

Sheffield
Hallam
University

Active



Fulfil your
potential
in men's
basketball



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.



Men's basketball

The University men's first team currently competes in the British University and Colleges Sports Championships (BUCS) 1A division, with aspirations to achieve promotion to the Premier North – the highest level in university basketball. Athletes also compete for Sheffield Sharks in the British Basketball League (BBL) or the Sheffield Hallam Sharks in the national leagues at weekends. The second team competes in Northern 2B and both teams compete on a Wednesday afternoon in BUCS.

Sheffield Sharks

The University basketball programme is partnered and integrated with Sheffield Sharks basketball club. The Sharks is an award-winning club and has been a leading basketball franchise in the BBL since 1994 having won 12 championship titles throughout its 19 year existence. With significant on-court success, the club is now well known for its activities both on and off the court.

The team has previously competed in the European Cup and the NBA sponsored World Club Championship and has a reputation for an ultra-competitive and flowing team style of basketball. It has nurtured British basketball talent, producing many GB internationals. It believes in continuity and recruiting intelligent and 'coachable' overseas players that add value to the organisation beyond their individual playing capabilities.

Weekly schedule

The weekly basketball programme includes daily training, two strength and conditioning sessions along with weekly BUCS fixtures on Wednesdays and weekend BBL or national league fixtures.

- Monday 8.15–10pm – Sheffield Hallam training
- Tuesday 10am–12noon – conditioning
- Wednesday – BUCS fixtures
- Thursday 10am–12noon– conditioning 5–6.30pm 2nd team training.
- Friday – Division 4 training or BBL fixtures

- Saturday – BBL fixtures
- Sunday – BBL fixtures

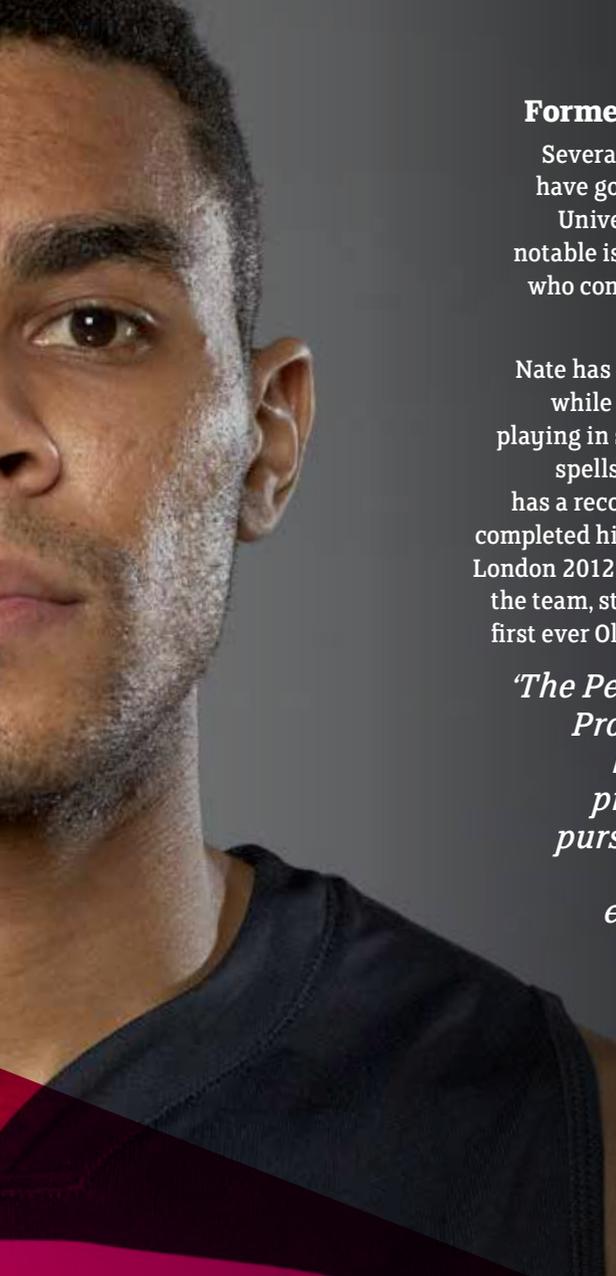
Further training is provided on a daily basis with the Sharks dependant on the academic timetables.

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

Expert coaching

The University men's head coach and the Sheffield Sharks coach is Atiba Lyons. Atiba has been head coach of the Sharks since May 2008, winning the BBL Cup in 2010 and 2011 and the trophy in 2013. He began with the Sharks in 2006–7 as a player, and since taking over as head coach has helped the Sharks to a second place finish in the league. Within two years as coach at the University, the club has been top of the league in both years, champion of the Trophy Cup and gained promotion back to the Premier North division.

The men's first team is coached by Andrew Langford who is the Sheffield Sharks assistant coach and England U18 strength and conditioning coach, having played professionally and whilst at college in America.



Former players and achievements

Several of the University basketball players have gone on to play for the Sharks, England Universities and GB U20s teams. The most notable is former Sharks player Nate Reinking who completed an MSc in Sport and Exercise Science in 2013.

Nate has been playing professional basketball while based in the UK since the mid-1990s, playing in several different countries, including spells in England, Belgium and Turkey. He has a record breaking 81 caps for Team GB and completed his career representing Team GB at the London 2012 Olympics. Nate was a key member of the team, starting in every match including GB's first ever Olympic basketball victory over China.

'The Performance Athlete Support Programme has been great! It has allowed me to combine professional basketball with pursuing a rewarding teaching career, creating different experiences from the norm.'

**Colin Sing, GB U20
and Sheffield Sharks**

Kyle Odister – MBA student and plays for the Sheffield Sharks 1st team.



Contact us to find out more
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