



Chwaraeon Met Caerdydd
Cardiff Met Sport

STUDENT GUIDE

A guide to sport,
physical activity & health



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd



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1. Welcome:

Sport is part of the very DNA at Cardiff Met, where throughout our history we have supported and developed a wide range of Olympic and International level athletes.



We take great pride in our tradition of success across Welsh and British sport and continue to develop our programmes in constant pursuit of excellence. In choosing to study at Cardiff Met, you will be following in these footsteps and benefit from a Sport System that has been designed to create the best possible environment for you to fulfil both your academic and sporting potential.

Our mission is to continuously develop and support students wanting to take part in physical activity and sport at all levels, to help create an environment for great students, great athletes, and great people. Each year we are committed to making sure all students can enjoy sport, whether to play recreationally or cheering on their friends from the side-line. We have an unwavering focus on pursuing excellence in everything we do and developing confident, successful, and emotionally intelligent students.

With personal experience of competing on the international stage and undertaking world-leading research, our professional staff and academic colleagues create a truly unique environment. Our integrated model means you can be assured our programmes are informed by the latest in coaching and support services all designed to develop you as an athlete. Coupled with our key partnerships with a variety of National Governing Bodies our programmes work alongside recognised talent pathways.

We also remain one of only a few universities that support competition in a range of professional and semi-professional leagues, including Men's & Women's football teams in the Welsh Premier Leagues, Men's Rugby in the National Championship, Women's Basketball in the WBL and Men's Hockey in the English National League. We are also proud to be the home of the National Indoor Athletics Centre, The National Triathlon Performance Centre for Wales and National Tennis Coach Education Centre ensuring no matter what level you enjoy sport, you'll be able to play in some of the best university sporting facilities in Wales.

- Ben O'Connell, Director of Sport



2. MET ACTIVE | ACTIF

Achieve success in your academic journey while maintaining a balanced lifestyle, with Met Active. Experience state of the art facilities, expert guidance, and a vibrant community all contributing to your fitness goals and academic excellence.

Free Gym Membership:

Experience the privilege of a free gym membership at Met Active. As a Cardiff Met student, you gain access to both Cyncoed and Llandaff gyms and studios, facilitating a seamless integration of fitness into your student life. This invaluable perk eliminates financial barriers, enabling you to prioritise your well-being without additional cost.

Diverse Fitness Classes:

Included in your free membership is an expansive range of over 40 classes, spanning both locations. From high-energy cardio to strength building sessions and relaxing yoga classes, our diverse offerings cater to various preferences and goals.

Expert Staff for Your Success:

Our team of expert fitness professionals are here to guide you through every step of your journey. Benefit from personalised workout plans, nutrition advice, and exercise expertise to maximise your progress.

Events & Initiatives:

Met Active hosts impactful events and initiatives throughout the year, such as Girls Night In, Free PT Fridays and Met, Mind, Body. These engaging events and initiatives foster a strong sense of community and a dedication to your physical and mental wellbeing.

Girls Night In:

Join 'Girls Night In', an exclusive event for women to connect, embrace strength, and push boundaries. Expert female trainers lead invigorating workouts in a safe space, creating camaraderie and empowerment.

Free PT Fridays:

PT Fridays offer free personal training sessions to refine routines, set goals, and gain insight for a successful fitness journey. Certified trainers tailor sessions to individual needs.

Met, Mind, Body:

Addressing mental and physical wellbeing, Met, Mind, Body offers a student mental health referral system. Students facing challenges can access a course of free personal training sessions where our highly experienced trainers are dedicated to guiding you towards a stronger body, a clearer mind, and a more balanced life.



Get Started!

How to join us:

- Open your Cardiff Met Sport App
- Click 'Join us' and fill in your details
- Select 'Cardiff Met - Student 1yr'

Contact Us:

For more information or any queries,
reach out to our team at: metactive@cardiffmet.ac.uk





3. Club Sport:

We have over 30 sports clubs providing a range of opportunities for our students. All sport clubs offer competitive opportunities for students to compete in university competition with selected clubs offering a performance programme (see pages 13 to 18). Many clubs also offer additional opportunities to club members including external fixtures and on campus opportunities.

