

TEESSIDE SPORT

Impact Report 2023/24





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INTRODUCTION

As the 2023-24 academic year ended, we enjoyed a summer of sport, with the men's UEFA European Championships, the International T20 Cricket World Cup and the 2024 Paris Olympics and Paralympics. We are reminded of the joy and inspiration that sport can bring, and are proud to be part of this industry. We try to bring excitement, enjoyment and engagement to the University campus every day.

Whether it's staff accessing the gym at lunchtime, students casually playing badminton after a lecture or one of our University sports clubs travelling the country to compete against another institution, we see the impact of sport and physical activity in our University community's lives.

We continue to see sporting success from a number of our students and alumni in women's football, martial arts, cheerleading and more. On campus, we are also seeing great student engagement in participation sport.

More and more people are wanting to try new sports, taking up free-to-play opportunities and enjoying the social aspect that sport brings. This is great to see. University is a good time to try new activities and meet others with similar interests and passions. For those wanting more, or to discover a hidden talent, further opportunities are available through University sports clubs, national competitions and performance sport offers.

At a time when physical and mental health is so important, both in higher education and across the UK, we are proud of our on-campus sports offer and the benefit that it can bring to these key areas. We continue to ensure that our services are accessible and open to our University community, whatever their experience, ability, end goal or reason for taking part.

We want to see engagement through Teesside Sport and the activities on offer, to support a healthier, happier community.

WILL JONES
HEAD OF TEESSIDE SPORT



TEESSIDE SPORT IN NUMBERS 2023/24



695

FITNESS CLASSES
DELIVERED
ON CAMPUS

30+



STUDENTS REPRESENTED THE
UNIVERSITY THROUGH BUCS INDIVIDUAL
COMPETITIONS AND

250+

THROUGH BUCS SPORTS CLUB
LEAGUE AND CUP FIXTURES

AWARD WINNING VOLUNTEER PROGRAMME

9

 CURRENT STUDENTS

UNDERTAKE SPORTS LEADER POSITIONS,
COMPLETING A TOTAL OF

800

HOURS VOLUNTEERING

139

INDIVIDUALS TOOK PART IN THE RAMADAN
FOOTBALL PROJECT WITH THE MFC FOUNDATION



593

HOURS OF INSTRUCTOR-LED
CLIMBING SESSIONS DELIVERED



20

PERFORMANCE
SPORT
SCHOLARS
SUPPORTED

200

HOURS OF STRENGTH AND
CONDITIONING SUPPORT
DELIVERED TO DEVELOPING
YOUTH ATHLETES THROUGH THE
AMP CHAMPS PROGRAMME



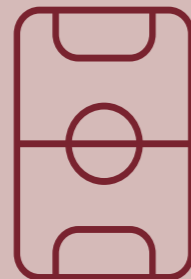
82

YOUTH FEMALE
FOOTBALLERS SUPPORTED
AND DEVELOPED THROUGH
THE FA GIRLS' EMERGING
TALENT CENTRE
PROGRAMME



2,729

STAFF, STUDENTS
AND ASSOCIATES
SPORTS
MEMBERS (OR)
MEMBERSHIPS



21

SPORTS
CLUBS

SUPPORTED LOCAL COLLEGES WITH

80

HOURS OF
CLIMBING
WALL SESSIONS



BUCS MEDALS



3



5



4

SPORT ON CAMPUS

Facilities

During summer 2023, we implemented planned refurbishment of the male and female changing rooms, toilets and showers in Olympia. We thank you for your patience while the facilities were out of action. This allowed us to head into 2023-24 Fresher's Week with two newly renovated spaces.

Offering a fresh and clean feel, along with increased privacy cubicles in the changing rooms and shower areas, the space was well received. We continue to invest in our sports facilities for a positive user experience. Refurbishment to the sports hall seating is also complete, building on last year's developments of a new sports hall floor and cosmetic decoration in the gym.

We continued to offer what we consider to be a competitive and affordable membership for members and casual users. Semester-by-semester payment options for students mean shorter-term commitment when they have a varied timetable and placement provision throughout the year.

- > **2,582 student memberships**
- > **121 staff memberships**
- > **695 fitness classes delivered on site**



Participation sport

Our on-campus participation sport offer has continued to grow this year in response to audience demand. We are seeing greater numbers of students wanting to take part in casual sport, offering a fun, social activity, allowing them to try a range of sports.

