

Sports

Handbook 2011 – 12



Manchester
Metropolitan
University



Get active, be healthy



and enjoy sport





Welcome to Sport

Taking part in sport has a number of benefits, not only will it improve your health and fitness but it can also be instrumental in meeting new people, gaining new friends and developing new skills.

Whether you are looking for the adrenalin boost of sport at a competitive level or just to use the fitness suite to relax, Sport at Manchester Metropolitan University has something for everyone. These pages will show you where in one of our fantastic modern facilities you can find the right sport or activity for you.

This handbook has been designed to give you an overview of the activities on offer. To find further information, contact details, coaching or volunteering opportunities available please visit our website, www.mmu.ac.uk/sport

To receive updates on news and events from our Sports Service, you can also join our Facebook page find out how on our website.





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Manchester is full of opportunities to take part in any number of sports and the range of facilities is fantastic. If you love sport, you will love Manchester.

*Gavin White
BA (Hons) Business Sandwich*

Manchester Metropolitan University has established a high profile reputation for its contribution to sport and sports science research. Many of our courses are accredited by professional sporting bodies and associations and our facilities and partner facilities are considered some of the best in the region.



Sport Facilities

We have a large modern campus with excellent sporting venues and facilities for a wide range of sporting activity. Whether you are looking for a sports hall, squash court, swimming pool or football pitches, we have something to offer.

All of our prices are reasonable, regularly reviewed and offer substantial discounts for our students and staff. You can pay as you go along or take out membership on an annual or termly basis, but remember to keep an eye out for lots of other special offers throughout the year.

Which location is best for you...

All Saints Campus

The Sugden Sports Centre was recently refurbished and is located on Grosvenor Street in the heart of the Oxford Road community. The centre has extensive high quality sports facilities and is open to students and staff. Some of the features include:

- New Life Fitness gym (100 station fitness suite and weights area)
- 4 basketball courts
- 4 netball courts
- 16 badminton courts

- 6 squash courts
- 4 indoor five-a-side football pitches
- outdoor turf football court
- martial arts
- table tennis
- fencing

Fitness Classes

Exercise classes are very popular with students and staff alike. There are a wide range of classes on offer from those you would expect, (aerobics, yoga, pilates, boxercise and circuit training) to those you may never have tried before (Zumba). Classes are designed to cover a wide range of ability, fitness and flexibility which are outlined in more detail on the website.

Centre Opening Times:

Monday to Friday	07:00 – 22:00
Saturday and Sunday	09:00 – 17:00

For more information about prices, classes and facilities visit:

www.sugdensportscentre.com
or call 0161 306 4026.

To book facilities visit :
www.leisurebookings.net





Manchester Aquatics Centre

This famous aquatics centre was built in 2002 at a cost of £32 million and is one of the flagship facilities in Manchester.

It is conveniently located on Oxford Road a short walk from the main All Saints campus and consistently offers world-class training facilities for staff, students and International athletes alike. The venue has been chosen to house the official training camp for the Australian Olympic Swimming team for their London 2012 preparations, such is the regard and respect that this venue attracts.

The facilities are used extensively by students and staff between lectures, during lunch breaks and even before and after work. You can pay as you go or become a member whether you want to join the canoe, sub-aqua or swimming clubs, go for a casual swim, train in the gym or go to an exercise and fitness class this centre has something for you.



Facilities Include:

- 50 metre competition pool and 50 metre training pool
- 25 metre diving pool
- fun pool with slides (complete with palm trees)
- 70 station fitness suite
- dance studio offering a range of classes
- sauna and steam rooms
- spa and sun beds
- health suite and café bar

Centre Opening Times:

Monday to Friday	06:30 – 22:00
Saturday	07:00 – 18:00
Sunday	07:00 – 22:00

For more information about prices, classes and facilities visit:

www.manchestersportandleisure.org
call 0161 275 9450 or email
info.manchesteraquatics@leisure.serco.com



Didsbury Sports Centre

Didsbury Sports Centre is located at the heart of the University's Didsbury campus and is available to staff and all students studying at the campus or living in the local area.

