

Sheffield  
Hallam  
University

Active



Fulfil your  
potential in  
badminton



A Sheffield Hallam focus sport

# Focus sports at Sheffield Hallam

Our focus sports strategy supports athletes through our high-quality programmes and local performance hubs. Sports are selected according to their status within British University and Colleges Sports (BUCS), their potential to succeed at the highest level, local and regional partnership opportunities, a high level of coaching, first class facilities and national governing body drivers.

## Support for talented athletes

We support talented athletes playing focus sports through an upgraded level of support or our Performance Athlete Support Programme.

The upgraded level of support includes

- Team Hallam Ultimate membership
- access to sport and fitness facilities
- social sport sessions
- access to our strength and conditioning suite, programmes and testing
- physiotherapy screening, massage, prehab and reactive services

The Performance Athlete Support Programme gives you the flexibility to balance the requirements a degree with achieving your sporting potential. You receive a scholarship of up to £6,000, and a support package worth £2,500 which includes

- Team Hallam Ultimate membership (BUCS training, travel, insurance and coaching)
- unlimited access to our sport and fitness facilities and programmes
- free physiotherapy including screening, massage, prehab and reactive services
- sports psychology and lifestyle one-to-ones
- nutrition and anti-doping workshops and podcasts
- an online athlete monitoring platform

- financial assistance towards competing in BUCS competitions
- a commitment to academic flexibility to ensure you can train and compete
- a Performance Athlete squad kit

## High-quality facilities

- **Sheffield Hallam Active** – our extensive range of sport, health and fitness facilities, including a strength and conditioning suite used by professional athletes.
- **English Institute of Sport (EIS) Sheffield** – our official sport campus which is also home to Jessica Ennis-Hill and many other Team GB athletes.



# Badminton

The first teams compete in the British University and Colleges Sports (BUCS) Premier North Division – the highest level in university badminton. The men's first team finished top four nationally in 2015 and the women's team received promotion into Premier North. The men's second team competes in Northern 2B following promotion in 2012–13 and the club has recently formed a third team which will compete in its second season in the BUCS leagues. All teams play their home fixtures at the EIS Sheffield.

## Sheffield Performance Centre

A consortium of badminton clubs offers a range of high-quality badminton coaching across Sheffield. The Sheffield Performance Centre's Performance Pathway is a programme of coaching which aims to develop elite athletes of the future. All sessions are played using feather shuttles and you are coached at Abbeydale Sports Centre by some of the best coaches in the country whilst training with the best players in the area. Once on the Performance Pathway, you are regularly monitored and given every opportunity to develop.

## Weekly schedule

The weekly badminton programme includes daily training, two strength and conditioning sessions along with weekly BUCS fixtures on Wednesdays and weekend club and county fixtures.

- Monday 7–8.30pm – training (performance centre)
- Tuesday 4–6pm – conditioning
- Wednesday 8–9.30am and BUCS fixtures – training
- Thursday 7–8.30pm – training (performance centre)
- Friday 4–6pm – conditioning
- Sunday 6–8pm – training

