

Sport & Recreation

Sporting opportunities

Colin Hide, Sports & Recreation Manager, introduces the sporting opportunities available to you during your time at the University.



IT'S always exciting at the beginning of a new academic year. Old faces return with summer tales of 'daring-do' and new faces appear with new skills and talents. So whether you're a new or returning undergraduate, postgraduate, or member of staff, a warm welcome is extended to all from the staff within the Sports & Recreation Service.

We think Leicester is great for sport. The university has a great range of quality sports facilities

spread around the campus, filled with knowledgeable, friendly staff who are here to help you get the most from using them. They are here for you and never again will you have access to such a great range of sports facilities at such a great price.

We have something new every year. Last year it was



our fabulous new playing fields and pavilion - and this year our new facility is to floodlit 5-a-side pitch at Manor Road, Oadby.

That means all year round 5-a-side footy!

The new pitch features artificial grass that has been specifically designed for soccer. It has a



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Sport

longer pile, is filled with rubber crumb rather than sand and allows players to wear studded boots instead of trainers. It's been installed at most of the Premier League Clubs Centres of Excellence and we are the first university to install it. We've tried it and it's great.

That's new, but what have we already got?

On the main campus is our Charles Wilson **Sports Hall** and accompanying Toning room. The **Magic Sponge Sports Shop** caters for most of your sporting needs. Ted's in charge.

greenhouse 2 is our posh Health & Fitness Club and is to be found in the corner of the Student Union. It's stuffed full of the latest steppers, treadmills, rowers and resistance equipment for the perfect work out. Our staff here are Darren, Spencer, and Michael - you won't get better. Book with them for an induction so that you can use the facility and then again for a personal



programme so that you train most effectively to achieve your goals.

If you play squash then we have one squash court in the Student



Union - book with Annie in the Sports Association Office. There are also three squash courts on Princess Road East, near to the School of Education. Book at the courts - will need a code to get through the



entry door. Ask one of the sports staff for it.

Our main sports facilities are located on Manor Road in Oadby, close to the Oadby Halls of Residence.

greenhouse 1 (the original) is located here. It's bigger than the one on main site and features an





extended range of CV and resistance equipment. See fitness gurus Toby, Rob and Michelle (the boss) to book an induction and personal programme. Also within **greenhouse one** is located our **Sports Injury Clinic and Fitness Testing Unit**. Reflexology and aromatherapy are available here, too, and come warmly



and netball courts and for entry into the Sunday 7's Soccer and Netball tournament.

Finally, our new playing fields are located just two minutes from Manor Road on Stoughton Road. Here we have six soccer, three rugby and one lacrosse pitch plus two cricket squares coupled with a new changing pavilion. They host the University representative and intramural matches. John, Ivan, Ian, and our groundstaff have made these the best playing fields in Leicestershire.

Campus-wide, a huge fitness programme runs throughout term-time so you are never far from a great workout. The class timetable is printed overleaf or check out our website at

<http://www.le.ac.uk/sports/>

This then is the Sports & Recreation Service. It is however only half the story of sport at the University. The Sports Association - part of the Student Union - has over 40 student sports clubs affiliated to



it. Annie Morgan is the Permanent Secretary of the Association and is one of the best Sports Administrators in the country. We work together to provide you with great sporting opportunities.

So, once again, welcome.

And whether you get out of breath cycling, stepping, rowing, running, playing frisbee or want to start, we hope to see you soon.



recommended. Full details are available from greenhouse reception.

Both gyms feature satellite television and an excellent music system - so bring your CDs as we do requests!

Matt and Gus run the Sports Hall at Manor Road. See them to play badminton, netball, 5-a-side, basket ball, and cricket nets. Look out for Gus's famous five-a-side leagues and Ted's cult circuit training night. Upstairs within the **Sports Hall** is our activity room - used for dance, karate, fencing, aerobics and step.