This high quality facility offers excellent services at value for money prices to students, staff and the local community.

Facilities at Didsbury include:

- 60 station fitness suite
- 5 court sports hall
- excellent exercise and dance studio
- 2 all weather tennis courts

Fitness Classes

The classes are very popular with a wide range to choose from including aerobics, circuits and aero circuits, legs, tums and bum and pilates.

Centre Opening Times:

Monday to Friday	10:00 – 22:00
Saturday and Sunday	10:00 – 16:00

For more information about prices, classes and facilities visit:

www.mmu.ac.uk/sport/didsbury
call 0161 247 2323 or email
sport@mmu.ac.uk





MMU Cheshire

MMU Cheshire Sports Centre (Crewe Campus)

The new £10 million exercise and sport science centre was officially opened by Sir Bobby Charlton in 2010 and it offers outstanding facilities for students, staff and the local community.

The sports facility has also been approved, in partnership with Cheshire East Council, to host pre-Olympics 2012 training camps and we have received visits from international Olympic teams who have taken advantage of the world-class facilities.

Join the brand new sports centre on the Crewe campus and enjoy the excellent facilities that are available and there is no joining fee! The centre includes:

- 50 station fitness suite and free weights area
- 8 badminton courts available in the sports hall
- 3G artificial turf pitch
- Sports Injury Clinic

Centre Opening Times:

Monday to Friday	08:00 – 22:00
Saturday and Sunday	09:00 – 18:00

Alsager Campus

We also have outdoor grass football pitches, including a floodlit sand based artificial turf pitch, rugby pitches, tennis courts, netball courts, and a cricket square available at the Alsager Site which is very close to the Crewe campus.

For more information about prices, classes and facilities at Cheshire visit:

www.mmu.ac.uk/sport
or call 0161 247 5537 or email
sportscentre.cheshire@mmu.ac.uk

Sports venues for hire

We have excellent sports and leisure facilities which are available for hire both in Manchester and Cheshire. For more information on hiring our facilities please contact the individual sports venue.

External Facilities

Manchester Metropolitan University is a key partner and stakeholder in the Manchester Sport & Leisure Trust which manage a number of high quality specialist sports facilities.

These centres are based in Sportscity, the largest concentration of sporting venues in Europe and is less than 2 miles from the central university campus at All Saints. All the facilities are used extensively by students, staff and the local community.

Manchester Regional Arena

This venue boasts both indoor and outdoor athletic and field event facilities plus other sports such as badminton, basketball and netball.

Manchester Regional Gymnastics Centre

This centre provides a world-class purpose-built training facility, accessible to all Manchester residents and visitors. Gymnastics classes are provided by qualified British Gymnastics Coaches and can be booked in eight week blocks, with the first session included within your membership.

Manchester Regional Hockey Centre

This is the home venue for the Manchester based hockey clubs of Manchester Metropolitan University.

The venue boasts 2 fantastic full-size water based hockey pitches, extensively used on evenings and weekends by local clubs. The centre shares facilities with **Belle Vue Leisure Centre** offering access to an indoor sports hall with eight international standard badminton courts, comprehensive health and fitness facilities and workout studio.

Manchester Regional Tennis Centre

The Tennis Centre provides all year round access to six indoor and six outdoor courts. With no membership requirements.

National Cycling Centre

Regarded as one of the finest sporting facilities of its kind in the world, this Centre has developed a reputation for excellence which serves elite and amateur athletes.

National Squash Centre

The Centre provides six 'state of the art' squash courts that can be converted into singles or doubles courts at the touch of a button and one glass-walled 'moveable' show court and is open to the public.

Manchester Sport & Leisure Trust
www.manchestersportandleisure.org

Manchester Metropolitan University Sport
www.mmu.ac.uk/sport





Sport Clubs and Societies

So you're here to study, but what else is on offer? All sports clubs and teams are run through the Student Activities Centres in the Students' Union.

There is a Student Activities Centre in Manchester and in Cheshire. Both centres have a wide range of sports clubs and activities that are set up and run by the students themselves. The majority of sports clubs compete in British Universities and Colleges Sport (BUCS) competition on Wednesday afternoons against other Universities around the country.

