



Sport

PERFORMANCE SPORT

AUTUMN 2020 PERFORMANCE REPORT

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Executive summary.

Well, here we are again.... I am writing these notes as we start the New Year 2021 heading back into Lockdown 3.0. I re-read the Spring report notes the other day for this report, as COVID 19 was all new and nothing any of us had experienced before. Today we know a lot more about it as it has been in our lives for nearly an entire year.

This report is a reflection from staff, students, coaches, and the Division of SEH on how they rose to the challenge of the first term and thrived.

Inside these pages I think you will agree, there are outstanding stories of resilience, creativity, and support. The foundations of any good business or successful team is put to the test when times are tough. Everyone within the team at Sport Exercise and Health pulled together to offer the most unique first term ever at the University of Bristol by providing a safe environment for students to engage both in person and online with sport and physical activity.

A huge amount of credit must go to our new scholar group this term. With no real competition apart from Hockey, most athletes began to take advantage of, and focus on, all the other areas of their sport such as S and C, Nutrition and Sports Psyche. As you will read, having a training routine has been key in keeping our athletes upbeat.

A huge thank you to Nigel Wray and the Priory Foundation for the continued support for the programme in these challenging times. That support was more invaluable than ever for the Athletes on the programme and our new Maroons.

Thank you all for your continued support, work, zoom calls, and words of encouragement, never more have we needed to keep an eye out for each other.

Take five minutes out, put the kettle on and enjoy this Autumn 2020 Performance Report.

Matt Paine – Performance Sport Manager



BUCS Autumn report

WAB clubs' support

Throughout the summer period, clubs were able to access support through a dedicated group of staff on an opt-in basis. As the face-to-face presentation approach was not possible, and with many projects on hold due to Covid-19, we were able to put more time in to clubs individually. Staff from across the division worked in pairs to offer a series of meetings to establish common themes arising and ultimately shape our support going forward in these challenging times. It was fantastic to be able to have more time to build stronger relationships with captains and committee members and we will be taking many of the positives forward in to how we support the clubs in the future.

Intra-club

Following the success of our Wednesday Afternoon Intra-Club competitions earlier this term, we hope to be able to continue this offer in Term 2 (restrictions permitting). Intra-Club will give students the opportunity to get involved in some form of competition, albeit in a much more casual way, in preparation for getting the green-light for BUCS competitions to restart in 2021.



BUCS Update

All BUCS competition was suspended back in March, however, most leagues were able to be completed - with the exception of Outdoor Cricket and several individual summer events. No BUCS Points table was released for 2019-20 due to the premature end to the season, and instead, work began on, what is now known as, the 'Extraordinary 20-21 BUCS season'.

Despite positive consultations throughout TB1, with the hope of re-starting competitions in early TB2, BUCS have delayed fixtures further. Now we are out of Lockdown 2.0 some individual events may be able to take place, providing they are financially viable and safe to run. The ongoing challenge which remains is the National Tier System which restricting regional travel. We are continuing to wait for updates from BUCS as we navigate through this unprecedented season.

Sophie Thomas
BUCS and Sport Coordinator,

Strength and Conditioning Review 2020/21 – Term 1

Pre-Season

Thankfully, we returned to pre-season at our normal time of year. The training standards of the returning clubs was of an extremely high quality. The students took the minor restrictions in their stride and cracked on regardless over the 5 weeks.

The quality and focus of this pre-season has been a key learning experience; Only the head coach sports returned (5 clubs instead of the 15 or so). The time the S&C coaches were able to spend with their respective head coach on the pitch, court, or river allowed for organic conversations to take place regarding individuals athletes, technical coach's aims, and the squads in general. This improved the alignment of our programmes for the squad and individual athletes, allowing us to support technical changes in the gym and improve the quality of our programme.

Term Time

The key contexts/constraints to term time delivery were a significant reduction in gym capacity, however, due to most of the teaching being online, this provided the opportunity to deliver sessions between 9-5. So, we moved to an S&C timetable based on availability, where students signed up to slots according to their academic timetable. Sessions ran from 7 am to 9 pm, 4 days a week allowing us to provide the same weekly capacity as last year.

Over 350 students signed up to 2 sessions per week in the first few weeks, inevitably attendance then became affected by isolations and quarantines. S&C sessions became an important opportunity for students to get out the house, discuss their physical and mental health as well as providing a social lifeline.

