


PERFORMANCE SPORT GUIDE

www.cardiffmet.ac.uk/performance-sport



Alex Dombrandt
BA Sport and PE
Harlequins RFC



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

#WatchHerGo

Promoting the profile, leadership and opportunities for Women in sport in Wales



CARDIFF MET SPORT PERFORMANCE SPORT

Cardiff Met has established itself as one of the leading universities for student sport in the UK. Cardiff Met Sport in partnership with Cardiff Met Students Union (SU Sport) and the School of Sport & Health Sciences provides and manages an environment that allows students to achieve their academic potential alongside training, playing and performing at the highest level in their chosen sport. SU Sport and Cardiff Met Sport supports our sports clubs with financial funding, competition planning and administrative support to compete on a weekly basis against other Universities in the British University and College Sport Championships. SU Sport and Cardiff Met Sport also assists athletes and teams in their representation in both national and local league competitions.

Each year our students represent the University at national and international level building on our well established sporting pedigree with a multitude of Welsh, British, Commonwealth, European, World, Olympic and Paralympic athletes who have graduated through our system.

WHO IS THE PERFORMANCE SPORT PROGRAMME AIMED AT?

The Cardiff Met Performance Sport programme has been designed to create the best possible environment for students studying at the University to fulfil their academic and sporting potential. With personal experience of competing on the international stage and undertaking world leading research, our Academic and Performance Sport staff create a truly unique environment of sporting excellence. The 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.

However, of the utmost importance for us, above all the records and improved

performances you are certain to deliver at Cardiff Met, is our unwavering focus on developing confident, successful and emotionally intelligent student athletes. Our Performance Directors, Coaches and Support staff take pride in creating role models prepared for the next stage of their lives, either in or outside of sport. We do this by sustaining our values and behaviours in everything we do. Where our tradition in sporting success is only equalled by the many young people we have developed to positively contribute across our society and in our communities.

The University is particularly interested in supporting students who wish to continue to develop their sporting potential and have clear performance objectives for the three or four year period they are studying at Cardiff Met.

If you are serious about your academic and sporting future, Cardiff Met is the University for you.

Ben O'Connell

Director of Sport

boconnell@cardiffmet.ac.uk

Owen Rodgers

Head of Performance Sport

orodgers@cardiffmet.ac.uk

ELITE SPORTS SCHOLARSHIP AWARD

AWARD DESCRIPTION

The Elite Sport Scholar Award is designed for undergraduate, postgraduate and international students that excel in sport (including performance and/or coaching). The award is based upon a combination of academic merit and sporting achievements and can be applied for by students who meet the criteria set out in the eligibility section below.

Students who are successful in their application for the award will receive a package of scholarship benefits worth approximately £5,000 that includes:

- **£1,000 discount from their programme tuition fees**
- **Access to excellent facilities**
- **Strength and conditioning support from UKSCA accredited staff**
- **Sports science support, including nutrition, psychology, physiology, biomechanics**
- **Sports medicine, including physiotherapy and massage**
- **Active yoga and recovery sessions**
- **Performance workshops**

The award of scholarships are reviewed on an annual basis and students will be required to demonstrate their continuing commitment to Cardiff Met performance sport and their personal sporting development in order to continue to benefit from the scheme for the duration of their studies.

To be eligible for a scholarship, athletes must:

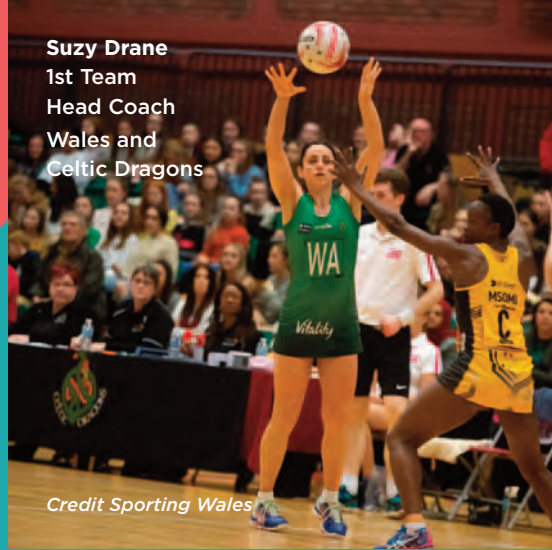
- be studying, or about to commence studying at Cardiff Metropolitan University (any course);
- be competing in a recognised British Universities & Colleges Sport (BUCS) sport and contribute to the University's BUCS objectives;
- be competing at international level, or must be performing towards the highest level in their sport (e.g. national/international/professional)
- be recommended by their NGB coach and/or the University's coach in their sport