All sports clubs are governed by the Cardiff Met Students' Union. To view a list of all clubs and more specific information, please visit www.cardiffmetsu.co.uk/sports.

British Universities & Colleges Sport (BUCS) is the main competition focus for most of our clubs with fixtures on Wednesdays and other events throughout the year. We are proud of our clubs' performance in BUCS with Cardiff Met finishing in the top 10 of the medal table for 2022/23!

At the start of each year, the Students' Union host Freshers Fayre where all sports clubs attend to provide information on memberships, taster sessions and trials. For the 2023/24 academic year, membership fees ranged from £15 to £400 plus an SU Sport Fee of £40 (payable once, not per club).





4. Recreational and Intramural Sport:

We provide an increasing range of opportunities for students to take part in more informal sport and activity. Events have included UV Dodgeball, touch rugby, netball and a Girls Night In.

There are opportunities to simply take part in different sports or for those still looking to have a bit of competition, we host internal competitions and tournaments between Cardiff Met students. Several of our clubs also offer different recreational focused sessions for members not part of the competitive teams.



5. Paid, volunteer & coaching opportunities:

Sport at Cardiff Met is far more than taking part on the pitch or court. We offer a huge range of opportunities for students to develop their skills whether they are looking to progress into the sports industry or develop additional skills.

We are regularly recruiting for paid roles with the sports department such as coaches, swimming teachers, lifeguards and recreational assistants. Opportunities are available in term time and holidays.

Through all our sport programmes and events, there are regular opportunities to volunteer to gain exposure to different experiences and organisations.

In addition to these opportunities, we work in partnership with CSSHS to provide opportunities for their students. We offer 250 placements a year and students deliver sessions for school children in their modules and at events, providing over 9000* engagements throughout the year.

*a participant is counted every time they attend.



6. Performance:

We have established ourselves as a destination for dual career and student performance athletes. This has been achieved through our commitment to providing a performance environment for athletes and shown by various successes on the university and international stage. This has included an impressive 40 athletes and 12 support staff representing Team Wales, England, Guernsey and Jersey across 11 sports at the 2022 Commonwealth Games, all of whom have studied or worked at the University.

6.1 Performance Programmes:

Our performance programmes compete at the top of university sport and on the national stage. They are led by experienced members of staff and coaches and supported by our Performance Services Team.



Sport	Performance Programme
Athletics	Performance Squad
Basketball – Women’s	Women’s British Basketball League (WBBL) and BUCS 1st
Basketball – Women’s Wheelchair	British Wheelchair Basketball (BWB) High Performance Partnership & BUCS 1st
Cricket - Men’s	University Cricket Centre of Excellence (UCCE)
Football - Men’s	Cymru Premier & BUCS 1st
Football - Women’s	Genero Adran Premier & BUCS 1st
Hockey - Men’s	BUCS 1st and Cardiff & Met 1st
Hockey - Women’s	BUCS 1st and Cardiff & Met 1st
Netball	BUCS 1st
Rugby Union - Men’s	BUCS 1st and WRU Championship
Rugby Union - Women’s	BUCS 1st and WRU East Player Development Centre (PDC)
Triathlon	National Triathlon Performance Centre Wales (NTPCW)

6. Performance:

6.2 Sport Scholarships & Performance Offers:

6.2.1 Scholarships:

We offer a range of sport scholarships to provide financial support to student athletes. Scholarships are annual cash awards. The amount and value of scholarships available varies each year. Please visit www.cardiffmet.ac.uk/performancesport where information will be made available when released.