For those who managed to keep consistency with their training, we saw some huge improvements, with many students hitting PBs; Jon Chin (2nd Year Medic, GB Weightlifting and TASS athlete) hitting at triple bodyweight back squat (227kg!) and 162kg Clean and Jerk and Harry Jones (Men's Rugby) bench pressing 140kg are particular highlights.

With the introduction of the 2nd lockdown, our programmes moved online providing at home options for our students to continue the physical and mental health benefits of exercise.

Scholar Support

Scholar sessions also were delivered between 9-5. We offered 4 S&C sessions a week, plus a sprints session for scholars to pick from, to personalise their S&C week according to their sport, needs and academic timetable allowing our support to be the most individualised it has ever been. In addition, training at a more sociable hour for both students and staff alike, promoted better sleep patterns, positively impacting on the training session as well as reducing the cumulative fatigue of term.

The ability to have both myself and Henry (our physio) in Friday's Scholar S&C session meant our approach was truly integrated. We had a 6-week block of these sessions which made immediate impact on performance before the 2nd lockdown. This is hugely significant and I'm unaware of any other university which offers this support.

Strength and Conditioning Review 2020/21 – Term 1 (cont.)

I have every confidence that continuing this support structure will help maximise the impact of our programming. This, alongside our weekly Multi-Disciplinary Team meeting means that support to our scholars has never been better.

MDT

Weekly meetings led by Matt Paine have been a game-changing highlight for aligning the clarity, focus and impact of our support. For example, in preparation for John, Rob and Robbie's 2k Erg Test for GB Trials, with a programme set by Ed, Connor (Sports Pysch), worked with them on mindset leading into the test allowing Fiona and I to align our S&C and nutrition to support this with Henry inputting into the programme from a physio angle.

Gareth Harris, who has been with us for two years on a part time basis, secured a full-time role with Bristol Bears Women, leading their S&C programme. Gareth has had a massive impact over the last two years on our clubs, students, and us as a team, whilst he will be missed, we are all excited for him for his new challenge.

I am proud that we have faced the challenges with positivity, a creative problem-solving approach and resilience. We achieved our mains aims of improving our support structure to our scholars and whilst we were not able to see this into fruition, we have had a glimpse into this functioning and looking forward to a time when we can capitalise on this support structure.

Thanks to rest of the S&C team, Toby, Paul and Neil for their relentless hard work and passion which has huge impact on our students and thank you for your continued support

Will Ruscombe-King

Lead Strength and Conditioning Coach

John Davies, Tier 1 athlete - Rowing



It's been an amazing term due to the amount of attention I have had, and the care shown to me thanks to the people I get to work with, and I am even more certain that I am at the best university for the journey that I am on. The privilege of being a scholar has allowed me to make massive improvements this term despite the difficult circumstances.

Term started great with everyone back training, and the gym and boathouse being very safe places to train. It was my first full pre-season, and I progressed a lot in the gym but also notably on the water. Matt and Will's work in the face of tighter restrictions, allowing myself and others to go to Coombe for S&C individually, was amazing and they were moments of enjoyment in a tough time.

As time on the water time became unavailable, I am grateful I was able to train on the rowing machine in my flat (despite this not being an ideal set up!). I managed to improve to the point where I am the best I have ever been. I am very proud of this and, despite having no racing results to share this term, of the results that follow.

For GB U23 trials ergo scores needed to be submitted: I PB'd by 47 seconds on my 5k test to go 10s under the trialist cut off with a time of 16:20, I PB'd by over 2 splits on my 30r20, and I PB'd by a further 2 seconds on my 2k after a good 10s PB in the summer. I now sit comfortably below the cut off.

The dynamic of the Squad has shifted this year and I am loving it. Friday chats with the squad and staff have been a chance to share stories and ideas. Having regular sport psych meetings with Connor has been incredible, and with Fiona's guidance I am continuing to improve my nutrition to best fuel myself. Having Henry at the Friday S&C sessions has helped me improve my form and mobility in key places. The Monday mobility sessions in lockdown were also hugely beneficial. It's been great to see so much of the other squad members even though we cannot meet in person. It shows how much effort is being put in to keep everyone connected.

It will be interesting to see in the future what the university does with teaching, but I am reassured that I can continue to develop as an athlete no matter the situation. I have developed my time management and organisation this term allowing me to optimise my schedule and routines.