www.cardiffmet.ac.uk/undergraduate-sport-scholarship-award

We are an accredited centre for the TASS Dual Career Program



Men's Football
Nathaniel MG Cup Champions 2019



Suzy Drane
1st Team
Head Coach
Wales and
Celtic Dragons

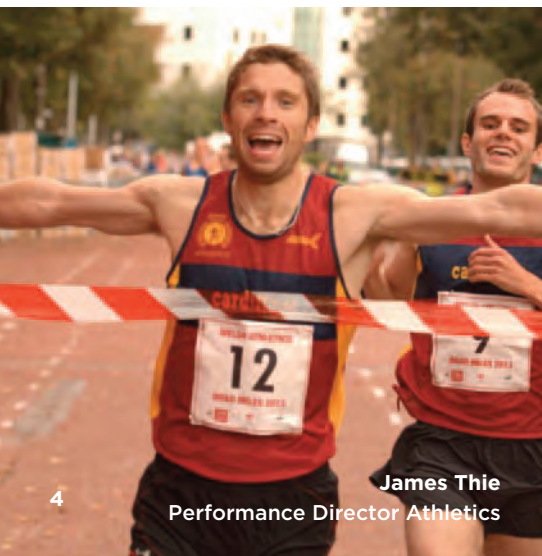
Credit Sporting Wales



Aled Davies
Paralympian | World | European Champion
BSc Sports Management



Stef Collins
Head Basketball Coach
Olympian



James Thie
Performance Director Athletics



Daniel Milton
Performance Director Rugby

OUR PERFORMANCE STAFF

At Cardiff Met University we have world-class coaches who will ensure our student athletes excel in their chosen sport.

ATHLETICS - James Thie

jthie@cardiffmet.ac.uk

James has been associated with Cardiff Met for over 20 years and is Performance Director for Athletics. As an athlete James was a multiple Team GB International (1500m) finalist of World, European and Commonwealth Games. In 2015 became Triple World Masters Champion. His current coaching profile includes many of Team GBs highest performing athletes and Paralympic athletes. He was awarded 'Coach of the Year' from Welsh Athletics (2017 and 2018) and the British Milers Club (2017). He is a Team GB Coach and National Selector for World U20, European U23 and European U20 teams. He is a broadcaster and commentator for both Eurosport and the BBC. Alongside Matt Wood, James has overseen an ever successful and growing Cardiff Met team at recent BUCS Championships.

ATHLETICS - Matt Wood

mwood@cardiffmet.ac.uk

Matt has a wealth of coaching experience in athletics having been involved in the sport for over 15 years. In the last four years Matt has represented Great Britain as a Team coach at age group World and European Championships in; Colombia, Georgia, Poland and Finland. He personally coaches hurdles and combined events, as well as contributing to our successful BUCS Championship teams alongside James Thie.

BASKETBALL - Stef Collins

scollins@cardiffmet.ac.uk

Stef is still factoring in the Great Britain set-up and recently played for England, winning a Silver Medal at the Gold Coast 2018 Commonwealth Games. She has an MA in Sports Coaching and

Development and a PgD in Strength and Conditioning from Cardiff Met University and has been coaching the Cardiff Met Archers Women's Basketball team since 2013. She was part of Great Britain's Olympic team in London in 2012 and the most capped player for either Senior Men & Women's GB Basketball teams with over 147 appearances since 2006.

BASKETBALL - Lucy Witt

lwitt@cardiffmet.ac.uk

Lucy is the Director of Basketball at Cardiff Met and a Senior Lecturer in Performance Sport. Lucy joined the School in 1999 as a Graduate Researcher and has since made a significant contribution to performance sport, coach education and curriculum development for basketball, both within the University and nationally. She founded and continues to lead the Cardiff Met Archers Basketball Club and Junior Academy which is now an internationally renowned club attracting students, players and staff from all over the world, and is one of the highest profile sports within the University. It boasts one of the top UK Women's teams, including Olympic players and staff, whilst also pursuing a strong developmental strand providing experiential learning and employability skills for students, and engaging with the local community. A former International player herself, Lucy has combined and complemented her role at Cardiff Met with a number of other leading roles within Coach Education and Performance Sport, including Team Manager for Great Britain Women's Basketball Team (including Team GB at London 2012), Coaching Manager and Performance Director for Basketball Wales, Board Member for Basketball Wales and the first female Board Member for British Basketball.

MCCU CRICKET - Mark O'Leary
mdoleary@cardiffmet.ac.uk

Mark has over 25 years playing and coaching experience and has been the Cardiff South Wales MCCU Head coach for five years. Mark is a member of the academic teaching staff and is an ECB Level 4 master coach and also studied an MSc in Sports Coaching at Cardiff Met University.

MEN'S FOOTBALL - Dr Christian Edwards
cedwards@cardiffmet.ac.uk

Christian has been Director of Men's Football for 10 years. In that time, they have been crowned BUCS National Champions on two occasions, 2017 and 2018. Meanwhile, their domestic league success in the WPL has seen his team reach the Europa League Qualifier Cup Final in 2017 and 2018. A former professional and international football player, with over 400 league games to his name and he is currently undertaking his UEFA Pro Licence.

