

Events



Our annual events include Volleyball England beach events, UK Ultimate Frisbee Beach Nationals, AFC Bournemouth Family Fun Day and our annual Varsity Day against our local rival university. At the end of every season all of our teams come together to celebrate TeamBU's successes at our annual Sports Ball awards evening.

BU
Bournemouth
University

SportBU
Performance Sport



Step up and
represent your
university

#TeamBU



Welcome to Performance Sport

Contact details:
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If you want to put your talent to the test and represent BU in competition, then we want to hear from you. If you have the talent and the commitment, we've got the coaches and facilities to help you be the best you can be.

Our Performance Sport programme is for all students who want to represent BU within the British Universities and Colleges Sports (BUCS) competitions. It gives you the chance to excel and develop your skills in your chosen sport, welcoming you into a vibrant community of committed athletes who share your aims and ambitions.

We currently compete in 20+ team sports, with over 55 teams - with more sports represented on an individual basis. The Performance Sport programme is supported by partnerships with local professional and semi-professional clubs, giving you the chance to compete at high-quality facilities as well as in local and national league competitions.

Each team has a Level 2 (or higher) coach for weekly or twice weekly sport specific training with additional access to fitness and physical development training. All performance teams, associate teams and individual athletes are supported and led by the Sport Development Unit in SportBU.

Performance sport matches take place on Wednesday afternoons with individual sports running at various times throughout the year. Our main team sports venue is Bournemouth Sports Club along with our facilities on Talbot Campus. To be selected for a performance team student athletes are required to attend trials – these are held by each team during arrivals week and again in January. For dates and times of Trials please visit the website.

At the end of a hard – and hopefully successful – year's competition, we celebrate your commitment, effort and achievements at our hugely popular Sports Ball, a black tie event that no student athlete wants to miss.



Join in at www.bournemouth.ac.uk/sportbu

Performance sports

Choose from 20 team sports and numerous individual disciplines.

- American Football
- Athletics
- Badminton
- Basketball
- Beach Volleyball
- Cricket
- Football
- Futsal
- Golf
- Hockey
- Lacrosse
- Netball
- Rugby
- Squash
- Swimming
- Table Tennis
- Tennis
- Trampolineing
- Ultimate Frisbee
- Volleyball



SUBU Sport

SportBU works closely with the Students' Union Bournemouth University (SUBU) to provide other sporting opportunities for students to compete and get involved in.

For SportBU and SUBU will jointly provide pathways for:

- American Football
- Athletics
- Rowing
- Swimming
- Trampolineing
- Ultimate Frisbee

TeamBU The detail behind the dragon



All athletes representing Bournemouth University compete under TeamBU.

The dragon is an integral part of the BU ceremonial crest and is a proud part of Dorset's heraldic coat of arms. It also reflects the power and ferocity that people have come to expect from TeamBU athletes.

Scholarships Supporting your success



SportBU is proud and passionate to support the development of High Performance Athletes along their chosen sporting career whilst maintaining a very strong work ethic towards their academic career. We create a personal supportive program to ensure the wellbeing is the main factor to any discussion or programme engagement. We help with transitions and give advice and support to combine the academic and sporting landscapes so they can continue maintaining success in both and help grow/develop the athlete.

We have tailored the scholarship package to allow athletes to demonstrate what support they require and gain access to this support in agreement with BU.

BU Sports Scholarships (Undergraduate and Postgraduate)	
Monetary value	£500 - £5,000 (Coaching, equipment, competition entry fees, travel expenses and/or additional support services)
And/or other services may include	Strength & Conditioning support, Lifestyle Workshops, Entry into BUCS individuals and travel/accommodation costs, Gym Membership, Sports Massage (30 minutes per week), Chiropractic treatment
Eligibility	See website for details

Find out more at www.bournemouth.ac.uk/sportbu

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Focus sports: Golf and volleyball

Our focus sports all receive significant investment for coaching, training and support services. Staff time and energy is focus on these sports so BU continues to compete with some of the very best institutions in the UK.

We're a Volleyball England Silver Senior Academy and have strong links with the talent pathway. We run comprehensive training programmes for Beach and Indoor athletes and have links with National Super 8's team Wessex Volleyball. We have regular access

to the only indoor beach training facility in the UK and our expert coaches provide comprehensive training and support for players all year round.

We are one of the highest ranked HE institutions for golf in the UK and have worked closely with the R&A for over five years, receiving significant funding to develop our golf performance programme and support the development of aspiring professionals.



TASS: Talented Athlete Support Scheme

We are part of TASS and have a strong track record of developing athletes and delivering the programme.



Physical development: Improve your performance

TeamBU students are provided with a training programme to support all their sporting needs.

Strength & Conditioning Sessions

All performance sport athletes receive a pre season programme which includes gym and conditioning sessions as well as nutritional guidelines to help reduce injury risk and improve performance.

Team S&C is available at a small extra cost. This includes coached sports specific weekly sessions, rehabilitation programming and optional additional conditioning sessions.

Performance testing

There are two testing days per year allowing coaches to monitor progress and assess injury risk. These tests assess flexibility, strength, power and speed. A minimum standard of fitness is expected before competing for TeamBU.

Rehabilitation Services:

Our performance sport athletes have access to SPRINT chiropractic services free of charge. Additional services such as Physiotherapy, Cryotherapy, GameReady hire and soft tissue massage are also available.

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