The scholarship money is vital in paying towards fees and food and the really special support I get from the Performance Team. When racing can commence, I am confident that the boat club is in for an amazing year of results. As it's my 3rd year on the scholarship I am stepping up as a leader and want to continue to be a role model for what a performance athlete should be. I will continue to apply myself as best I can so that I can excel this year when it matters and represent the university and people who support me on the biggest stage I can.

Rob Davies, Tier 1 athlete - Rowing



I look back to the joy and excitement of when the boat club opened its doors for preseason; those late summer mornings on the Avon, sun cream on, vests at every opportunity but most importantly, finally having the buzzing atmosphere of the boat club back in my life after 5. In stark contrast, I'm finishing the term confined to the comfort of my bedroom training on my own/with my brother, it's what I've been doing for most of this year.

I have seen huge improvements in my performances in training. The rowing that we did get manage to get done in the first 2-3 months of this term was some of the best rowing I'd experienced during my time here. The squad of boys we have this year has created depth like we've never had and a wealth of healthy competition. The coaching we've received from Ed and Charlie has pushed the whole squad on exponentially. The potential is massive.

My most noticeable PBs are the 5k test at the start of November just before lockdown, and my 30 minutes at rate 20 PB during this most recent lockdown. A slightly disappointing result in my 2k test at the end of lockdown isn't ideal, but the improvement I achieved on this test during summer at home has been one of the

highlights of the year, comfortably reaching the cut-off for the GB U23 trials process.

In the most recent lockdown, my 'energy battery' we've discussed as a squad was low. The darker evenings, colder nights and confinement to a flat made me struggle a little. But believe me, when I'm back in the new year nothing will stop me. I will continue to train just as hard as I have all year no matter where the rowing machine is situated or where the dumbbell is stored.

I can't thank the staff enough for their support during this term. Will's S&C sessions became far more than an hour lifting some weights, they gave me some fresh air, an escape from the flat, and a chance to chat to one of the nicest men I've ever met. I hope Will understands how much myself (and John) appreciate everything he's done for us and I couldn't be happier that I've got another year to continue to grow and improve as a team. The same goes for Matt and the love and support he's shown me throughout my time here. The Friday afternoon squad chats he arranged during lockdown were something I really enjoyed. My meetings with Fiona have been as helpful as ever with tips to stay on track with my nutrition. Connor has really helped me to evaluate my mindset, beliefs and attitudes in every situation. It's been so refreshing to talk to him, and the sessions are really special..

Over the course of this term, I have proven to myself that I've got the self-discipline I always knew I had and as a senior member of the squad, and someone who is striving for the highest achievements, I am doing all I can to lead from the front. My goals and aspirations I set out at the start of every year on the squad have barely changed and I will continue to graft, train, improve, get stronger, fitter, quicker; whatever I can to improve myself and make a bigger and better contribution to the boat club and the performance squad.

UOBBC Term 1

The start to 2020/2021 season has been a very different one in a variety of ways. Not only due to the pandemic, but also the change in attitude towards achieving a performance level within the club itself.

To give an idea on the differences, normally we would not have such a structured preseason and would see about 8-10 players returning early to get back onto court. This year, with a structure and an improved club unity, we saw 25 players return for preseason.

The Give It A Go Campaign has been a great success with 246 players turning up to play during the month-long event. We are aiming to run Give it Another Go in February.

Trials saw the club recruit 5 new performance players and 12 new development, taking the club total to 177 members which, considering the lack of competitive play on offer and the current restrictions we have to follow, this is not a bad total.

Additional activities

Due to the lack of BUCS matches and local league, as a club we looked at the additional activities we could run to keep the squad engaged. Some of the activities that have taken place are online zoom sessions and an online Q and A with Marcus Ellis and Lauren Smith, two of the top players in the country aiming to qualify for Tokyo 2021. Marcus already medalled at Rio 2016 so the experience and advice on offer were invaluable.

Rebecca Pantaney

Head Coach, Badminton





Boat Club

After much anticipation and planning, UBBC athletes finally took back to the water in early September for pre-season. This year, we saw not only the arrival of a new cohort of first years, but we were also pleased to welcome our first ever intake of open club members. Athletes from clubs in Bath and Bristol have jumped ship to join UBBC, most notably from City of Bristol Boat Club and Bath University Boat Club. This is testament to the club's development in recent years.