WOMEN'S FOOTBALL - Dr Kerry Harris
kharris@cardiffmet.ac.uk

Kerry has been coaching Cardiff Met WFC since 2002. Whilst she has a humble playing background, she has worked her way through her UEFA licenses and gained experience in several coaching roles alongside her work at Cardiff Met. These include Football Development Officer, Technical Director for the Cardiff Met Football Academy, Welsh Universities National Manager (and later Head Coach), and Great British Students Assistant Coach. During her time at Cardiff Met, Kerry has coached the women's football club to several BUCS League and Championship titles, FAW domestic league and cup titles and also, five times secured a place in the UEFA Women's Champion's League competition. 2014 was by far her most successful coaching year, winning four out of five major competitions.

HOCKEY - Luke Hawker
luhawker@cardiffmet.ac.uk

Luke has led Wales as captain in the 2018 Gold Coast Commonwealth Games and (dual function for) the 2019 Eurohockey Nations Championships. Luke has also played for Cardiff & Met HC in three EHL campaigns, multiple indoor and outdoor Eurohockey Club Championships and secured numerous domestic League and Championship titles.

NETBALL - Cerri Dando
cdando@cardiffmet.ac.uk

Represented Wales and Great Britain across three sports, the first ever athlete in Wales to have represented Wales five times at World Class Level and being ranked 3rd in the world. Cerri has specialised in Netball since being a player and student at UWIC in 2003, winning the BUCS Championships twice with her squad and named as Captain.

NETBALL - Suzy Drane
sdrane@cardiffmet.ac.uk

Suzy is currently the 1st team Netball coach at the university. She is a current Netball Super league player for the Celtic Dragons, representing the team since its inception in the 2005/6 season. She is a current Welsh International player and captain, achieving 95 caps for her country to date. Some of the highlights of her career so far include World Junior Championships (2005), 2x World Championships (2011 and 2015) and 3 times Commonwealth Games (2006, 2014 and 2018) and captaining the Wales team.

MENS' RUGBY - Daniel Milton
dmlilton@cardiffmet.ac.uk

Daniel has been involved with Cardiff Met RFC for over 10 years and Director of Rugby since the start of 2017 taking the team to the BUCS Super Rugby final at Twickenham in his first season. A WRU Level 4 coach and coach educator, Daniel spent 3 years as part of the successful WRU Age Grade

Dr Christian Edwards
Performance Director
Men's Football



Luke Hawker
Performance Director Hockey

international coaching staff including the U18's International Series events, FIRA and South African Tours.

MENS' RUGBY - Ian Gardener
igardner2@cardiffmet.ac.uk

Ian is a Lecturer in Physical Education and Sport Coaching in the Cardiff School of Sport. He is also one of the senior rugby coaches within the Cardiff Metropolitan RFC who play in the WRU National Championship and the BUCS Premier division.

WOMEN'S RUGBY - Alan Sheppard
asheppard@cardiffmet.ac.uk

Alan is a WRU level three coach who has a vast amount of experience coaching Women's Rugby. Alan has successfully coached the Women's team to several BUCS League and Cup championship. He is passionate about growing the game in the University and continues to encourage more Women to take part in the sport.



Cardiff Met - Training base for the Celtic Dragons
Dragons v London Pulse

Credit Marc Morris



COMPETE AT THE HIGHEST LEVEL OF YOUR SPORT

COMPETITIONS

British Universities and Colleges Sport

We compete in the highest BUCS leagues

BUCS is the governing body for university sport. Teams compete in a weekly league and the highest point scorer wins the prestigious BUCS title.

Domestic Leagues

We compete in top tier leagues.

MEN'S RUGBY – Super League, WRU Championship league

WOMEN'S BASKETBALL – WBBL League

MEN'S FOOTBALL – Welsh Premier League

WOMEN'S FOOTBALL – Welsh Women's, Premier League

ATHLETICS – Welsh Leagues, Gwent leagues

NETBALL – Cardiff and District League

HOCKEY – BUCS Premier South, England National League

MCCU CRICKET – MCCU League, Professional County Teams

Varsity

Unique one day event against Bath University. Teams compete in a variety of sports during a day of highly competitive games.



Sarah Wagstaff
Basketball Coach

BENEFITS OF OUR SPORTS SERVICES

STRENGTH & CONDITIONING

The Strength & Conditioning Team at Cardiff Met are fully committed to the progression of our Student's Sports Programme and have two primary goals. The first is to improve athletic performance through a prescribed periodised programme of specific exercise. The second goal is to promote injury prevention by developing a more robust, coordinated athlete coached in correct movement mechanics with an emphasis placed on athlete learning and ownership.

Each programme is designed specifically to benefit the team or individual and encompasses the entire development of the athlete relative to either competition or off-season demands. Beyond strength and power, a composite of speed, agility, plyometrics, endurance and stability exercise are underpinned within a close, supportive, progressive environment.

STRENGTH AND CONDITIONING TEAM

David Watts is the Strength & Conditioning Manager at Cardiff Met. A UKSCA Accredited Coach since 2009, Dai has held an expanse of S&C roles some of which include Welsh Rugby Senior Women, Senior Men's Assistant 2008, U21s, U18s & 7s as well as Subaru World Rally, Welsh Judo, MCCU Cricket and is the current Celtic Dragons Netball Strength & Conditioning Coach.