As well as our staff walking-netball sessions, this year we have delivered mixed netball for students, with a regular group enjoying this activity. Similarly, we have integrated mixed volleyball, basketball and wheelchair basketball on a regular basis, due to popularity. Our Just Play football sessions, a free weekly outdoor football session for students, has also seen great engagement.

Campus leagues

For students looking for friendly and fun competition through sport, we have continued to roll out a programme of campus league activity. Many student friendship groups enter teams in the 6-a-side football leagues – an evening offer once a week across semesters 1 and 2.

Similarly, the launch of a 4-v-4 basketball competition allowed students to get together and show their skills on the court. For those in Cornell Quarter accommodation, a weekly table tennis competition was also delivered within their games room space, bringing residents together through light-hearted and social competition.



Outdoor activity

We continue to recognise the importance that outdoor activity and adventure can bring to physical and mental health, providing an opportunity for people to try new experiences, challenge themselves, learn new skills or take part in an activity they enjoy.

This year, a group of students took to the water in our kayak club. Learning new skills and techniques, they became confident enough to head out on the water and sail along.

In our climbing club, those with a head for heights were able to experience the activity in a range of ways. Sessions on the indoor Olympia wall and visits to other local indoor facilities allowed members to develop and hone their skills. Over 300 hours of activity were delivered this year, accounting for members of all abilities.

Many club members took part in the British Universities and Colleges Sport (BUCS) national competition in Sheffield, building on previous years with a very respectable performance. The year culminated in a trip away, allowing climbers to experience the outdoor environment and challenges.

To assist climbers of all levels in their development, they took part in specific strength and conditioning sessions to develop their physical attributes and abilities that would assist them on the wall.

The climbing facilities on campus continue to be a great attraction for engagement with staff teams for various development activities. They also allow prospective students and their schools/colleges to visit, undertaking activity to contribute to their various sport and outdoor education qualifications. This year saw over 100 hours of wall-usage and coaching provided to external organisations.



SPORTS CLUBS

Our sports clubs continue to give students a great opportunity to train regularly under the guidance of qualified coaches, developing as individuals and teams. For competitive sports, they can compete in BUCS and other competitions, representing the University and giving them the chance to travel nationally to compete against others.

Our rowing club coach, Kate O’Sullivan, won the BBC Sports Personality of the Year award for Unsung Hero in the North East and Cumbria. She received the prestigious accolade in recognition of the valuable voluntary work she has undertaken to encourage local people of all abilities to take part in rowing.



British University and College Sport (BUCS)

A number of successful performances were seen this year by a range of our teams and athletes competing within BUCS. Individuals and teams travelled the country for fixtures and tournaments, representing the University in competitive sport.

BUCS medals



21 sports clubs competed

300+ students took part in BUCS sport representing Teesside University



PERFORMANCE SPORT

This year, 20 student athletes were supported through our Performance Sport Scholarship, including a range of strength and conditioning, rehabilitation and sports science services delivered, with access to facilities and kit.

Performance Scholar and second year BSc (Hons) Professional Policing student, Mary Corbyn, continued her fantastic success in international kickboxing, returning from Germany victorious in her senior kickboxing career. She has two ISKA World Open titles.

“Teesside University’s support has been amazing. Without the Performance Sport Scholarship, I wouldn’t have been able to compete in Germany as finding the funds is difficult.”

MARY CORBYN

EUSA

Five of our students qualified for the 2024 edition of the European University Games taking place in Hungary, following their BUCS success in Taekwondo and Judo. Another great experience for student athletes, supported in European competition, representing their university and the GB squad.

Other sporting successes were seen from Charlotte Kelsey (BUCS Silver Medal 400m), Jess Mett (Middlesbrough Women FC Young Player of the Year), Mary Corbyn (Women’s Conti Cup Appearance, Sunderland Women, as well as her kickboxing success) and JP Meade (representing Italy, International Cricket).

Two Teesside University students, Aidan Heywood and Jess Mett, have been selected for national football squads, representing the country’s higher education institutions ahead of the coming season.

“This is a great achievement, demonstrating the high level that Aidan and Jess are both performing at.”

