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PERFORMANCE sPORT Supporting document

University of South Wales

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**Introduction**

This document is designed to provide you with more information to help you complete the Sports Scholarship application form and how to apply for a Sports Bursary or the Vice Chancellor’s Award. The Performance Sport Programme is available to students who are performing to a very high standard in their chosen sport. The specific criteria are outlined in this document and players must have performed at national/international standard or had a professional or Academy contract with a professional team in either football or rugby union to apply. The aim is to provide support to individuals and to help students excel in both their sporting and academic careers whilst raising the profile sport at USW.

The objectives of the Performance Sport Programme are as follows:

* To increase the individual sports performance and student experience
* Help raise the profile and reputation of USW
* To improve USW’s BUCS rankings
* Recruit talented athletes to study at USW
* To provide high quality sports services
* To provide an excellent training and playing environment for university sport

The University has three schemes:

1. Sport Scholarship
2. Sports Bursary
3. Vice Chancellor’s Award
4. **Sport Scholarship**

The Sports Scholarship has two Tiers, Tier 1 and Tier 2. Tier 1 is for anyone who will be representing one of our Premier division teams. For 2022/23, these are; Men’s Football 1st , Women’s Football 1st and Men’s Rugby 1st. ***\*These change annually.***

**To apply for a Sport Scholarship you must be competing in a team sport and representing USW in the BUCS programme on a weekly basis.**

**If you are competing in an individual sport, you can apply for a Sports Bursary or the Vice Chancellor’s award.**

**Tier 1 awards**

|  |  |  |
| --- | --- | --- |
| Platinum Scholarships | Gold Scholarships | Silver Scholarships |
| * Cash award of £1500 (Instalments) * £215 FitZone card * Affiliation fees for AU club and fees for BUCS * Sports conditioning programme * Free physiotherapy and rehab provision * Mentor * Compulsory seminars   **Profile: National U20s/U21 or senior cap** | * Cash award £1,000 (Instalments) * £100 FitZone card * Affiliation fees for AU club and fees for BUCS * Sports conditioning programme * Free physiotherapy and rehab provision * Mentor * Compulsory seminars   **Profile: National U18/19s Cap Welsh Students (rugby) or U18. Football Pro U23 Contract. Rugby full time contract with professional Club** | * Cash award of £500 (Instalments) * £100 FitZone card * Affiliation fees for AU club and fees for BUCS * Sports conditioning programme * Free physiotherapy and rehab provision * Mentor * Compulsory seminars   **Profile: National 16s, Professional football at 16-18 years old, Represented a club side in UEFA Champions League, Europa League or equivalent.** |

**Tier 2 awards**

Tier 2 is for any anyone wishing to represent any of our other BUCS teams.

|  |  |
| --- | --- |
| Platinum Scholarships | Gold Scholarships |
| * Cash award of £1,000\* * £215 Sport Centre card * Affiliation fees for AU Club/Entry fees for BUCS competition * Sports conditioning programme * University staff mentor * Sports Scholarship seminars * Physiotherapy   **Athlete Profile: International/National representation at Senior or U21 level. (\*In exceptional circumstances, this amount may be increased to £1500 for senior caps in women’s football, futsal or rugby).** | * Cash award of £500 * £100 Sport Centre Card * Affiliation fees for AU Club/Entry fees for BUCS competition. * Sports conditioning programme * University staff mentor * Sports Scholarship seminars * Physiotherapy   **Athlete Profile: International/National U18 or an Academy contract with professional cricket club.** |

Your Commitment

The University is not able to provide all the support you want for the year and are only in a position to contribute to your needs. You must be willing to pay for some activities yourself and you must commit to the coaching and playing schedule. The additional services are designed to contribute towards your playing and training programme.

You must agree to the conditions of the Sport Scholarship programme which you will be issued if you are selected for one of our Sports Scholarships. If you feel that you are unable to commit to the programme then you should reconsider applying. This does not mean that you would not be able to represent the University in BUCS teams. It would mean that you would pay the affiliation fees in the normal way to join any sports team. As a Sports Scholar, full commitment is required to both the BUCS programme and training.

**Please note that all students who are awarded a Sports Scholarship must represent USW in the BUCS programme which normally takes place on Wednesday afternoons.** Students who are not able to fully commit to the BUCS programme are not eligible for the Sports Scholarship Award.