Along with Chris Edwards cjedwards@cardiffmet.ac.uk also an experience UKSCA Accredited Coach they service Cardiff Mets Elite Sports Teams and Individual Scholars.

For further information please contact the Strength and Conditioning Manager - Dai Watts email dwatts@cardiffmet.ac.uk

PHYSIOTHERAPY CLINIC - CYNCOED CAMPUS

Our Physiotherapy Clinic is staffed by qualified Chartered Physiotherapists who work at all levels of sport. We offer a high quality assessment and comprehensive rehabilitation service for joint and muscular injury associated with sporting, recreational or occupational pursuits.

The Physiotherapy Clinic provides a full range of sports injury prevention, treatment and rehabilitation services. Situated on the Cyncoed Campus, the well-equipped clinic boasts individual consulting rooms with access to all the track and gym facilities at the National Indoor Athletics Centre.

MASSAGE CLINIC - CYNCOED CAMPUS

The Sports Massage Clinic at Cardiff Met, is situated on the Cyncoed Campus in the National Indoor Athletics Centre. The clinic is designed to help in the prevention and management of sports injuries, maintain function for optimum performance and provide relief for day to day stresses and strains.

TREATMENT INFORMATION

As well as a full range of Sports Physiotherapy equipment the Physiotherapy Clinic also utilises on-site ultrasound scanning, acupuncture and isokinetic dynamometry. Direct access to Sports Medicine, Sports

Booking information contact telephone 029 2041 6777

www.cardiffmet.ac.uk/performance-sport





Massage and Sports Science services enables comprehensive injury assessment, prevention and management services for athletes and teams of all levels.

PERFORMANCE ANALYSIS

Our performance analysis team use a lot of technology to measure different types of performance, such as in tactical analysis or technical evaluation. Global Positioning Systems (GPS) are often used to measure

player movements whilst in competition and/or training. This provides beneficial information about the physical demands of the sport and can help coaches in making important decisions about future practice and training. We also use player tracking systems to help prevent injury, as they can provide an insight into the standard distance players should be travelling during a match relevant to their position.





Sam Gordon
Welsh Athletics International
BA Sports Development



**Wheelchair
Basketball Team**



SECTOR LEADING FACILITIES

FACILITIES

Archers Arena

Cyncoed Inclusion Fitness Centre

Dance Studio

Llandaff Inclusion Fitness Centre

National Indoor Athletics Centre (NIAC)

Outdoor Athletics Facility

Astro Turf

Russell Rees Gymnasium

Sports Hall

Squash Courts

Swimming Pool

Syd Aaron Gymnasium

Tennis Centre

Football Pitches

Cardiff Met has established itself as one of the leading universities for student sport in the UK.

Cardiff Met Sport offers excellent sports facilities and an extensive range of activities to cater for everyone from elite athletes to students, staff and the wider community.

On the link attached below you will find information about our sports facilities, student sport programme, children's activities, sports & fitness membership scheme and much more.

www.cardiffmet.ac.uk/sports-facilities

Cardiff also offers the chance to train and play in some of the cities iconic facilities such as the Arms Park, Sports Wales National Centre, White Water Centre, National Swimming Pool and the National Indoor Athletics Centre.

DUAL CAREER SCHEME

ACHIEVING A BALANCE BETWEEN ACADEMIC AND SPORTING SUCCESS

SUPPORTING ACADEMIC AND SPORTING POTENTIAL

Cardiff Met provides and manages an environment that allows students to achieve their academic potential alongside training, playing and performing in their chosen sport.

- Talented athletes are given every opportunity to achieve to the best of their ability in both their academics and sport.
- A consideration of circumstance is given to all talented athletes absence requests.
- The agreed level of academic flexibility for talented athletes is available and maintained (across as many subject areas as possible).
- The agreed catch up provisions are available to all talented athletes (across as many subject areas as possible) upon their return to the institution.
- The majority of courses avoid scheduling Wednesday afternoon, to allow our students to represent the University in sport.

Lifestyle Support - This service will be provided by Student Services and includes, wellbeing service, finance, welfare and counselling sessions. Students can book online for this service.

www.tass.gov.uk/about/accreditation



SPORT AT CARDIFF MET

The University offers a range of sports.

Link to club websites:

www.cardiffmetsu.co.uk/sports/susport

ATHLETICS

Performance Directors - **James Thie**
Matt Wood

Club Background

Cardiff Met Athletics Club has enjoyed growing successes in recent years and continues to offer great opportunities for Cardiff Met students of all abilities. Past members include Olympic Long Jump Gold Medallist Lynn Davies, and 2011 World Champion David Greene. With over 100 members, the club is very popular and provides an outstanding environment for competition, training and socialising.

The Athletics Club is a high performance club and under the guidance of the Performance Directors aim to achieve the very highest standards. Performance Sports benefit from additional funding which includes a number of funded gym memberships and access to all sports facilities for performance athletes, strength and conditioning, nutritional support and discounted physiotherapy.