Outside at Manor Road there is our fabulous all-weather pitch, nine tennis courts (three floodlit), a cinder running track and lots of green grass. Wayne's the man to see for booking the all-weather pitch, floodlit tennis

SPORTS ASSOCIATION

THE University has a fabulous array of student-run sports clubs. From frisbee to fencing, mixed hockey to mountaineering, there is a club to suit you.

Many of the competitive clubs play in the inter-University Championships, which kick off in the Autumn Term. Here they play other Midland Universities in a round robin tournament for the first round. If they win through, then the further rounds are played nationally. We always seem to end up playing Aberystwyth!

The recreational clubs are no less busy, arranging weekends away to pursue their chosen activity. These are great. Time out from your study, with fellow students, getting soaked up a mountain! Not to be missed.

Jewel in the crown of the clubs is the Boat Club. Year-on-year, this is one of the best-supported clubs. The Club shares a brand new Boat House in the centre of Leicester with the City Club. It rows on the canal that passes through Leicester. They have their own coach and after training their socks off were invited to Henley last summer.

There's only one question. What will you do?



Fitness Programme

- No registration is necessary for these classes. Just turn up and join in!
- Classes are free to Sportscard holders; please bring your card to the class;
- Classes begin on the first day of term (Wed 29 Sept in the Charles Wilson)
- Please arrive in good time for your class, the warm up and welcome from your instructor are important parts of the class;
- Abbreviations:- M.R.=Manor Road Sports Hall; C.W.=Charles Wilson Sports Hall.



Monday

Cardiovascular Run	C.W.	12.40-1p.m.
Circuit Training	C.W.	1-2p.m.
Cardiotoner	C.W.	1-2p.m.
Low Impact Aerobics	C.W.	5-6p.m.
Hi-Lo Aerobics	C.W.	6-7p.m.

Step 2	M.R.	7-8p.m.
Fab Abs	M.R.	8-8.15p.m.
Hi-Lo Aerobics	M.R.	8.15-9p.m.

Tuesday

Early Bird Aerobics	C.W.	8-9a.m.
Strength Circuit	C.W.	12.40p.m.-1.30p.m.

Hi-Lo	M.R.	7-8p.m.
Step n' Tone	M.R.	8-9p.m.
Circuit Training	M.R.	7-8p.m.
Cardiovascular Run	M.R.	8-8.15p.m.
Circuit Training	M.R.	8.15-9p.m.

Wednesday

Cardiotoner	C.W.	2.30-3.15p.m.
Hi-Lo Aerobics	C.W.	3.15-4.15p.m.
Body Conditioning	C.W.	4.15-5.15p.m.

Yoga	M.R.	12.15-1.30p.m.
Yoga	M.R.	1.30-2.45p.m.
Hi-Lo Aerobics	M.R.	3.15-4.15p.m.
Step On It	M.R.	4.15-5.15p.m.

Thursday

Cardiovascular Run	C.W.	12.40-1p.m.
Circuit Training	C.W.	1-2p.m.
Low Impact Aerobics	C.W.	1-2p.m.
Plyometric Circuit	C.W.	5.30-6.30p.m.
Hi-Lo Aerobics	C.W.	7-8p.m.

Step It Up	M.R.	7-8p.m.
Fab Abs	M.R.	8-8.15p.m.
Hi-Lo Aerobics	M.R.	8.15-9p.m.
Aerobic Circuit	M.R.	8-9p.m.

Friday

Aerobic Circuit	C.W.	12.40-1.30p.m.
Hi-Lo Aerobics	C.W.	4.45-5.45p.m.

Step on It	M.R.	4.45-5.45p.m.
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Saturday

Hi-Lo Aerobics	M.R.	3-4p.m.
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Hi-Lo Aerobics	C.W.	4.30-5.30p.m.
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Sunday

Cardiotoner	M.R.	11-12p.m.
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Hi-Lo Aerobics	C.W.	11-12p.m.
Body Conditioning	C.W.	4-5p.m.
Hi-Lo Impact Aerobics	C.W.	5-6p.m.