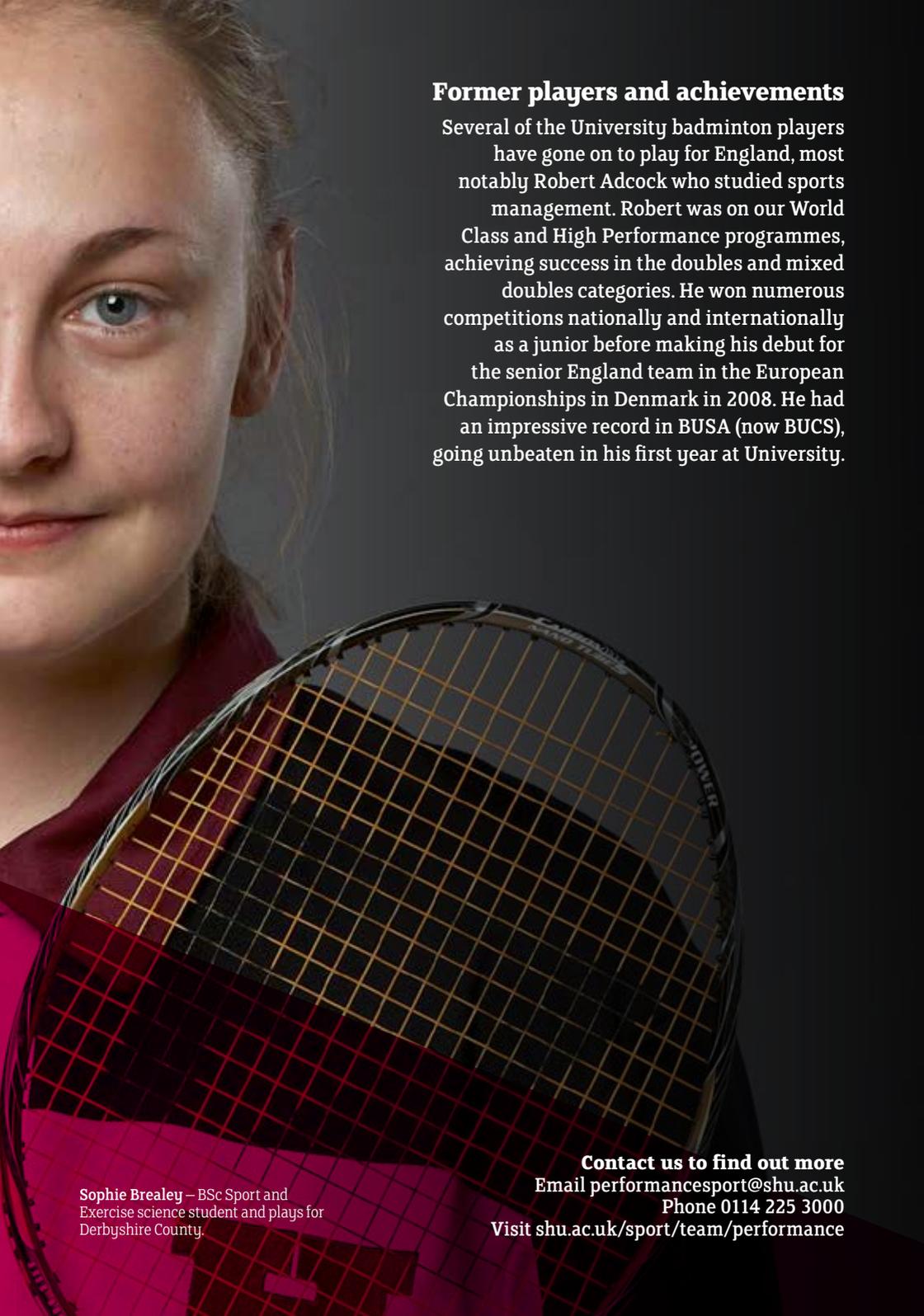
There are also opportunities to coach through the University and local school network. And with our bursaries – including qualifications in exchange for coaching hours – you may be able to qualify for free.

## Expert coaching

The team is coached by Alex Marritt who is a Level 3 performance coach and head coach to Abbeydale Badminton Club. As a player he was a BUCS champion and achieved a top five ranking in the UK.



**Matthew Chi Hwa Tung** – BSc Sports Technology student and Surrey County Badminton player



## **Former players and achievements**

Several of the University badminton players have gone on to play for England, most notably Robert Adcock who studied sports management. Robert was on our World Class and High Performance programmes, achieving success in the doubles and mixed doubles categories. He won numerous competitions nationally and internationally as a junior before making his debut for the senior England team in the European Championships in Denmark in 2008. He had an impressive record in BUSA (now BUCS), going unbeaten in his first year at University.

**Sophie Brealey** – BSc Sport and Exercise science student and plays for Derbyshire County.

**Contact us to find out more**  
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