**Tsung Fong, Andy Oates
and Scott Oates**

BADMINTON

Head Coach - **Donal O'Halloran**
donal.ohalloran@badminton.wales

Club Background

Cardiff Met Badminton Club provides a fully inclusive environment for both performance and recreational players. Whether you are an elite performer looking to improve your game or someone who is looking to play for fun and meet new friends the badminton club is the place to be.

The badminton club has consistently improved its performance in the BUCS league over the last few years currently having the girls and boys teams in the 1A division. We have recently introduced a new men's second team due to the increase in numbers to the squad.

Cardiff Met provides significant assistance to players who are on a performance pathway while undertaking their studies at Cardiff Met. Alongside the specific on court sessions in our new state of the art facilities we can offer strength and conditioning, sport psychology, on site physiotherapy/massage and video analysis to our players. Furthermore Cardiff Met has a partnership with Badminton Wales who can offer extra sessions to train alongside the Welsh Senior Squad.

BASKETBALL

Performance Director - **Lucy Witt**

Head Coach Women - **Stef Collins**

Head Coach Men - **James Dawe**

Club Background

Cardiff Met Archers Basketball Club are a student based, community club that provide opportunities for all with a participation to podium ethos. The club caters for all levels of age and ability and currently has 24 teams that range from Under 8's through to Senior National League, including Learning Disability and National League Wheelchair basketball. Teams play in a variety of local and national leagues across the UK, and the club also boast the only Welsh side competing in the WBBL (the UK women's professional league) coached by Olympian Stef Collins, who also oversees the development pathway of NBL D2 team and BUCS Premier and Western league teams. The Men's programme boasts two NBL teams, two BUCS teams and a South Wales league team, and is led by Wales and GB National team coach James Dawe. In addition to the playing provision, central to the club's philosophy is to be able to offer numerous further opportunities for students to grow and develop including roles within coaching, officiating, media and marketing and administration. Cardiff Met Archers club has a real family feel and is proud to be the leading club in Wales.

 @archersbasket

 @archersbasket

 archersbasket

cardiffmetarchers.leaguerepublic.com

Jamal Brownbill
BSc Software
Engineering



Paulina Kuttycka
MSc Financial
Management



CRICKET

Performance Director MCCU team -

Mark O'Leary

Head Coach SU team - **Gethin Smart**

gsmart@cardiffmet.ac.uk

Club Background

Cardiff South Wales MCCU is made up of the three constituent Universities, including Cardiff Met, Cardiff University and the University of South Wales and is one of six MCCU centres in the UK. The scheme is designed to enable professional and aspiring professional cricketers to enrol on university undergraduate and post graduate programmes. The MCCU scheme provides a high performance environment which allows students to engage in an elite cricket programme which dovetails around academic timetables. In doing so Cardiff MCCU students are able to access a programme which includes strength and conditioning, performance analysis, physio, massage, leadership and management skills as well as high performance coaching.

Based in and around the capital city of Wales, there are excellent transport links between the three partner institutions.

The Cardiff South Wales MCCU plays home matches at grounds used by Glamorgan County Cricket Club, including Sophia Gardens.

Cardiff Met is the focal point for the Centre's day to day operations with training also taking place at Cardiff University and the Glamorgan CCC indoor cricket school based at Sophia Gardens.

Mark Petinni (Essex)

James Tomlinson (Hampshire)

Jake Libby (Nottinghamshire CCC)

**Andrew Bressington, Uzi Qureshi,
Cameron Herring** (Gloucester)

Daniel Rowe, Will Jones (Leicester)

Rory Burns (Surrey and England)

Andrew Balbirnie (Middlesex and Ireland)

Jack Leach (Somerset and England)

Fabian Cowdrey (Kent)

Alex Milton (Worcestershire)

Alex Thomson (Warwickshire)

Matthew Hobden (Sussex)

Tom Allin (Warwickshire)

Aron Nijjar (Essex)

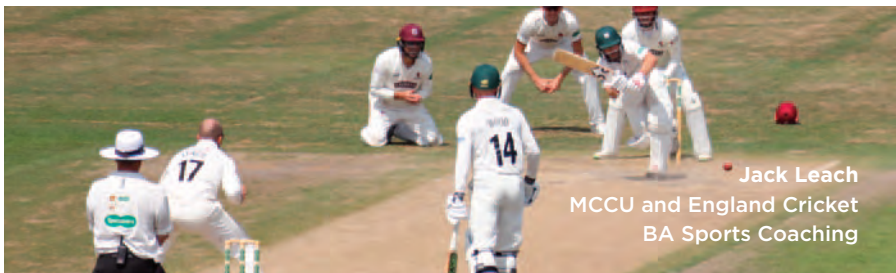
Tim Rouse (Somerset)

**Ian Thomas, Kyle Tudge, Mike Reed,
Will Owen, Alex Jones, Adam Harrison,
Chris Ashling, Andrew Salter, Owen
Morgan, Keiran Bull, Jeremy Lawlor,
Jack Murphy, Tom Cullen, Connor
Brown** (Glamorgan)

Heather Knight (England)

Sophie Luff (England Academy)

Carla Rudd (England Academy)





Will Fuller
1st Team Goalkeeper
MSc Sports Psychology

MEN'S FOOTBALL

Performance Director -
Dr Christian Edwards

Club Background

The club currently play in the JD Welsh Premier League. The first team also play in the BUCS pinnacle league - BUCS Premier South and the club won the BUCS National Championships in 2017 and 2018.