On the final day of pre-season training, we had over 60 athletes head out on the water at Saltford— a record number of attendance at pre-season that has been made possible thanks to the generosity of UBBC Alumni— in particular the recently refurbished Vllls. With the depth of talent we now have across the squads, we are looking forward to one of the most exciting and fruitful seasons in the history of UBBC.

We have welcomed Charlie Newbould to the coaching team. Having rowed at Leander club, Oxford Brookes and Molesey BC, he brings with him a depth of knowledge about high performance programs. We are incredibly fortunate to now have three paid coaching roles at UBBC. This third role is part-time and is funded by our alumni group, UBBC Alumni.

We are also thrilled that para-rowing at Bristol is now a reality. Xander Van der Poll (Pictured right) is a third-year medical student at Bristol and is currently part of British Rowing's Paralympic Pathway. The student committee have made it a priority this year to secure funds for para rowing equipment as quickly as possible, British Rowing have kindly loaned us a boat and rowing machine seat for the time being.



Boat Club (Cont.)

The Nonesuch Rowing Foundation is a UK-based charity founded by alumni of the University of Bristol Boat Club. The aim of the charity is to support participation in rowing for students at the University of Bristol and Bristol's community. The Foundation offers individual grants to students at the University of Bristol and members of Bristol's community. These grants are intended for those who would otherwise not be able to participate in rowing due to financial constraints. For example, training camp costs, transport/accommodation/race fees for a major event such as EUSA/FISU/GB Rowing Team Trials/BR Sculling Festival, and essential club racing kit.



The Foundation widens access to rowing is by providing club grants to the University of Bristol Boat Club (UBBC) primarily for the purchase of boats and equipment which will be available for use by students at the University of Bristol and members of Bristol's community. The types of equipment that these funds are intended for include, but are not limited to; rowing boats, oars, and their accessories necessary for rowing, safety launches, other safety equipment, vehicles for transport to training and events.

Anyone can support the Nonesuch Rowing Foundation by making either a single or recurring donation through their online donation pages. All donations made by UK taxpayers with an accompanying Gift Aid declaration are eligible for Gift Aid, boosting any donation by 25p for every £1 donated. Donations made by UK higher rate and additional rate taxpayers are eligible for tax repayments. The Nonesuch Rowing Foundation is regulated by the Charity Commission (Registered Charity Number 1190599).

I am immensely proud of how the club is dealing with the ever-changing situation. Our GB trialists are training well with some notable PB's that are well within the GB ergo standards but it won't be till February when they can show what they are capable of on the water at the 1st GBRT assessment.

I cannot thank our Alumni and friends enough for their generosity and support thus far. Collaborating with such hard working, knowledgeable and enthusiastic individuals on both sides, gives me the confidence that we will achieve our goals... it is simply a matter of time.

Edward Bloomfield - Head Coach Rowing



Hockey



Hockey has been one of the few sports able to play competitively this term. We have all missed BUCS on a Wednesday afternoon, but Hockey has been able to play its competitive league seasons on a weekend up until the Lockdown in November.

After an excellent pre-season in August/September, the Men's 1s are flying high at the top of England Hockey's West Conference. Victories over Khalsa Leamington, Chichester, Cardiff University, Ashmoor and Cheltenham, as well as a 1-1 draw with Harborne, has seen the guys make an unbeaten start to the league campaign. The Men's 2s have only played 1 game and opened with a defeat, while the Men's 3s & 4s opened with a loss and a draw respectively before the season was halted.

The Ladies 1s also made an unbeaten start to the season and sit top of the West Premier Division, drawing a thriller on the opening day with Falmouth before an excellent 3-1 victory against Plymouth Marjons. The Ladies 2s started the season with a 1-0 loss to Cheltenham but then bounced back with a 2-1 victory over Chippenham the following week. The Ladies 3s & 4s have started the season brilliantly, both winning their opening two matches.

The UBHC Supporters' Club (www.bristol-hockey.co.uk/supporters-club) has been setup this term not only to financially support University of Bristol Hockey Club, but to grow and engage the #WeAreBristol Hockey community and raise money for two superb charities (Cancer Research and NHS Charities

Together). The club's interaction with its wider network (players' family/friends, Alumni, University of Bristol staff, etc.) is something the club wishes to grow in the coming years. The UBHC Supporter's Club is an opportunity for that wider network to contribute towards the success and enjoyment of all associated with the club, and most importantly remain a part of the club.

