



UNION
OF
KINGSTON
STUDENTS

SPORTS CLUBS GUIDE

Dave Cougar welcomes you to your SPORTS CLUBS GUIDE



The Union of Kingston Students' sports clubs have one of the largest number of student memberships at Kingston University and provide a wide range of opportunities. We currently support, develop and administer 35 competitive sports clubs with a membership of just under 1500 students.

Competitive sports clubs currently compete in events organised by British Universities College Sport (BUCS) and the London Universities Sports Leagues (LUSL), as well as local and national competitions.

GET INVOLVED:

Getting involved in a Union of Kingston Students sports club is one of the most rewarding and valuable experiences you can have at university. It provides you with the chance to meet new friends whilst continuing to develop your sport or leisure activity.

To join a club, members are required annually to

- Purchase a Kingston Cougar Sports Card, and club membership.
- Complete the online Kingston Cougar registration form

- Read and adhere to the club's code of conduct.

Please note that a valid Kingston Cougars sports card is proof of your membership and is required for all club activity.

All members of the Union of Kingston Students are required to purchase a sports card, which costs £40, and a further £5 for each club you wish to join.

*Please note: The boat club membership is not included within the Union of Kingston Students sports card scheme. Please contact the club directly for further information.

TRY SOMETHING NEW:

If you want to try something exciting and new, we support a range of non-competitive clubs, from the depths of sub-aqua to the heights of mountaineering. These clubs organise and arrange weekend trips and there are always opportunities for training and development for students to reinforce the growth of these activities.

JOINING A SPORTS CLUB:

The best time to join one of our clubs is at Freshers' Fayre (held on 24/25 September), where you will get the chance to meet the clubs' organisers. However, if you can't find the club you were looking for, or you missed the Freshers' Fayre altogether don't worry, it's not too late. Most clubs will be pleased to see you turn up to any training session, so don't be shy, get involved! You can join any of the sports clubs at any time throughout the year. You can do this by purchasing your Sports Card and membership online at www.kingstonstudents.net or from the Union of Kingston Students' offices on Penrhyn Road

WHO RUNS THE CLUB?

Each club is ran by a student committee and is support by the Sports Staff and elected officers. Although some clubs have a competitive element, whilst others are purely recreational, membership is

open to al levels and abilities. We work in partnership with Sport and Active Lifestyle Department in the University, which helps to arrange our coaches and facilities and leads on supporting high-level sports athletes at the University.

REPRESENTING THE UNIVERSITY:

If you're interested in a particular sport which doesn't have a specific sports club, but you would like to represent the University in British university competitions, you may be entitled to financial and administrative support.

Sports include:

- Archery
- Clay Pigeon Shooting
- Cycling
- Diving
- Golf
- Judo
- Modern Biathlon/ Pentathlon
- Rifle Shooting
- Snooker
- Ten-pin bowling
- Athletics

REFUND POLICY:

Requests for refunds may only be granted within 14 days of the date of purchase of your sports card. Requests should be made in writing and marked for the attention of the Sports Co-ordinator. Proof of payment must also be supplied.



UNION
OF
KINGSTON
STUDENTS

FENCING

Tiffin School, Studio, KT2 6RL

WED: 6-8pm.

EMAIL: Fencing@kingston.ac.uk

MEN'S FOOTBALL

Tolworth Court, KT4 7QH

MON: 6-10pm (1st, 2nd, 3rd, 4th, teams)

SUN: 10-2pm (Sunday League Team)

EMAIL: mens.football@kingston.ac.uk

WOMEN'S FOOTBALL

Tolworth Court, KT4 7QH

MON: 6-8pm

EMAIL: ladies.football@kingston.ac.uk

MEN'S HOCKEY

Surbiton Hockey Club, KT7 0AE

MON: 8-9:30pm

EMAIL: mens.hockey@kingston.ac.uk

WOMEN'S HOCKEY

Surbiton Hockey Club, KT7 0AE

MON: 6:30-8pm

EMAIL: ladies.hockey@kingston.ac.uk

JITSU

Penrhyn Rd. Fitness Centre, KT1 2EE

TUE: 8pm-10pm & Sun: 2:30-4:30pm

EMAIL: jitsu@kingston.ac.uk

KARTING

Various evenings and weekends

EMAIL: karting@kingston.ac.uk

KAYAK

Albany Park Canoe & Sailing Club,

KT2 5SL

WED: 3-5pm

EMAIL: kayak@kingston.ac.uk

LACROSSE

Tolworth Court, KT4 7QH

TUE 7-9pm & **SUN:** 1-3pm

EMAIL: Lacrosse@kingston.ac.uk

MOUNTAINEERING

Meet at Penrhyn Road, KT1 2EE

THU: 6pm

EMAIL: mountaineering@kingston.ac.uk

NETBALL

Tolworth Court, KT4 7QH

MON: 6-8pm

EMAIL: Netball@kingston.ac.uk

MEN'S RUGBY UNION

Tolworth Court, KT4 7QH

MON: 7-9pm & **FRI:** 7-9pm

EMAIL: mens.rugby@kingston.ac.uk

WOMEN'S RUGBY UNION

Tolworth Court, KT4 7QH

TUE: 6-8pm

EMAIL: womens.rugby@kingston.ac.uk

RUNNING (TRI-CLUB)
SESSIONS AVAILABLE TO MEMBERS
THROUGHOUT THE WEEK.