6.2.2 Reduced entry offers:

In recognition that applicants who compete at a performance level must balance their studies with sporting commitments, we offer a Performance Sport Offer Policy which offers reduced entry requirements for these students. The policy covers all undergraduate courses and has specific criteria for each performance programme and a separate criteria for all other sports. To view the policy and how to apply, visit <https://www.cardiffmet.ac.uk/study/adviceforapplicants>

6.2.3 TASS:

We are proud to be the largest Talented Athlete Scholarship Scheme (TASS) Delivery Site in Wales. If you are a TASS athlete or due to be nominated to become a TASS athlete, Cardiff Met will be able to be your delivery site to provide your support services on campus through our experienced team. Please note, TASS nominations and athlete selections are managed by the National Governing Bodies.

6. Performance:

6.2.4 Dual career support:

We are committed to supporting students to perform at the highest level of sport whilst balancing their studies. We operate a TASS Accredited Dual Career environment, including our Dual Career Athlete Policy, underlying our commitment to dual career student athletes.

Our Dual Career Athlete Policy is agreed across all academic schools to provide students with flexibility with deadlines, methods of assessment and other academic concessions. There are two tiers of support, offering on-going support for those with sustained performance commitments and a second level of support to provide academic concessions where one-off conflicts arise (e.g., a training camp clashing with a deadline).

To find out further information about our Dual Career Athlete Policy, reach out to our team dcpolicy@cardiffmet.ac.uk.



6. Performance:

6.2.5 Performance Services:

Our performance programmes are provided with inter-discipline support by our in-house Performance Services Team and supported by the Cardiff School of Sport and Health Sciences (CSSHS). With many full-time staff, academic staff and student placements, our performance programmes are provided with a truly integrated and unique support service. Each performance programme has its own bespoke package of performance services but some of our core services include;

Strength & Conditioning

Our team deliver a programme of small group and team sessions with integrated testing throughout the season.

Physiotherapy

Our team deliver rehabilitation support and injury reduction strategies as well as providing training and match-day cover.

Athlete Lifestyle & Personal Development

Our athlete lifestyle and personal development support focuses on providing impartial support and opportunities for holistic development.

Performance Analysis

Performance analysis is delivered in partnership with CSSHS. Benefiting from our on-campus analysis lab and cameras integrated into our sport facilities, teams can have their matches and training analysed.

Other Performance Services

Some of our performance programmes also work closely with academic staff to benefit from the latest delivery, research and testing in areas such as Biomechanics and Physiology.

6.2.6 Performance Programme Contacts:

Sport	Name	Contact information
Athletics	Rhiannon Hawker - Head of Athletics	rhawker@cardiffmet.ac.uk
Basketball - Women's	Stef Collins - Women's Basketball Head Coach	scollins@cardiffmet.ac.uk
Basketball - Women's Wheelchair	Tom Guntrip - Wheelchair Basketball Head Coach	tguntrip@cardiffmet.ac.uk
Cricket - Men's	Mike Clayden - Head Coach of University Cricket Centre of Excellence (UCCE)	michael@glamorgancricket.co.uk
Football - Men's	Jack Lyons - Men's Football Club Secretary	jlyons@cardiffmet.ac.uk
Football - Women's	Dr Kerry Harris - Director of Women's Football	kharris@cardiffmet.ac.uk
Hockey - Men's	Luke Hawker - Director of Hockey	luhawker@cardiffmet.ac.uk
Hockey - Women's	Luke Hawker - Director of Hockey	luhawker@cardiffmet.ac.uk
Netball	Keira Davies - Netball Club Manager	kdavies5@cardiffmet.ac.uk
Rugby Union - Men's	Dr Dan Milton - Head of Men's Performance Rugby	dmilton@cardiffmet.ac.uk
Rugby Union - Women's	Lisa Newton - Women's Rugby Head Coach	lnewton@cardiffmet.ac.uk
Triathlon	Luke Watson - Welsh Triathlon Performance Head Coach	lukewatson@welshtriathlon.org



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www.cardiffmetsport.ac.uk/sport