The Men's side of the club took great pride in raising £10,000 for the Movember Foundation by donning some questionable facial hair! An outstanding effort from the club.

One of the highlights of Term 1 has been seeing our new Performance Sport Programme in action. Hockey has been able to add four Vice Chancellor Scholars and eight Maroon Scholars and what the programme is offering these student-athletes is superb. My thanks go to Matt Paine for bringing this programme to fruition and to all the consultants working to give our players the tools to get the very best out of themselves.

Final thanks from me must go to our Club Captains; Kate Dunn-Massey and Kincaid Ingram. In very challenging circumstances they have led the club superbly, marshalling their committees and making the very best of Term 1.

Ben Dudley
Head Coach, Hockey



UBRFC Performance Rugby Autumn Winter Report 2020

Over 60 students returned to Coombe Dingle at the end of August to embark on a program to evolve their passing, evasion agility, decision making and physical prowess. This provided an opportunity for players to build upon the solid cultural foundations, connecting with several of our new first year scholars whilst rekindling old friendships.

The rule of 3 “player owned, team owned, coach facilitated” learning process really came to the fore at the start of this season. Every player engaged well as we embarked on developing some new leaders and tested the thinking and skill sets to measure our learning curve. The quality support of 1st XV captains Hywel Rose and Will Sharp, alongside club manager Olly Slym and new club captain Henry Bedson, but key in plotting a program of rugby for all in preparation for what would be a complicated, but rewarding, few months ahead.

As players returned across all teams, we managed to provide training opportunities for approximately 140 members. Groups were split into 20s and trained across 13 hours of coaching over a week. With great engagement from the club, and superbly organised by Olly Slym, we made solid progress in skill development and evolved to running some terrific internal touch tournaments each week. These provided students an opportunity for a competitive release from studies throughout this tough time.

Having run several successful first year “Give It A Go” trial sessions in October we had to sadly turn away approximately 120 new 1st year players from club membership. In the absence of SU and intramural competition, as a club we will be working hard engage these players in the second half of the year and look forward to the 2021/22 season where we hope they will make a profound impact on the rugby world.

Our 3 performance coaches worked with 20 new first years every Friday morning. This was a superb introduction for these future gems regarding culture and development of players with a view to succession planning for the 2021/22 season. This group were also integrated into 1 of 3 Saturday morning S and C training sessions which, thanks to the excellent support of Will RK and Neil Wheeler, has maintained a strong engagement in their training. Our new group of 9 Maroon Rugby scholars settled into their training and leadership roles well. Our 3 master’s scholars have been invaluable in setting the tone and standards within the club, and our new VC scholar Makeen Alikhan has certainly made an impact, enjoying the benefits of some focused personal skills coaching and mentoring, leading him to being invited to on trial with England Under 20s.

As our physio, Susie Burness, has departed for pastures new, Sean Lewis, from Bristol Physiotherapy, has joined us for Monday and Friday clinics, which have been invaluable for the students.

The restrictions have provided opportunities to evolve the off-field set-up and activities of the club. 1:1 field skills and online mentoring calls discussing studies, future career goals, rugby and beyond, have shown the value of personal relations and developed a positive performance culture. This has also highlighted the benefits of having partnerships with the likes of the TED foundation, to help support and guide students no matter their situation or standing within the club.

UBRFC Performance Rugby Autumn Winter Report 2020 (cont.)

Our new volunteer coaches and new players received various educational online resources regarding the club vision & culture, coaching and management processes and an intro to the structure of sport at Bristol. This also included live webinar Q&A sessions for first years and club-wide webinars with Alumni Sam Jeffries, Dave Attwood and Alex King.

The 1876 alumni club launch dinner was sadly postponed in April, but we officially launch this fantastic program in May 2021 at Twickenham, including our Maroon awards. Led by our senior students, the basis of the program is up and running; a new LinkedIn page has been launched as well as the superb alumni mentoring program and funding page. We are so grateful to our alumni for reaching out and offering to partner with current club members to aid them in navigating their career choices and study-life balance. We hope to launch a club store, funding appeals and events in the new year to increase our connection with the Alumni and enable UBRFC to go to the next level with their kind support.

Our committee has found a new sponsor and engaged new students as best they can. General club-wide communications have been driven well by the leading 3 members of the committee. The students have run various online quiz nights, FIFA competitions, fitness challenges, charity events, house "Come Dine With Me" and most notably, they raised over £11,000 for Movember!