The Youth team (U19s) play in the Dafabet Welsh Premier League and also represent the university in BUCS as the 3rd team in Western 3B.

The Men's Football Club is a high performance club and under the guidance of the Performance Director aim to achieve the very highest standards. Performance Sports benefit from additional funding which includes a number of funded gym memberships and access to all sports facilities for performance athletes, strength and conditioning, nutritional support and discounted physiotherapy. The club also receives Performance Analysis, which comprises of training and match day filming for coaches' and players alike.

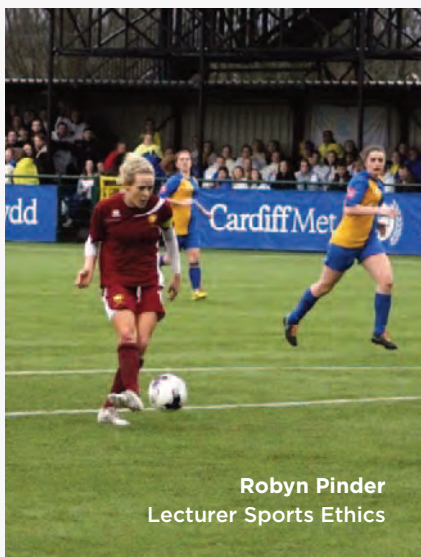
WOMEN'S FOOTBALL

Performance Director - **Dr Kerry Harris**

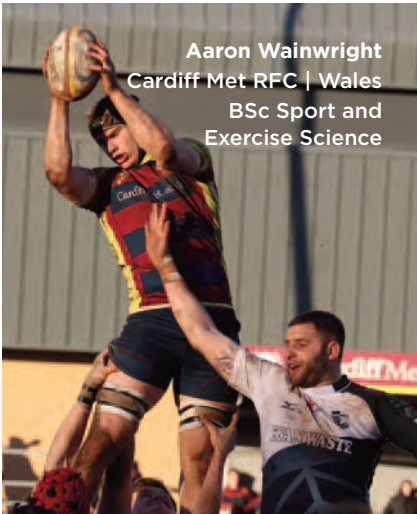
Club Background

The Cardiff Met name has been synonymous with excellence in Women's Football. Both the 1st and 2nd team have made some considerable achievements in BUCS, the Welsh National Premier League and Welsh Women's Challenge Cup competition over the past decade. It also boasts several current and ex-international players and in 2012, 2014, 2015, 2016 and 2018 the club also qualified for the prestigious UEFA Champions' League.

The Women's Football Club is a high performance club and under the guidance of the Performance Director aim to achieve the very highest standards. Performance Sports benefit from additional funding which includes a number of funded gym memberships and access to all sports facilities for performance athletes, strength and conditioning, nutritional support, discounted physiotherapy and performance analysis.



Robyn Pinder
Lecturer Sports Ethics



Aaron Wainwright
Cardiff Met RFC | Wales
BSc Sport and
Exercise Science

MEN'S RUGBY

Performance Director - **Daniel Milton**

Club Background

Men's Rugby at Cardiff Met has a very strong club programme. The Rugby Club has been identified as a high performance club and, under the guidance of the Performance Director, aims to achieve the very highest standards. Performance Sports benefit from additional funding, which includes a number of funded gym memberships and access to all sports facilities for performance athletes, strength and conditioning, nutritional support and discounted physiotherapy. The Club also benefits from performance analysis support, using training and game footage to develop its players and coaches alike.

The club runs the following teams within BUCS (WED): BUCS Super Rugby (1st XV), 2nd XV, 3rd XV, 4th XV including 2x dedicated Freshers teams BUCS 5 XV and BUCS 6 XV.

In Addition to the commitment to BUCS on a Wednesday, Cardiff Met RFC also apply themselves within the Welsh National leagues (SAT): WRU Championship (1st XV), 2nd XV, 2x WRU Youth/Colts (U19) league.

WOMEN'S RUGBY

Performance Director - **Alan Sheppard**

Club Background

Throughout the club history, we have won the BUCS Champion title ten times.

Many students simultaneously compete for their region (England and Wales) whilst competing for Cardiff Met. The program also manages international players and gives them the support they need to play at the highest level, in which we have done so in the past for Welsh, English, Scottish, Irish and Hong Kong internationals.

Cardiff Met Women's Rugby Club run two teams that compete in BUCS Premier South (1st team) and Western 1A (2nd team) Competitions. Furthermore, the club enter various Rugby 7's tournaments throughout the year including the BUCS 7's of which they won in 2012-13. Cardiff Met Women's rugby have won the BUCS championships several times over the past five years, making them the most dominant team in women's university rugby history. Many Cardiff Met players go on to represent their regions (England and Wales) and country (U20 and Senior) whilst studying, and these players are supported fully to perform at the highest level.