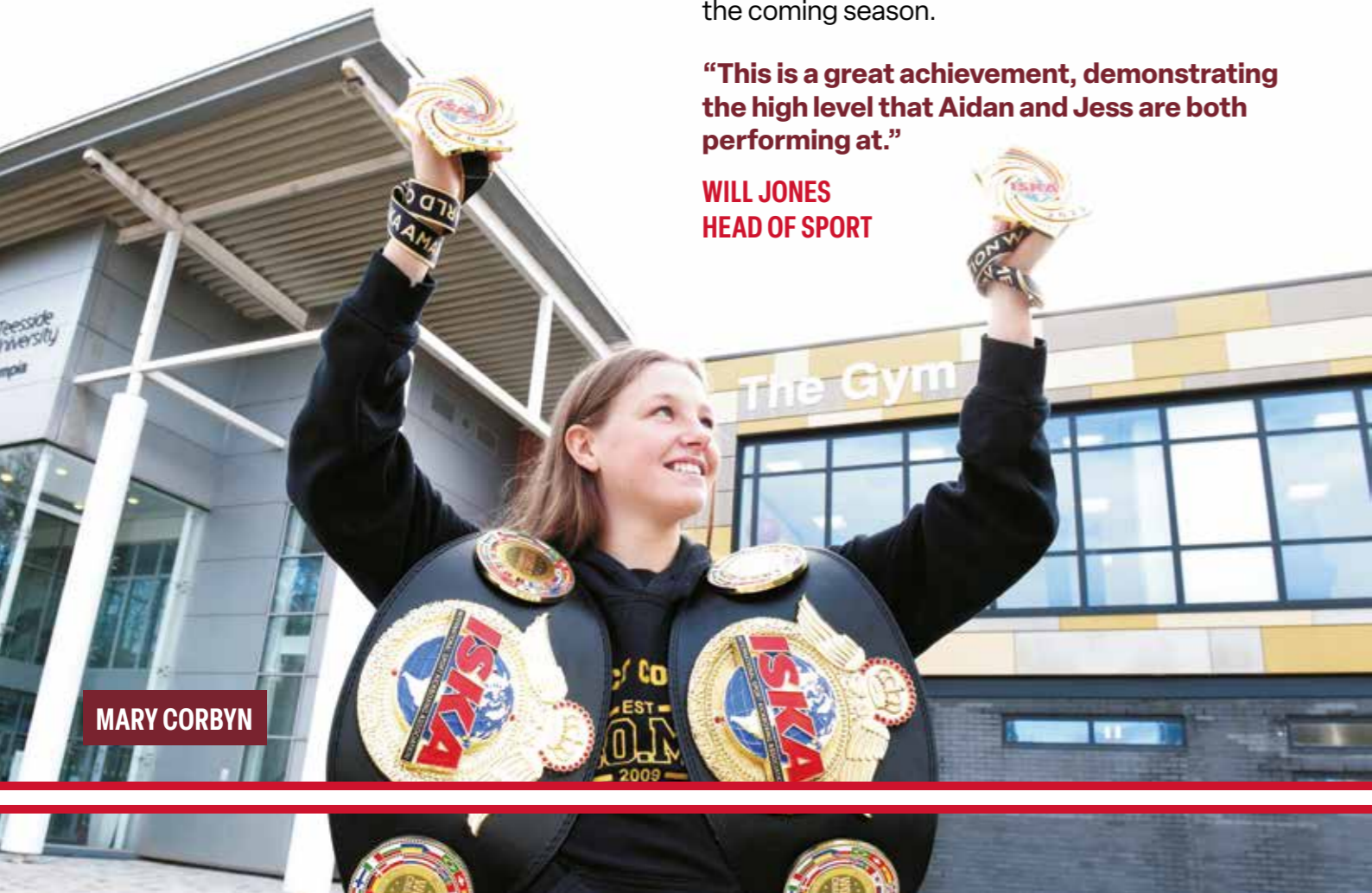
**WILL JONES
HEAD OF SPORT**

This year, our female footballers on the Beth Mead Scholarship received the unique opportunity to engage with Beth through a mentor session. She found time to speak to our scholars and provide insight into her time at University, her career development and day-to-day life as a professional footballer.

“One of the main reasons in choosing Teesside University was the Beth Mead Scholarship. This involves mentoring from Beth which is beneficial in being able to ask her questions on her career and ask for any advice.”

**JESS METT
BETH MEAD SCHOLAR**

We continue to be recognised for providing fantastic facilities and services to developing performance athletes with national accreditations from TASS (Talented Athlete Support Scheme) and UKAD (UK Anti-Doping). This allows us to demonstrate our capability and level of provision.