To recognise the ever-improving efforts of students within the committee and how much work needs to be invested, we encouraged committee members to use their experiences towards gaining the Bristol PLUS Award, the University's employability award. The PLUS Award recognises and rewards students for extra-curricular activities they undertake during their degree and enables them to develop employability skills, offering them a framework to reflect on, and articulate, their skills and experiences to employers when they enter the wider working world.

The final focus of off-field development has seen the club invest in recruitment as we look to the start of the 2021/22 season. Having run various zoom meetings, webinar events and an open day. Bristol Bears academy manager Gethin Watts is who is keen to build links with the university program and he kindly joined me in zoom promotional recruitment calls to several top young players and their families who are interested in undergraduate courses and rugby at Bristol.

My thanks go out to all those involved in helping us run the program thus far this year, it has been no easy task. The grounds staff, facilities staff, SEH staff, the committee and coaching team have all been so positive, agile and engaging in these tough times.

Joe Goodman - Head of Rugby
www.ubrfc.co.uk



University of Bristol Women's Rugby - Term 1 Report

The UBWRFC committee worked hard to ensure a positive and attractive rugby offer for all players, both old and new, including:

- The Summer Preseason was shorter but in place for all that wanted to return early
- An emergency fundraising appeal raised over £6000 following a University funding cut.
- All staff were retained for the season and are now funded by the club
- Remote recruitment through social media and Give it a Go taster sessions made sure that new students could join in
- Sessions were adapted so that players from all levels could continue to attend within RFU guidelines
- The Wellbeing officer, committee and staff were proactive and offered support to all within the club
- We adopted the training template of building to a competitive club tournament

So how did we do? How do we measure if any of the above was a success?

- 112 Players have attended sessions
- 3 x GIAG sessions welcoming 58 players
- 25 who then attended club sessions
- 51 new players have attended club sessions
- 45 players actively involved in club S&C programs

Our Partnership with Bristol Bears continues to grow and has been valuable in offering our Performance Scholars and others the opportunity to train and play at the highest level of Women's Rugby. We also continue our links with local club Gordano and have very much welcomed their support.



We also thank UBRFC for all their support through this very difficult time and look forward to continuing to develop the important link between Men's and Women's Rugby at University of Bristol.

Thanks to all who have supported, sponsored, donated to our club. Everything that you have done is very much appreciated and very important in enabling this fantastic club to continue to grow and indeed to become stronger in future.

We look forward to a very successful 2021 and beyond.

Keith Leaker
Head of Women's Rugby

Tennis - Autumn Term review



I could not be prouder of the professional approach that performance tennis has taken to their return to the Coombe Dingle courts throughout the past term.

This has been reflected at every level of the club, a compliment to the hard-working UBTC captains and committees that are leading the way in these unprecedented times.

Pre- season and training



The performance tennis team returned with enthusiasm for pre-season where they combined on court training with fantastic conditioning sessions lead by Strength and Conditioning coach, Neil.

The delayed start to the competition season has allowed us the time needed to train tactical scenarios more effectively and, in more depth. The performance tennis team have been excited to have Connor Grant back to work with our players and welcome an additional new coach, Francois Du Prez, to the team.

Competition

Our Men's squad kicked off their 2020/21 National Premier League season with a win against Lee on the Solent. Men's captain Matt Whitehead, newcomer and Maroon Scholar Tommy Cartledge, Daf James and Alex Matthews secured the first win of the season 3 rubbers to 1. Great start to the NPL campaign.



Four of the performance tennis team qualified for the BUCS Individuals

Western Qualifier that was due to be hosted at Bristol on the 7th/8th November; These were Maroon Scholars Katie Kirby and Tommy Cartledge, Women's Captain Fay Brittain and Men's team member Ollie Mayo. The competition unfortunately did not go ahead but it has been re-scheduled for April.



In addition to the external competition, UBTC have taken up the offer of interclub competition on a Wednesday. So far this has allowed both BUCS and Advanced Team players the opportunity to come in and compete. Until the return of BUCS, the club is looking to use these slots for a club championship tournament.

Maroon Scholarship

The 2020/21 season welcomed UBTC's first two Maroon Scholars who have both put exceptional effort into their training and their modelling to the rest of our players is fantastic.



Katie Kirby is a 4th year medic, played her first season in the National Premiership and has qualified for BUCS Nationals during in her time at Bristol.

