



OUTREACH WORK: Sports Visits to the University of Bath

The University of Bath's Department of Sport Development and Recreation would like to invite your students to experience one of our many Sports Performer Days. Over 75 schools from across the country attended last year creating their own bespoke days.

We are available for bookings for visits all year round and each visit is centred on the sporting facilities, programmes and services offered at the University of Bath, English Institute of Sport in the South West.

We would like to invite your school to experience some of the facilities and top level coaching available at the University. The University of Bath is a major centre for high-performance sport in the UK. Around 250 international level athletes use the University as their main training base, taking advantage of the world-leading facilities and support services. Ten different sports base either a regional or national squad within our facilities, and we have 10 contracts with National Governing Bodies and National Sport Agencies to provide high-performance services. At Team Bath we are proud of our inspiring high-performance, multi-sport environment. Students can experience world class sports facilities and get to see some of our high performance athletes in training.

The day will consist of activities tailored to the students' needs based on the information you provide. We will maintain our service of completing close consultation prior to your visit to enable all the sessions to be applicable and developmental to your particular school group.

The Department is flexible in the structure of the day, ranging from a two hour visit to a five day visit. The day can consist of a selection of the topics listed below or can be a focus upon one topic extended beyond a normal one-hour time period.

The range of sessions available includes:

- Multi-Skill Assessments
- Hand-Eye Coordination
- Speed, Agility, Quickness
- Core Stability
- Team Building activities
- Athlete Q + A sessions
- Laboratory Assessments (*extra cost*)
- Speed for Sport
- Basic Strength and Conditioning
- Field Testing
- Facility Tours

Sports available:

- Badminton
- Football
- Judo
- Tennis
- Pole Vault
- Athletics
- Hockey
- Swimming
- Trampoline
- Beach Volleyball





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If a session you would like is not listed overleaf, please let us know and we will endeavour to provide that session dependant on facility and staff availability.

The cost will be £5 per student per hour, which will include all lectures; coaching and equipment hire but does not include lunch or travel expenses. **Please note that the booking of a laboratory testing experience is a fixed fee of £120 per hour with maximum group size of 12-15.** Payment would be in the form of an invoice after your visit.

Sport Specific Academies

We can also offer sports specific academies run by our head coaches and coaching staff for school or junior club teams.

Pre Netball Super League visits are available; students can have a netball training session during the day then stay to watch Team Bath play in The ZEO Netball Super League in the evening. *For more information please contact us.*

Other sports include Rugby and Football, other sports can be arranged on request (*prices on request*).



Free of charge places

As part of the University of Bath's ongoing commitment to widening participation, free of charge places will be offered to students who meet one or more of the following criteria:

- No family background in HE – neither father nor mother has a degree
- Low household income – £25,000 or less
- Family receives a means tested state benefit
- Main home is in a low-participation neighbourhood (LPN)*
- Care-leaving/looked after background

As a condition of being allocated a free of charge place, we must receive basic student data for statistical purposes; this must be supplied before the visit to qualify for free places.

**Please feel free to contact us if you need help identifying low-participation neighbourhoods.*

For more information or a booking form please contact the Sports Development Office on: **01225 386915** or email: **tribe@bath.ac.uk**