BUCS also provides the opportunity for international and national representation in many sports. Some clubs also compete in

local league sport on other days of the week. There are links between Student Activities and local community sports clubs providing as many opportunities as possible for you to get involved and get active.

However it's not all about competitive sport; students run other programmes of recreational, outdoor and extreme sports activities. If you have an interest or skill that isn't already catered for in the current clubs and teams you can set up your own with the help of the Student Activities Centre and a few like-minded students.

For details on specific clubs and how to get involved visit:
www.mmunion.co.uk/studentactivities



Manchester Athletic Union Sports Clubs

American football	Hockey – Men's	Snow Sports
Badminton	Hockey – Women's	Squash
Basketball – Men's	Horse Riding	Surf
Basketball – Women's	Ju Jitsu	Swimming
Canoeing	Lacrosse	Tae kwon Do
Cricket	Li Ching Wu	Tennis
Football – Men's	Mountaineering	Ultimate Frisbee
Football – Women's	Netball	WakeUp watersports
Formula Racing	Rounders	Water Polo
Gaelic Football – Men's	Rugby Union – Men's	Wing Tsun
Gaelic Football – Women's	Rugby Union – Women's	Ten Pin Bowling
Harriers	Rugby League	
Hiking	Sky Diving	

Cheshire Athletic Union Sports Clubs

Archery	Kayaking	Rugby League
Athletics	Korfball	Rugby Union – Men's
Badminton	Football – Men's	Rugby Union – Women's
Basketball – Men's	Football – Women's	Surf & Snow
Basketball – Women's (National Cup Winners)	Hockey – Men's	Swimming
Boxing	Hockey – Women's	Water Polo
Cheerleading	Mountaineering	Volleyball
Cricket	Netball	



Get Active on Campus

We offer a number of opportunities to get active and involved in sport and physical activity at a recreational level. This includes playing in a league structure or taking part in coached sessions. These activities are fun and are open to both students and staff.

This provides the opportunity for halls of residence, departments, individual courses or a group of friends to enter teams in the league.

For more information about registering a team, get in touch early as the closing dates are early October, get active and visit: www.mmu.ac.uk/sport/participation

Some of the activities in Manchester include:

Football

There are a number of opportunities to join weekend or weekday football matches either recreationally or as part of a football league, including:

- 11 a side intra mural football
- 6-a-side football leagues
- 5 a side football league
- Ladies Football

Other leagues include:

Basketball

Netball

Rugby Union

For more information and contact details visit www.mmu.ac.uk/sport





MMU CHESHIRE – Crewe Campus

7-a-side football, basketball and netball

The intramural programme will run online using Sportalise.com as our platform. This means, that registration, fixtures, results, clubs communication will all be available for you on the Manchester Metropolitan University Cheshire club page which we created on Sportalise.com. Leagues will be run in 7-a-side football, basketball & netball.

To get going simply go to:
www.mmu.ac.uk/sport/participation/MMUCheshire

Touch Rugby

This is open to both males and females. This is a fun, minimal contact version of rugby



union. Sessions will take place on the 3G pitch on the Crewe campus on a Sunday between 10am – 12pm starting on the 9th October 2011 and on a Tuesday between 4 – 5pm starting on the 11th October 2011.

For further details and information contact Julian Gilding by email JulianGilding@RFU.com or call: 07921 283193

Six-a-Side Football

Enter a team in an organised six-a-side league. To enter:

Website: www.soccersixes.net
Phone: 07837070102 or 0845 300 8886
email: tom.pugh@soccersixes.net
or Facebook: [crewe@soccersixes.net](https://www.facebook.com/crewe@soccersixes.net)

Campus Coaching Opportunities

University of Manchester

Structured coaching sessions suitable for all abilities are available in:

- Squash
- Badminton
- Handball
- Lacrosse

Ladders in Badminton and Squash will also be organised.

Athletics

Track & Field sessions take place at the Regional Athletics Arena at Sports City on Wednesday afternoons starting on the 5th October 2011 between 1pm – 3pm.

