

# Sport, Health & Fitness

## At University of Hertfordshire

[www.uhsport.co.uk](http://www.uhsport.co.uk)

Welcome Newsletter 2013/2014

### Join a Sports Club



University of  
Hertfordshire

**UH**  
Athletic Union

One of the best ways to meet like-minded people, to have fun and to broaden your horizons, is to join a Sports Club.

At the University of Hertfordshire we have 29 clubs offering a variety of sports for all abilities.

Come and see us at the Athletic Union office at Hertfordshire Sports Village, on de Havilland Campus.

### Come Along to Sports Fair



Want to join a sports club, but have no idea which sport you would enjoy? Come along to Sports Fair during welcome week and see how many you can try out for before you commit to anything.

It's also a great place to chat to the students who regularly play sport and find out why they would recommend joining the Athletic Union.

**Wednesday 25 September, 12pm to 3pm**

Hertfordshire Sports Village, de Havilland campus.

### Get Active and Make Friends



**ACTIVE**  
STUDENTS

Fitness doesn't have to be hard work – Active Students is all about having fun, getting active, making new friends and learning new skills.

All UH students can participate, it's totally free and there is no catch. Sessions include Netball, Badminton, Zumba, Basketball, Roller-skating, Dodgeball and lots more.

Full programme available at: [www.activestudents.co.uk](http://www.activestudents.co.uk)

HERTFORDSHIRE SPORTSVILLAGE

— TAKE A —  
**CLASS**

— HAVE A —  
**SWIM**

— JOIN THE —  
**GYM**

— BUY —  
**ONLINE**  
[uhsport.co.uk](http://uhsport.co.uk)

### Join our Community



[www.facebook.com/SportsUH](http://www.facebook.com/SportsUH)



[www.twitter.com/SportsUH](http://www.twitter.com/SportsUH)



[www.youtube.com/SportsUH](http://www.youtube.com/SportsUH)

Get all the latest news and offers instantly.

Plus be the first to see video's and pictures from events held throughout the year.



## House and Sports Fest

The welcome event not to be missed!

- Thursday 27 September
- 12 noon to 3pm
- Hertfordshire Sports Village outside pitches, de Havilland Campus

Enjoy a range of sports, fun inflatables, BBQ, Crush Radio and more.

**ACTIVE STUDENTS**

Everyone is welcome, so come along and get involved.



## Sports Scholarships

Sports Scholarships and other sports services are on offer to support athletes to successfully train, compete and achieve sporting and academic aspirations during their time at the university.

If you haven't already made contact, but are nationally ranked or have achieved recognition in your sport at a regional level or above, then please contact:



Sarah Grybowicz, Sports Scholarship Coordinator on 01707 281183.

## Buy 4 Swims Get 1 Free

Pay and play swimmers are eligible to collect one of our swim loyalty cards which offer one free swim for every four swims purchased within a one month period. Collect your card at Sports village reception\*

\*some restrictions may apply see website for details

## Dates for the Diary

### Sports Fair

Wednesday 25 September

See page 1

### House and Sports Fest

Thursday 26 September

Everyone Welcome

### Sports Club Trials and Taster Sessions

30 September – 20 October

Some clubs require you to try out before you can join, so go along to the free trials and taster sessions during the first 3 weeks of the term.

### Varsity

Wednesday 2 April 2014

Varsity is an annual sporting event between the University of Hertfordshire and our rivals the University of Bedfordshire. UH have been the champions for the last 2 years, so come along and support your teams!

### Sports Awards

Thursday 3 April 2014

An annual celebration of the year's sporting achievements. The Sports Awards 2014 promises to be a huge night again, so don't forget to get your ticket when they go on sale. An event not to be missed!