

- Aim is to enhance the student experience through sport
- National Governing Body for HE sport
- A membership organisation: (50+ sports, 170 institutions)





British Universities and College Sport

Four main types of BUCCS Competitions

- Fixtures
- Knockouts
- Tournaments
- Individual Championships

BUCCS competitions are for competitive teams & athletes

- Players should be willing to travel, play during reading weeks and show a high level of commitment



BUCS Fixtures

- BUCS fixtures are administered by TeamUCL staff at Student's Union UCL and communicated directly to your captains
- New platform of Playwaze; all members will need to download the app
- Any changes to fixtures are ONLY authorised by us

Never contact your opposition or the BUCS Office



BUCS League Structure

Premiership

[National Championship](#)

*Fencing M&W, Table Tennis
M, Hockey W, Lacrosse W,
Badminton W, Tennis M*

Division 1A

National Trophy

*Lacrosse M, Basketball M&W,
Volleyball M&W, Water Polo M&W,
Badminton M, RUMS Hockey W,
Fencing M2, Tennis W, Netball, Squash
M, Ultimate,*

Divisions 2-11

Conference Cup, Plate or
Bowl

Everyone else!



BUCS Team Selection

All players must be:

Over the age of 18

A current UCL student

A member of your club

- Non-UCL students are ineligible to compete for UCL
- Any clubs found fielding non-UCL students will face disciplinary.
- Teams must be selected as though all teams are playing a match that day
- Your first team must be the strongest team available
- Violation of team selection regulations will lead to sanctions by BUCS

Team Selection

Player Movement

Regulations on BUCS website in Reg.6

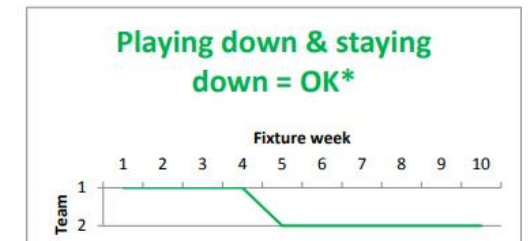
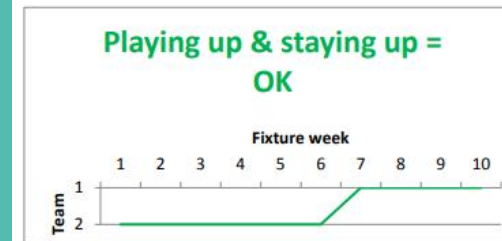
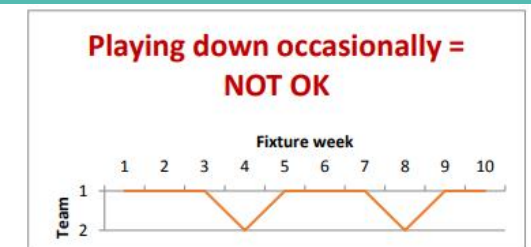
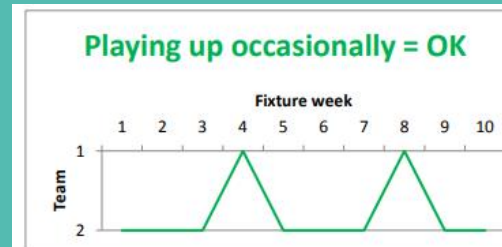
Violation of player movement regulations will lead to sanctions by BUCS

Each week you must select players as if all teams within your club are playing.

If the 1st team does not have a match but the 2nd team does, no 1st team players can play for the second team and so on.

Medical exemptions for playing down are considered by BUCS but must be authorised through us beforehand.

Contact me if unsure



*As long as sufficient league fixtures remaining to establish majority in the lower team.

BUCS Individual Championships





BUCS Individual Championships

- Individual championships are different to BUCS leagues, often held over a weekend

You must submit your entries to teamucl@ucl.ac.uk two weeks before the BUCS entry deadline providing all of the required information

- It is the **Club President's responsibility** to submit these entries
- Once competitors are entered, to withdraw you must pay fines



LUSL

London Universities Sport League

Launched 2012

Offers mixed team sport as well as
male/female teams

34 institutions across 14 sports

Competitive, intermediate and recreational
league and cup competition

LUSL Structure: Tiers

Competitive

- BUCS regs apply, walkovers (point deduction), rearrangement windows
- Must fill out team sheets and PUP forms
- Matches can still be forfeited but teams can face sanction if costs are involved

Intermediate

- No walkovers for failing to rearrange, unplayed fixtures voided
- Focus is on getting games played
- Lower qualification needed for officials

Recreational

- No walkovers for failing to rearrange
- Aimed at casual players/new teams/beginners
- Officials not always mandatory
- More flexible rules

LUSLFest

<https://www.facebook.com/LUSLsport/videos/775055746210356/>

LUSL Funding

- Students can submit funding proposals directly to the LUSL Management Group
- This can be to start a new sport or to add a new event

The Union Centrally Funds

- All BUCS & LUSL affiliation costs, competition entry costs for league & individuals
- The costs of your travel to BUCS & LUSL matches (cheapest available method)
- The costs of your BUCS facility hire
- Official costs for BUCS & LUSL fixtures
- Overnight stay can be reclaimed (£25 pppn) for nights where you would return to UCL after midnight

To ensure this funding is sustainable, we request a club contribution, payable by end of October. This amounts to roughly a 5% contribution of the total cost.

Withdrawn competitors do not get any travel or accommodation reimbursed and have to pay competition entry and any fines

How to do Travel Reclaims

Reclaiming your money from match travel

4pm Today

Darwin B15



Recommended
Session

Enjoy your year in office!



**STUDENTS'
UNION UCL**

2019/2020