The cost is £1.85 per session with the first session on the 5th October free.

Contact Ceri Richardson for further details:

Telephone: **0161 220 3855**

email: c.richardson@manchester.gov.uk

Mobile: **07534 223392**

For directions go to:

www.sportcity-manchester.com/findus.asp

Softball

BaseballSoftball UK is inviting all University students and staff in Manchester to take part

in 8 weeks of slow pitch softball. Softball is a sport for men and women of any age to enjoy together. It's fun and exciting and a great way to keep fit no matter what your previous experience is with a bat and ball.

Sessions begin Saturday, 8th October 2011 between 4.30 – 6pm at the Armitage Centre, University of Manchester.

For more information on Softball go to: BaseballSoftballUK.com

Back 2 Netball

This is a fun session for individuals who haven't played the sport for a while and would like to start again or for those who haven't played before and would like to try the sport. It is open to both students and staff.

This session takes place at the Sugden Sports Centre on a Tuesday evening between 5pm – 6pm

For further details e-mail: bk2netball@yahoo.co.uk

For further details and how to register for all the activities, go to:

www.mmu.ac.uk/sport/participation





Healthy Walks

If you prefer to take part in less strenuous physical activity, a number of walks have been mapped out around each campus.

The routes have already been mapped out and there are six for each site. The routes vary in distance and can take between 10 – 35 minutes to complete and have been designed to suit all health & fitness levels.

Walking is a great way to exercise with many health benefits as well as providing an opportunity to socialise with friends and colleagues.

To see the routes for all the walks visit:
www.mmu.ac.uk/sport/healthywalks

Cycling

Did you know the University has its own Bike User Group – Man Met Riders. So if you are a past, present or future cyclist sign up to find out what's happening and to give your opinion on cycling routes and tips to other cyclists.

The group meets every couple of months and an email group runs to help keep in touch in between meetings. The group also has a wiki for further information and to discuss relevant issues. For details and to sign up contact: Marie Carroll on Tel: **0161 247 1631** or email: m.carroll@mmu.ac.uk

For further information on cycling opportunities and cycling routes contact: Andrew Hough on Tel: **0161 247 1364** or email: a.j.hough@mmu.ac.uk

For more information visit:
www.mmu.ac.uk/sport/cycling





Sports Volunteering Opportunities

Sports Volunteering provides you with a great opportunity to learn new skills, improve your self confidence, meet new people and gain valuable work experience to help you build your CV. So why not spare a few hours each week to volunteer and make a difference?

You can get involved in a range of roles – coaching, marketing, sports events or administrative duties. This can be through our links with local schools, local sports clubs or with the local authorities of Manchester City Council and Cheshire East Council.

Opportunities are available through links with our partner agencies:

- Manchester Sports Volunteer Bureau
- Cheshire East Council's Leisure & Play Development Team

To register and look for volunteering opportunities in sport plus job and work experience vacancies go to:

www.mmu.ac.uk/careers/coves

To find out more information on volunteering and work experience visit:

www.mmu.ac.uk/volunteering

To access a wide range of online careers guides and advice go to:

www.mmu.ac.uk/careers/guides

or email: volunteering@mmu.ac.uk

Tel: 0161 247 2211

Sport Development Unit

The university Sport Development Unit organises a portfolio of coach education courses throughout the academic year.

The courses are offered to students at a discounted rate and courses range from Level 1 and Level 2 National Governing Body awards to Sports Coach UK coaches workshops and Health & Safety Executive First Aid courses.

An example of courses organised include:

- Football Level 1 & 2
- Swimming Level 1 & 2
- Basketball Level 1
- Volleyball Level 1
- Rugby Union Level 1
- Badminton Level 1
- Tennis Level 1
- Lifeguarding
- First Aid
- Safeguarding Children
- Coaching Disabled Performers
- Assistant Athletics Coach

For further information on courses contact:

Phil Cook

email p.cook@mmu.ac.uk

Tel: 0161 247 5296 or visit

www.mmu.ac.uk/sdu

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Please telephone 0161 247 1692.