Left to right:

Caitlin Lewis (Wales), Carys Cox (England), Gwen Crabb (Wales), Lleucu George (Wales)



HOCKEY

Performance Director - **Luke Hawker**

Club Background

Cardiff Metropolitan University Hockey Club is entirely devoted to the development of the individual as a student, athlete and social participant in sport. Cardiff Met has a history of excellence in Hockey in Wales, built upon the provision of comprehensive performance program that supports student-athletes toward achieving their sporting and academic ambitions. This is further enhanced through partnership with Cardiff & Met Hockey Club, where students have the opportunity to experience National and European, indoor and outdoor competition as part of their development towards Senior International representation.

Selected Honours:

- **Abi Welsford** - Wales (Captain)
- **Jo Westwood** - Wales & GB U21
- **Jana Pacyna** - Germany U18
- **Luke Hawker** - Wales (Captain)
- **Callum Mackenzie** - Scotland & GB U23
- **Liam Brignull** - Wales & GB U21



NETBALL

Performance Director - **Cerri Dando**

Club Background

Cardiff Met has a long standing tradition for netball excellence. We have one of the most advanced sports performance programmes in the UK for netball and this is emulated in the great performances we provide on court. Cardiff Met Netball aims to provide opportunities for all players, both at participation and performance levels. This is achieved by developing several Cardiff Met Netball teams that are incorporated in the following squads:

Cardiff Met Netball Club - BUCS 1st, 2nd, 3rd, 4th, 5th and 6th teams

Cardiff Met Netball Club Representation in Cardiff and District League - A team in Division 1 & B Team in Division 5.

Cardiff Met Campus Sport Netball - Recreational and Social Teams

Celtic Dragons and Seven Stars Netball National Super League - Representation by Cardiff Met Netball Players

Welsh Netball Team - Representation by Cardiff Met Netball Players

The Netball Club is a high performance club and under the guidance of the Performance Director aim to achieve the very highest standards. Performance sports benefit from additional funding which includes a number of funded gym memberships and access to all sports facilities for performance athletes, strength and conditioning, nutritional support and discounted physiotherapy.

The Club's Players also have the opportunity of holding a Club Role, this is so the players themselves can shape the club; your sport, your club! Roles are Club Chair, Vice Chair, Social Secretaries, Social Media Editors, Umpiring Secretaries, Fundraising Officers and a Kit Officer.



Mica Moore
Welsh Sprinter (2014
Commonwealth Games)

Two Woman Bobsleigh
(2018 Winter Olympic Games)
MSc Sport Broadcast



Rosie Eccles
2018 Commonwealth Games, Boxing
MSc Sport Psychology

**Cardiff Metropolitan Netball 1st & 2nd Team players
Season 2018-19**





ROWING

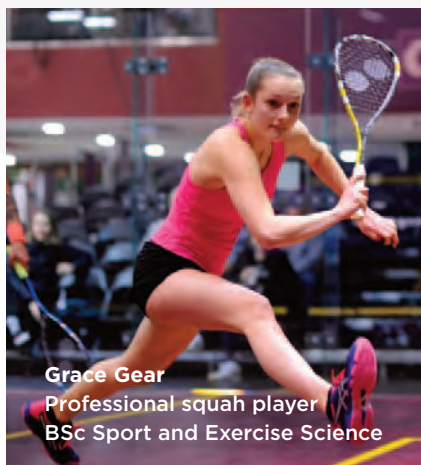
Coach - **Owain Jones**
owainaron@gmail.com

Club Background

Cardiff Met Boat Club welcomes all students from complete beginners through to elite level athletes. The club has been running for several years and benefited from support by Welsh Rowing in 2015 to become a fully established club.

Previously based at Llandaf rowing club we have now moved to run our water session from Channel View Leisure Centre at Cardiff Bay and have our erg session at Cyncoed campus and our strength & conditioning sessions at the welsh rowing high performance unit.

We compete in 3 BUCS events each year along with other heads and regattas across the country.



Grace Gear
Professional squash player
BSc Sport and Exercise Science

SQUASH

Performance Director - **Greg Dainty**
gdainty@cardiffmet.ac.uk

Club Background

If you're looking for a fast paced sport then the Squash Club is a great place to start. The Squash Club here at Cardiff Met includes both male and female students and enter teams into the BUCS competitions divisions Western 2B for men and Western 2A for women. Furthermore, the club also enter 2 teams into South Wales local leagues. Matches are played on Tuesdays and Thursdays. The A team is currently in the South Wales league Premier B and the B team South Glamorgan division 3.



SWIMMING

Head Coach - **Dan Davies**
jddavies@cardiffmet.ac.uk

Club Background

The Cardiff Met Swim team competes each year in the BUCS Short course, BUCS Long course competitions, and BUCS Team Champs. We are very proud to say that after our hard work over the last 10 years our A team is now competing against the top Universities in Division 1 and our B Team is in Division 2.