**Sport Scholarship Summary**

Each successful applicant who is awarded a Sports Scholarship will be entitled to the following:

* Up to £1500 per year to assist in the funding of your sport (This will be paid in two instalments). Payments will only be made if the contractual obligations, which include representing USW in BUCS competitions, have been met.
* Affiliation Fees for Student’s Union Team or Club (kit included). Compulsory to represent USW in the BUCS programme. Entry fees for BUCS competition.
* Membership of up to £215 at FitZone on the Treforest Campus. Entry to local Sport Centre outside university in special circumstances (Non Focus Sports only).
* Access to Strength and Conditioning programmes at USW.
* Sports Scholarship ‘lifestyle’ Seminars (compulsory). There will be three throughout the year.
* A mentoring scheme on a one- to- one basis with a member of USW staff.
* Sports Scholars can also access one to one psychology support from our experienced sports psychologists.
* Access to physiotherapy if required.

**Which Sports are eligible for the Sports Scholarship programme?**

Sports Scholarships are only available in the current BUCS sports listed below. If your sport is on this list and we have a team entered in the BUCS competition then you will be able to apply for a Sports Scholarship. If your sport is not on the list below or USW has not entered a team in to the BUCS competition then you will not be able to apply for a Sports Scholarship. We can still offer support of a Sports Bursary if you meet the criteria (see p8).

**2022/23 BUCS Sports \*Subject to change by BUCS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| American Football | Archery | Athletics | Badminton | Baseball & Softball | Basketball | Boxing |
| Canoeing | Clay Pigeon Shooting | Climbing | Cricket | Cycling | Diving | Equestrian |
| Fencing | Football | Futsal | Gaelic Football | Golf | Gymnastics | Handball |
| Hockey | Jiu Jitsu | Judo | Karate | Korfball | Lacrosse | Modern Biathlon & Pentathlon |
| Netball | Orienteering | Para Powerlifting | Pool & Snooker | Rifle | Rowing | Rugby League |
| Rugby Union | Sailing | Snowsports | Squash | Surfing | Swimming | Table Tennis |
| Taekwondo | Tennis | Trampoline | Triathlon | Ultimate | Volleyball | Water Polo |
| Weightlifting | Wheelchair Basketball | Wind surfing |  |  |  |  |

**Priority will be given to the highlighted BUCS league sports (subject to change).** If there are not enough applications for the highlighted sports above, then applications may be considered from any of the other BUCS sports listed.

Please note that this list can change and only BUCS sports are eligible for a Sports Scholarship. The list can change annually.

**To apply for a Sport Scholarship you must be competing in a team sport and representing USW in the BUCS programme on a weekly basis.**

**Your Responsibilities and Commitment**

We want you to improve as an individual and fully succeed in your academic programme. In addition, we are looking for athletes who are committed to making a significant difference to the performance of USW in the BUCS competitions.

* You must first join a University Sports Club prior to applying for a Sports Scholarship. The cost of this will be approximately £110 and will include a ‘kit pack’. If you are successful in being awarded a Sports Scholarship and meet all the criteria of playing all BUCS matches you will get this refunded as well as receiving scholarship funding. You cannot apply without being a sports club member.
* You must compete for USW when appropriate in all BUCS inter-University competition. (Full details of BUCS Competitions are available from the Students Union). The Sport Scholarship programme will help fund the competitions.
* You must promote USW wherever and whenever possible in order to raise the profile of your University. This will be part of your contractual obligations and may include Open Days, talks to local schools as well as other promotional activities.
* You must attend agreed meetings with the Performance Sport Coordinator or nominated colleague in order that progress can be effectively monitored. You will be assigned a mentor as part of the programme.
* You must adhere to the regulations of the Sport Scholarship Scheme at all times unless otherwise previously agreed with the Performance Sport Coordinator.
* You must attend the specialist ‘lifestyle’ elite athlete seminars arranged to help you with your studies and sporting programme. Examples of the seminars are listed below;
* Time Management
* Social Media training
* Transitioning Athlete to Working Athlete
* Stress, Wellbeing and Mental Health
* Anti-Doping
* If you have not received a fitness training programme from your NGB, USW will provide a fitness testing service, which will include a detailed training programme for you to follow.

1. **University of South Wales Sports Bursary**

The Sports Bursary is a programme that supports students with a ‘one off’ grant of up to £300 to support their sport. This might be to enter an International Championship or to cover travelling, training and entry expenses for you to participate in your sport. Your sport does need to be a Sports Council ‘recognised’ sport with an affiliated NGB.

Although we would want you to represent USW in the BUCS Competition, it is not a condition of the Sport Bursary that you represent USW in the BUCS competition. An example of this could be that USW does not have a team in that particular sport, but it is still a BUCS Sport e.g. rowing. Alternatively, it may be that your sport is not a BUCS Sport but you are still competing at a very high level in a recognised sport.