SAILING

Thames Sailing Club, KT6 4HH
WEDNESDAY AFTERNOONS

EMAIL: Sailing@kingston.ac.uk

SKYDIVING

Different locations

WEDNESDAY AND WEEKENDS

EMAIL: skydiving@kingston.ac.uk

SNOWSPORTS

Monthly sessions held at
Milton Keynes Sno!Zone

EMAIL: snowsports@kingston.ac.uk

SQUASH

Surbiton Racquets Centre

WED: 1-3pm, **SUN:** 1-3pm

EMAIL: squash@kingston.ac.uk

SUB AQUA

A dry lecture is held at PR

MON: 7-9pm

A pool session held at
Putney Leisure Centre

FRI: 7-9pm

EMAIL: subaqua@kingston.ac.uk

SWIMMING (TRI-CLUB)

Kingfisher Leisure Centre

WED: – TBC

THU: – 9pm-10:15pm

SUN: 6:30pm-8pm

TAEKWONDO

Tiffin Boys School, KT2 6RL,

MON: 6-8pm & Thu 7-9pm.

EMAIL: taekwondo@kingston.ac.uk

TENNIS

Tolworth Court, KT4 7QH

THU: 6-8pm (Beginners),

FRI: – 6-8pm (Team Training)

EMAIL: Tennis@kingston.ac.uk

TRAMPOLINE

The Arena, Kingston College,
KT1 2EE

THU: 6-10pm.

EMAIL: trampoline@kingston.ac.uk

VOLLEYBALL (MEN'S + LADIES)

The Arena, Kingston College,
KT1 2EE

THU: 6-10pm

EMAIL: volleyball@kingston.ac.uk



SPORTS EVENTS | THE 4 BIG ONES!

ALUMNI SPORTS DAY – MARCH 2016

Held in conjunction with the University's Alumni office, it is a day of competition where our current teams take on ex-students from past years. It's a great day and even a greater night.

VARSITY – MARCH 2016

Every year the A3 becomes the stage for some of the greatest sporting scenes ever to grace the fine country. The Kingston Sports Clubs face Surrey Uni in a variety of sporting events at Surrey's £30 million pound state of art facility. It's a day which brings the Kingston Cougars together and even if you are not interested in sport, you will find yourself getting sucked into the whole atmosphere at each event, with banter flying from both sets of supporters (although those from Surrey Uni are not that witty).



SPORTS TOUR – MARCH 2016

Last year we had an unforgettable week in Croatia where we took over 250 students who competed and enjoyed a week of sports and entertainment. Croatia had an incredible beach, strip of bars and places to chill, and amazing sports facilities and hands down the best pool parties. For one of the best weeks of your life at Kingston make sure you sign up for the sports tour of the year.

SPORTS AWARDS – MAY 2016

The Sports Awards is the biggest event on the sporting calendar here at Kingston. The Union of Kingston Sports Department organise the Sports Awards annually to recognise the achievements of clubs, teams and individuals.. It is also a great chance for everyone to get together and to celebrate all that is sport at Kingston! Held at Kempton Race Park, the black tie event is an opportunity for students and staff to celebrate all the effort, commitment and success the students have had over the year. Last year was a phenomenal year for sport at Kingston, and this year will be no different. The sports awards are the perfect place to celebrate the end of the year. For more information on events and sports clubs please look at our website www.kingstonstudents.net.



COUGAR CHAOS

Basically it is what it says, it is ultimate CHAOS, but in a good way! Once a month the Kingston Cougars come together to celebrate, socialise and party, usually always in fancy dress! You'll be a fool to miss them, with after parties held at PRZYM. They are a great way to get to know your fellow sports stars. They all kick off at your very own SPACE BAR from 8pm on the following nights:

7TH OCTOBER – NEW RECRUITS

Army fancy dress and a great way for the new freshers to experience their first Cougar Chaos night.

4TH NOVEMBER – FANCY DRESS TBC

2ND DECEMBER – COUGAR CHRISTMAS PARTY

Whether you want to dress up as Santa, one of his helpers or even his reindeers, this is a time to celebrate Christmas before you head back home.