Tommy Cartledge joined us this year from Bath for his Masters in Nutrition, Physical Activity and Public Health. Tommy has played in the National Premiership and BUCS Nationals as well as playing international competitions as a junior.



Tennis - Autumn Term review (Cont.)

A big thank you to Performance Sport and the Multi-Disciplinary Team for the ability to access one on one Head Coach time, allowing the players to push on and creating a more effective performance environment. Lastly, thank you to the UBTC committee for further endorsing the Maroons with financial support towards their club membership, tournament entry and court time.

Advanced Trials

This year boasted the most professional Advanced Team and Squad (UBTC's development squads) trial process that has ever been offered. Captains and coaches, Dom Boylan and Ben Hardwick, trialled past and new players across the first month to ensure everyone had the chance to show their level, and experience a fair selection process. Feedback from the members has been very positive and the club have a new successful model for future years.

Give it a Go (GIAG)



Thanks to the efforts from the committee and its captains, the club offered almost 20 GIAG sessions across October ensuring all new students had the opportunity to play and allowing students to re-book if they had to miss a session due to isolation.

Wider UBTC

Over the summer, the club rallied together to keep morale high and members engaged in all things UBTC, for example, the 'Battle of the University Tennis Clubs' Strava challenge where UBTC challenged other university tennis clubs to run the furthest.

BUCS Team members sent in the imaginative ways they were playing tennis while the courts were closed to help motivate club members to find ways to play during lockdown, the club also teamed up with the Art Society for life drawing and have offered quizzes to entertain.



Return to Tennis

The tennis club have had an amazing term. They have replanned and rescheduled and reorganised countless times to make sure our students can access the sport, as much as possible, safely. In addition, they have built an online offer better than ever before. The performance teams have put in as much effort to training as any year and have shown increased resilience. As evidenced by the year so far, the club will embrace the challenges 2021 has instore and will return to competitive play better than ever before.

Ali Blackett

Head Coach, Tennis

MEET THE 20 21 SQUAD

TIER 1 ATHLETES

John Davies, Boat
Geophysics

Katy Cutler, Water Polo
Medicine

Amy Salmon, Hockey
Philosophy and Politics

Robert Davies, Boat
Geophysics

Matt Carey, Windsurfing
Mechanical Engineering

Makeen Alikhan, Rugby
Veterinary Science

Robbie Prosser, Boat
Applied Anatomy

Raph Boulanger, Hockey
Mechanical and Electrical
Engineering

Ella Lovibond, Rugby
Engineering Design

Harry Bird, Fencing
Philosophy and French

Ben Ferguson, Hockey
Economics

Georgia Newman, Rugby
Law

Xander Van Der Poll, Para
Boat
Medicine

Amy Salmon, Hockey
Philosophy and Politics

Phoebe Murray, Rugby
Medicine

Michael Taylor, Paratriathlete
Medicine

Charlotte Hart, Hockey
BSc Politics & International
Relations with Study Abroad

MEET THE 20 21 SQUAD

MAROONS

HOCKEY

Mia Foster
Liberal Arts

Charlotte Fox
Public Health MSc

Paul Macleod
Economics and Accounting

Anushta Mehta
Medicine

Kit Nebbet
Management and Innovation

Beth Richards-Doughty
Law

Archie Sansome
Aerospace Engineering

Quinn Turner
Electrical and Electronic
Engineering

TENNIS

Tommy Cartledge
MSc Nutrition, Physical Activity
and
Public Health

Katie Kirby
Medicine

RUGBY

Bertie Cole-Fontayn
Civil Engineering

Macaulay Dale
MEng Aerospace Engineering

George Gadsby
Mechanical Engineering

Hugh Hamilton-Green
MSc Computer Science

Macca Hayward
Management and Innovation

Harry Jones
Biochemistry

Huw Morris
History

Gabriel O'Brien
International Development

Tomek Pozniak
Music

Hywel Rose
Innovation and Entrepreneur-
ship

Ben Sackey
Engineering Design with Study
in Industry

Will Sharp
Economics

TENNIS

Tommy Cartledge
MSc Nutrition, Physical Activity
and
Public Health

Katie Kirby
Medicine

BOAT

Anthony Duncalf
Physics

Harry Hetherington
Aerospace Engineering

Mimi Houlihan-Burne
Physics

William Meakin
Economics

William Stoner
MSc Nuclear science and
engineering