

Sheffield  
Hallam  
University

Active



Fulfil your  
potential in  
men's hockey



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

- **Abbeydale Sports Centre** – where our hockey teams play and train. This is now home to the iconic pink and blue hockey pitch from the 2012 London Olympics, providing a world-class surface to prepare and compete on.
- **Sheffield Hallam Active** – our extensive range of sport, health and fitness facilities, including a strength and conditioning suite used by professional athletes.



# Men's hockey

The University men's first team competes in the British University and Colleges Sports (BUCS) Premier North Division – the highest level in university hockey – and they were champions in 2013. The second team competes in tier Northern 1A following two successive promotions, and the third team competes in Northern 4B following promotion in 2013. All teams play and train on the Olympic 'smurf turf' at Abbeydale sports centre.

## Sheffield Hallam Hockey Club

The University Hockey programme is partnered and integrated with Sheffield Hockey Club. Sheffield Hockey Club (playing as Sheffield Hallam HC) is one of the largest hockey clubs in the north with nine men's teams, four women's teams and a substantial junior programme. The men's first team is coached by level 3 England Hockey centrally contracted coach Vicky Joel. It currently plays in the national leagues and aims to get back into the NOW: Pensions premier division.

The club has a thriving junior section with over 250 regular participants. This strong junior development programme has had notable success in recent years. Numerous players have represented England, including current GB and England international Alistair Wilson who is a product of Sheffield hockey club's junior setup. Many Sheffield juniors are involved in the England Hockey single system and play at every representative level. Over recent years a number have reached the National Age Groups and played for England.



**Simon Hujwan** – MSc Criminology student, England Development player and plays for Sheffield Hockey Club 1st team

## Weekly schedule

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

- Monday 10am–12noon – conditioning | 6.45–8.30pm – training
- Tuesday 8–9.30am – strength and conditioning
- Wednesday – BUCS fixtures
- Thursday 7.30–10pm – video analysis/training
- Friday 10am–12noon – strength and conditioning
- Saturday – national league fixtures
- Sunday – national league fixtures

There are also opportunities to coach through the University, Sheffield Hockey club 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

Sheffield Hallam University programme and Sheffield Hallam Hockey Clubs head coach is Vicky Joel who is a centrally contracted coach and a Wales Senior Women's Assistant coach.



## **Former players and achievements**

Several of the university's hockey players have gone on to play internationally at the highest level. The most recent player is Phil Roper who graduated in 2013 with BSc in Sport Business Management. Phil played for Sheffield men's first team for all of his three years at Sheffield Hallam and was a key member of both teams in achieving a very successful 2012–13 season. He led the University team to championship gold and scored five out of the eight goals for Sheffield Hockey club in gaining promotion to the NOW: Pensions premier division, culminating in a central contract with England and Great Britain senior men's teams.

*'Being on the Performance Athlete Support Programme has really helped me to develop as an athlete. Both the financial support and the support services have been really beneficial, most noticeably the physiotherapy and strength and conditioning suite. The academic flexibility meant I could represent England in the under 21s World Cup.'*

**David Goodfield (England U21)**

**Andrew Jackson** – BSc Sport  
Coaching student, former England  
U18 and plays for Sheffield Hockey  
Club 1st team.

**Contact us to find out more**  
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