13TH JANUARY – BACK TO SCHOOL

It's time to dig out those white shirts, glasses, and ties, and geek it up one more time. Time to celebrate the half way point of the year and a start of a new term.

3RD FEBRUARY – FANCY DRESS TBC

9TH MARCH – VARSITY AFTER PARTY

Celebrate with your fellow Cougars after our amazing win against Surrey University. I'm sure there will be a chant of "I'd rather be a Cougar than a Stag" flying about.

COUGAR CALM

For those of you that would like some more chilled out nights, there will be some alternative entertainment provided in the shape of comedy, pub quizzes, hypnotist and many more. Keep an eye out for dates and times, they will be advertised on www.kingstonstudents.net

Free bus service to Tolworth Court WEDNESDAYS



UNION
OF
KINGSTON
STUDENTS

Whether you are playing at Tolworth Court in a BUCS fixture or wanting to support the teams as they triumph over the likes of Surrey and Roehampton. Kingston University is providing a free bus to our home grounds for students and staff. The bus departs from the University bus stop outside the main reception on the Penhryn Road Campus.

Penrhyn Road Dep	Tolworth Court Arr	Tolworth Court Dep	Penrhyn Road Arr
12:00	12:15	12:20	12:35
12:40	12:55	13:00	13:15
13:20	13:35	13:40	13:55
14:00	14:15	14:20	14:35
14:40	14:55
...	...	15:40	15:55
16:00	16:15	16:20	16:35
16:40	16:55	17:00	17:15
17:20	17:35	17:40	17:55
18:00	18:15	18:20	18:35

Contact Details

SPORTS CO-ORDINATOR:

Ali Burr **T:** 020 8417 2230

E: a.burr@kingston.ac.uk

isit the website:

www.kingstonstudents.net

GIVE YOU 5

DAYS OF **FREE** ACTIVITIES EACH WEEK

#High5ForSport



MONDAY

TOUCH TENNIS
DISABILITY BOCCIA
PITCH UP AND PLAY
FOOTBALL
DDMIX – DANCE DIVERSITY
MIX CLASS

TUESDAY

URBAN GOLF
DISABILITY FOOTBALL
BADMINTON
7 A SIDE FOOTBALL LEAGUE
BACK TO NETBALL

WEDNESDAY

SWIMMING
RUNNING

THURSDAY

TABLE TENNIS
TENNIS

FRIDAY

BASKETBALL
WALKING
BADMINTON

GOT TALENT? GET WITH THE PROGRAMME!

The Sports Performance Programme offers support and assistance for talented sports people studying at the University, by helping to balance sporting and academic commitments.

The scheme is split into three levels according to the standard of the applicant:

- **Performance level** – currently competing at senior international level
- **Achievement level** – currently competing at junior international level
- **Development level** – currently competing at regional representative standard or senior club level



In 2014, double Olympic gold medalist James Cracknell gave a motivational speech to our high performing athletes at our sports performance workshop.

Benefits include:

- Free Fitness Centre membership
- Support from Kingston University Human Performance Laboratory
- Sports psychology support
- Discounted osteopathy and sports therapy services
- Bursaries to cover competition expenses
- Personal liaison officer to assist in balancing sporting and academic needs
- Access to workshops and guest speakers
- Administration support for competitions and training

ARE YOU A GOOD SPORT?

Student Wellbeing offer a sports-specific volunteering programme called VIPS. VIPS was launched in September 2010 and was awarded the Inspire mark from the Olympic board along with the 'Experts in Volunteering' recognition from the Greater London Volunteering team.

Become an ambassador for Kingston University, gain a recognised coaching qualification and enjoy sports-specific work experience by taking advantage of the volunteering opportunities available.



Students have already enjoyed placements at Fulham Football Club, the Wentworth Club golf course and at many major London sporting events. Already some of the placements on this scheme have led to full-time employment, and you even get a free Nike polo shirt and jacket!



For further details:

Jo Heath, Sports development manager E: J.Heath@kingston.ac.uk T: 020 8417 2412



UNION
— OF —
KINGSTON
STUDENTS

Visit the website:
www.kingstonstudents.net

SPORTS VOLUNTEERING AT KINGSTON

Volunteering during your time at KU is a great way of helping the local community at the same time as helping yourself. In the current job market standing out from the crowd is essential, and volunteering could do this for you! Kingston Cougars works in partnership with the Union volunteering team to offer a huge range of sport volunteering opportunities.

Volunteering opportunities;

We have lots of opportunities for you to get involved including;

- Coaching and leading university sport clubs
- Organising university sport projects and events
- Coaching young people in schools
- Working with local sports clubs and community organisations such as the Rugby Football Union, and Esher Rugby Club.

To find all of our opportunities, and how you can get involved please email s.dutton@kingston.ac.uk