We have several National and International swimmers in the squad; eight of these swimmers have qualified for a Sports Scholarship. We have a 'performance' squad for these swimmers which entitles them to Strength and Conditioning, Nutritional talks, Sports Physiology, Sports Psychology, Physio and Massage support.

We work closely with City of Cardiff Swimming Club and head coach Graham Wardell, which means we are able to offer extra training where needed for our National and International swimmers. Our vision is to continue to produce great results and keep Cardiff Met's reputation as being one of the top Sports Universities in the country.



Josh Yon
Commonwealth Swimmer 2018
BSc Sport Conditioning,
Rehabilitation and Massage



Philippe Dacre
BSc Sport Coaching

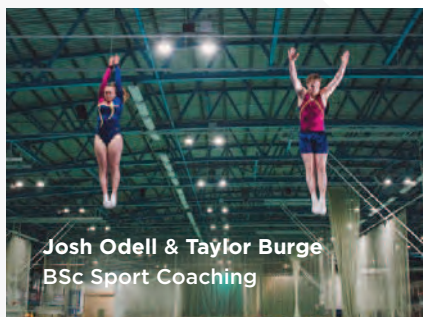
TENNIS

Performance Director - **Ellen Jones**
emjones@cardiffmet.ac.uk

Club Background

Ellen is the Director of Tennis at Cardiff Met. Following a 15 year professional tennis coaching career Ellen joined the school as a lecturer on the performance and pedagogy modules. A former Welsh international player she has a wealth of experience in the game and has been the lead coach of a number of national and international players. She has captained numerous junior and senior county and national level teams. Ellen works closely with tennis's national governing bodies and she is a level 4 coach and a qualified LTA coach education tutor.

Cardiff Met Tennis has established itself as one of the leading universities for student tennis in the UK and is funded by the Tennis Foundation and Tennis Wales. Cardiff Met Tennis offers excellent facilities and we currently have 5 teams competing in the BUCS league. Our first team players benefit from a comprehensive tennis package that includes an individualised tennis training programme, performance analysis support, strength and conditioning sessions, and sport psychology workshops. Alongside our able bodied players we also run an elite wheelchair programme that supports players to follow a dual student-player pathway.



Josh Odell & Taylor Burge
BSc Sport Coaching

TRAMPOLINE

Head Coaches -

Jake Bailey

jbailey@cardiffmet.ac.uk

Mark Samuels

msamuels@cardiffmet.ac.uk

Background

The Cardiff Met Trampoline team is an inclusive and diverse team, catering for the complete beginner to the elite national level performer. The Club compete and support students within national student events (BUCS and Southern Universities Trampoline League (SUTL) and nationally organised events (British Gymnastics NDP and Trampoline League). The Club has a rich history in the BUCS National Trampoline Championships, which consists of multiple Team and Individual honours. The coaching team is diverse, where qualified students support the development of beginner to intermediate performers and Academic Staff (Jake Bailey and Mark Samuels) support the development of advance and beyond performers. Training opportunities vary dependent on the performer, ranging from accessing 6x4 Eurotramps twice a week to accessing 4x4 Eurotramps up to five times a week. The culture of the club is to focus on the development of all involved in terms of knowledge of the sport and the process, skill technical excellence, skill development and importantly, enjoy the journey.

TRIATHLON

Head Coach - **Luke Watson**

**National Triathlon
Performance
Centre Wales**

Background

The National Triathlon Performance Centre Wales is a partnership between Cardiff Metropolitan University, Cardiff University and Welsh Triathlon. The aim of the Performance Centre is to develop athletes who can deliver international success. The Centre currently operates a Performance and a Development group, and works closely with the SU clubs at both Universities to support athletes at all levels of the Pathway.

The Centre has a team of three coaches, and athletes can access a full team of practitioners and support staff in order to maximise their performance. Training sessions take place using a range of fantastic facilities across Cardiff, along with the natural training environment of the local Welsh countryside. Athletes currently training at the Centre include Commonwealth Games team athletes from four countries, as well as WTS top-10 finishers, and British junior winners.

For more information please see:

<https://bit.ly/2Fnn5Je>

Or contact: npcw@welshtriathlon.org



Welsh Triathlon Team



VOLLEYBALL

Head Coach - **Joe Ethrington**
jethrington@cardiffmet.ac.uk

Club Background

Leagues & Competition Information

We currently have 1 team competing in the BUCS Leagues and 1 team competing in Welsh Development League. We also have extensive links with 2 external National League clubs: Team South Wales (Division 1) and Cardiff Celts (Division 3), high performing players of the appropriate standard will be invited to train with the appropriate National League team.



Busra Un
 Paralympian
 MA Sport Management
 and Leadership



Jasmine Joyce
 Wales Women Rugby | Olympian
 BSc Sport and Physical Education

Men's BUCS Champions 2017



Cardiff
Metropolitan
University

Prifysgol
Metropolitan
Caerdydd

Cardiff Met Performance Sport

Cyncoed Campus, Cyncoed Road,
Cardiff CF23 6XD

029 2041 6777

orodgers@cardiffmet.ac.uk

www.cardiffmet.ac.uk/performance-sport