Finally, in exceptional circumstances it may also be deemed not appropriate by your coach for you to compete in the BUCS competitions because it may not fit in with your NGB programme. We would need detailed information from your coach regarding your programme.

Please note that you will not receive this award if you are already in receipt of a Sports Scholarship.

All Sports Bursary applications will be reviewed on an individual basis.

**Sports Bursary**

* Cash Award of £300 for a ‘one off’ competition
* £100 FitZone card
* Affiliation Fees for BUCS competition and travel/accommodation to a maximum of £120 (if appropriate)
* Sports conditioning programme
* University Staff Mentor.
* Sports Scholarship Seminars (compulsory)

**Athlete Profile: International/National representation**

**Sports Bursary Summary**

Each successful student who is awarded a Sports Bursary will be entitled to the following:

* Up to £300 per year to assist in the funding of your sport. Payments will only be made if the contractual obligations have been met.
* £100 FitZone card
* Assistance with travel and accommodation to BUCS competitions to a maximum of £120.
* Access to Strength and Conditioning programmes at the university.
* Sports Scholarship ‘lifestyle’ Seminars (compulsory)
* A mentoring scheme on a one- to- one basis with a university member of staff
* Sports Scholars can also access one to one psychology support from our experienced sports psychologists.

**How do I apply for a Sports Bursary?**

Sports Bursaries can be applied for at any time of the year, as many International competitions/selections may not be known at the beginning of the academic year. You must also include a reference on headed paper from your National Governing Body and full details of the competition for which you have been selected.

* Please note that without a satisfactory written reference **you will NOT be considered** for the Sports Scholarship or Sports Bursary scheme.
* This must be on headed paper and signed by the National Coach/Director of Performance.
* The letter from your referee supporting your application must be submitted at the same time as your application form. **E-mail ‘references’ or photocopies are not acceptable. Do not leave this to the last minute.**

To apply you must write a letter and ‘sporting’ CV to:

Lewys Thomas,

Sports Officer,

USW Sport Park,

Treforest Industrial Estate,

Pontypridd,

CF37 15UP.

1. **Vice Chancellor’s Award.**

The Vice Chancellor’s Sport Award will be available for students whose sports are not currently within the BUCS programme, but are of exceptional standard in Olympic Sports. These ‘one off’ awards are intended to support students of exceptional sports standard who are competing in major International Competitions. A maximum of two awards will be made each year to the maximum value of £500.

To apply you must write a letter and ‘sporting’ CV to:

Lewys Thomas,

Sports Officer,

USW Sport Park,

Treforest Industrial Estate,

Pontypridd,

CF37 15UP.

**Additional Information**

Renewal of Sports Scholarship/Sports Bursary

* Please remember that you are not guaranteed a Sports Scholarship/Sports Bursary each year and you must re-apply each year and include details on your development, contribution and commitment to your sport.
* In order for the Performance Sport Panel to consider the renewal of your Sport Scholarship/Sports Bursary you must have successfully completed the current level of study and have been allowed to progress to the next level of study.
* Any students who are required to repeat an academic year will not receive Sports Scholarship/Sports Bursary payments during the repeat year.

What are the playing and training commitments for BUCS teams?

* Matches usually start in the first or second week of October and will then go on until the first week of December.
* There is a League and Cup competition.
* Matches are normally played on a Wednesday afternoon or evening.
* When the match is away, you will need to leave on a Wednesday morning. This can occasionally be from 8.00am or earlier and may not return until the early evening. Therefore, you will need to be available for the whole day.
* Some applicants may have academic commitments on Wednesday mornings. If this is the case and they clash with departure times please contact the Performance Sport Manager.
* The league and cup competitions re-start in January and are complete by the mid-March.
* Training is usually in the weekday morning or evening and this will be once or twice per week depending on the team, but with additional fitness sessions as appropriate. You may also be asked to attend pre-season training in August and September.
* Individual sports may also have ‘one-off’ competitions which can sometimes take place on the weekend.
* ‘Summer’ sports such as cricket and athletics will have competitions in the summer term.

Commitments outside the University

Students who receive a Sports Scholarship must represent USW in all BUCS matches. This is a condition of the Sports Scholarship scheme and students must confirm this commitment at the time of application. Depending on your sport this may also include regular training with USW on a weekly basis. If you are playing outside of USW, it is important that you agree your USW commitments with your club coach. In addition, it is also important that you consider medical insurance, as USW will not be liable for any medical or loss of earnings cost. (The players will have access to the agreed medical provision in place to support our Performance Sport Programme. However, this will not cover loss of earnings or ‘private’ medical care in the event of an injury).