MARY CORBYN





FA Emerging Talent Centre (ETC)

Teesside University continues to be the only University to deliver an FA-licensed talent pathway programme within female youth football.

The 2023/24 season saw the programme transition to the ETC model, phased in by the FA. The most talented female footballers across Teesside gain access to high-quality coaching and sports science provision.

The ETC model provides players with a dedicated training session each week with high-quality coaches while allowing for affiliation to grassroots clubs. Players also have a weekly strength and conditioning session.



EXTERNAL ENGAGEMENT

MFC Foundation

We continue to work closely with the MFC Foundation through the Kicks project. We offer free football sessions twice a week on campus, with great engagement from children across the immediate local community.

4,071 TOTAL ATTENDANCE ACROSS THIS YEAR'S SESSIONS

61 SESSIONS DELIVERED SEPTEMBER 2023 TO JUNE 2024

Wider work with the University has seen first team player, Sammy Silvera, come to campus to welcome local primary school children while they experience the sports facilities and learn more about University.

In March, we were proud to partner with the foundation to offer a Ramadan Football Programme across the religious period. Open to students and the local community, for a Muslim and non-Muslim audience, four weekly sessions were delivered across Ramadan from 9pm following sun-down. This allowed a fun and social opportunity for those breaking fast each day to have a kickabout and enjoy the celebrations.

139 unique attendees

58% OF ATTENDEES = MUSLIM FAITH

62% = TEESSIDE UNIVERSITY STUDENT

Tees Valley Sport

The AMP Champions programme, supporting local emerging talent across all sports, continued to provide developing athletes regular access to high-quality sports facilities on campus and a specific strength and conditioning programme from University practitioners for physical preparation and development.

As part of World Wellbeing Week, we were delighted to host groups of students from three local primary schools to explore the campus and discover more about sport at University. They also took part in some fun and healthy sports games on the astroturf pitch, continuing to promote the many benefits of sport and physical activity.



SUPPORTING OUR STUDENTS

We aim to support Teesside University students throughout their time at University, starting with the broad sporting offer.

This year it was great to hear from some of our alumni who have seen success in sport, following initial engagement during their time at Teesside.

Lewis Pennicott - After discovering his passion for cheerleading while studying at Teesside University, Lewis Pennicott has been named a World Cheerleading Champion.

“It’s been ten years in the making, from first trying cheerleading in the Olympia building at Teesside University, to the World Championships with one of the best teams in the world.”

LEWIS PENNICOTT

We were delighted to welcome back previous student, and current Norway Women’s National Football Team Manager, Gemma Grainger, to speak to students and individuals involved in University sports programmes about her career in professional football.



GEMMA GRAINGER



Sports Leaders Programme

Our annual Sports Leaders Programme gives current students the opportunity to volunteer in sport and develop their skills. It was recognised this year at the annual Volun-Cheers Awards.

The programme was the recipient of the Group Award, recognising the design and delivery of the programme. Nine students clocked up over 800 hours volunteering in sport and they each received individual awards from VolunTeers in recognition of their dedication.

“The programme is built around a mentoring structure tailored to each individual sports leader, to support them in growing different aspects of their club, while providing further support in volunteering opportunities, academic support, employability skills and career development.

TOM HORROCKS SPORTS LEADER PROGRAMME LEAD

Sports Awards 2023

Another celebratory evening was held at the Riverside Stadium in April as we came to the end of the University sporting season. Athletes, sports clubs, coaches, volunteers and sports workers were all recognised for their efforts, performances and successes in the 2023/24 season, helping us deliver a great sporting offer at the University, competing and succeeding in a number of sports.

Teesside alumni, Domonic Shaw, now sports reporter at the Northern Echo, hosted the event and welcomed students to the stage as they received their awards.

We congratulate all award winners, nominees and those who took part in sport and represented the University, regardless of result or performance. We also thank recipients and nominees for awards to their service. Our coaches, voluntary student sports leaders and student workforce who help us deliver a range of sporting activities to our wider University community – thank you.

Participation Programme of the Year Netball

Sports Leader of the Year Olivia Metelko-Taylor

Student Staff Member of the Year Matthew McCarthy

Team of the Year Volleyball

Club of the Year Climbing

Performance of the Year Futsal 1st team

Female Athlete of the Year Jess Mett

Male Athlete of the Year Harley Harbisher

Performance Scholar of the Year Mary Corbyn



JESS METT



HARLEY HARBISHER



MARY CORBYN



