

# Fulfil your potential in women'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.



# Women's basketball

The University women's first team currently competes in the British University and Colleges Sports Championships (BUCS) Premier North division, the highest level in university basketball. The second team competes in Northern 2B following promotion in 2012–13 season. Both teams compete on a Wednesday afternoon in BUCS and then players compete for the Sheffield Hatters in the Women's British Basketball League (WBBL) at the weekend.

## Sheffield Hatters

The University programme is partnered and integrated with Sheffield Hatters Basketball Club. When the Sheffield Hatters were formed in the early 1960s, they became the first women's basketball team in England. The team has dominated English women's basketball since the early 1990s winning numerous national honours, earning them the title of 'the most successful club in English women's team sport'.

The junior development programme has been so successful that many young players move into the senior team and go on to win international honours.

More than 150 players have gone on to represent their country whilst at the club, along with several coaches and team managers. The Hatters currently has players involved with the Great Britain team which was recently promoted to the top division of European basketball, and England at junior level. Both Helen and Georgia play for Sheffield Hatters, WBBL trophy winners 2016.



**Helen Naylor** – MSc Social Work student and GB women's senior player.

## Weekly schedule

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

- Monday 12–2pm – conditioning | 6–8pm – EISS
- Tuesday 6.30–8pm – All Saints (Sheffield Hatters)
- Wednesday – BUCS fixtures
- Thursday 10am–12noon conditioning | 6.30–8pm – All Saints (Sheffield Hatters)
- Friday – rest day
- Saturday – WBBL and national league fixtures
- Sunday – WBBL and national league fixtures

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 might be able to qualify for free.

## Expert coaching

The first team is coached by Vanessa Ellis, the Great Britain assistant coach and Sheffield Hatters WBBL coach. Vanessa competed for her country as a player and captain for over 11 years and has won numerous titles. She has been involved in the English and GB coaching set up for over ten years and has developed many athletes to the highest level. She was also part of the Great Britain senior team coaching staff at the London 2012 Olympics.



## Former players and achievements

Several of the University's basketball players have gone on to play for the Hatters and the England team. The most notable are ex-Hatters captain Katie Crowley who completed a graduate training programme in physical education here and Helen Naylor who completed her Masters in Social Work.

Katie has gained 36 caps representing the England women's national basketball team and is a Commonwealth bronze medallist from the 2006 games in Melbourne. Whilst still a student, she captained the England basketball team to first place in the British University Games.

She also won most valuable player for the tournament. She recently captained the Sheffield Hatters to their most successful season in years, winning the play off title, the Division One championship and the National Cup trophy.

Helen has gained GB senior caps and won numerous national league and cup titles with Sheffield Hatters.

*'Being a performance athlete is great. The support is second to none and it has allowed me to stay in Sheffield and compete for the University and my club whilst also completing my course.'*

**Helen Naylor, Performance Athlete Support Programme student, GB senior squad member and Sheffield Hatters player**

Georgia Gayle – BSc Criminology and Psychology student and England U18.

**Contact us to find out more**  
Email [performancesport@shu.ac.uk](mailto:performancesport@shu.ac.uk)  
Phone 0114 225 3000

Visit [shu.ac.uk/sport/team/performance](http://shu.ac.uk/sport/team/performance)