I am Josh Boddy, City, University of London’s Sports Officer for 2019/20. I am a second year computer science student and have been playing sport all my life. I enjoy Volleyball and Basketball but also enjoy playing new sports and trying new activities. I am currently the captain of the Pool team and I play actively on the Volleyball team.

I believe sport is a social activity, allowing people to spend time with one another, enjoy themselves and engage in some healthy, competitive exercise. It is my goal to get more students involved in playing sport at City and engaging in the well-being activities, raising the overall quality of our sports teams, both in fixtures and off the pitch. Furthermore, I want to establish a sports community at City that will encourage different teams to engage with one another more, to become more social as a whole group as opposed to just in individual teams.

Students at City are lucky to have the Wolfpack and its amazing opportunities to get involved with sport, exercise and general self-improvement. There are so many opportunities to try different sports, socialise, stay fit and healthy as well as to learn more about exercise. It provides an amazing chance to get involved with sport as the Wolfpack is a very welcoming and inclusive group of students who are always happy to spark that love of sport in new students. There is no reason to put off finding out more about all the opportunities and events that are here for you.

I am looking forward to meeting each and every one of you and I wish you all the best for this coming academic year.

Joshua Boddy
MSc Computer Science, second year
Grabbing this magazine is a great first step to getting involved with the sporting community while completing your studies.

Joining the Wolfpack will not only add to your social network, it will provide great opportunities to develop skills for the future, benefitting your CV and adding to your prospects upon graduation.

In addition to the many events already on the sporting calendar, we have lots more planned for this year. As well as continuing our involvement in Rainbow laces and Odd Socks day, the This Girl Can week will be bigger and better, more events will be added to the Varsity series against Kingston (University) Cougars and we are launching the new and improved CityActive social sport programme.

So, whether you represent one of City’s teams, choose to volunteer at one of the events, coach or officiate for one of the representative teams or simply take part in CityActive, you will be sure to enjoy being part of the pack.

& WELCOME TO CITY FROM THE CITY WOLF

Don’t just take my word for it – have a read through this magazine, follow us on social media and check out the Sport and Leisure page on the student hub to find out more about all the opportunities available. Then come along to one of the Wolfpack events or sessions to find out for yourself – you will not regret it.

Follow us on
facebook.com/cityunisport

Follow us on
Instagram.com/cityuniversityoflondonsport

I look forward to seeing you soon.

#BackTheCityPack

City Wolf
Sports Mascot
We welcome everyone from City, University of London’s diverse community to get involved in our sports programme. Our sports clubs, individual sports opportunities and CityActive sessions are open to all City students.

The Sport & Leisure Services team at City are committed to promoting diversity, inclusion and equality and ensuring best practice is implemented at all times. All team captains, coaches and staff are encouraged to be welcoming and inclusive when engaging with students participating in sport.

Future training programmes are planned to heighten awareness of the need for inclusion and equality in sport and will feature techniques to address homophobic, transphobic, sexist, racist and other forms of discriminatory language and behaviour both on and off the playing field.

The City Wolfpack has signed up to the UK Government Equalities Office (GEO) Charter on homophobia, biphobia and transphobia in sport, the aim of which is to make sport a welcoming environment for lesbian, gay, bisexual and transgender (LGBT) people.

The Charter outlines the importance of creating an environment where everyone is able to participate and enjoy sport, whoever they are and whatever their background is. It also seeks to promote fairness, equality, respect and dignity.

The City Wolfpack shares the desire to address the issues that affect participation in sport and work to ensure that opportunities to participate are open to and supportive of everyone.
British Universities & Colleges Sport (BUCS) is the national governing body for higher education sport in the UK, whose vision is ‘to enhance the student experience through sport’.

BUCS deliver more than 50 sports to over 160 universities. This comprises of a busy league programme of over 4,800 teams and over 100 championship knockout competition events every year. They also host the BUCS nationals for individual sport athletes, the UK’s largest annual multi-sport event.

Whether you are a member of a sports team or an individual athlete, you will have the chance to travel around the UK to other university campuses and compete at international standard facilities and iconic venues.
TEAM SPORTS

There are many opportunities to represent City in competitive team sports. Whether you are a complete beginner, have represented your school or college or even played at county or national level, you can get involved in one or more of our 26 teams.

Many of our teams compete in the British Universities & Colleges Sport (BUCS) leagues against teams from other universities across the South East of England on Wednesday afternoons.

Team trials take place on the week commencing Monday 16th September 2019.

Find the date and time for your specific sports team trials during Welcome Week by visiting our website www.city.ac.uk/sport-and-leisure.

INDIVIDUAL SPORTS

If your interest is in individual sport and you would like to represent City as an individual on an elite stage, the Sport & Leisure Services Team can offer support with competition entry, travel costs and possible coaching advice.

You will need to present your qualifications, competition records and relevant UK or international rankings (if applicable).

To find out more about the individual sport opportunities available at University level through BUCS visit the sports page at www.bucs.org.uk.

If you would like to represent City in your sport contact Julie.Haggar.1@city.ac.uk to discuss how we can support you.
Sport at university was something I always wanted to get involved in, having always played and loved team sports. On starting at City, I headed straight to the sports section at the Freshers’ Fair and signed up for my preferred sport, hockey. Here I was greeted by a group of friendly, enthusiastic team members who would go on to become my very close friends.

The first year of university can be overwhelming to say the least, especially in a city like London. My course was a very small cohort with many mature students. Being part of a team, meeting multiple times a week for training, matches and social events not only kept me physically active but also provided me with the best friends and most amazing support network – they were my rock.

In my second year, I put myself forward and was voted to be co-captain of the Women’s Hockey team and now, in my third year, have continued as Captain. Despite the initial nerves at the responsibility and concern about how I would manage to balance this with my university workload, I was excited to be involved in the development of both the club and sport at City.

Captaining a team comes with its challenges, with no coach for the first season, my co-captain and I had to step in, leading training sessions and organising matches. With support from my team, other captains and the Sports and Leisure department we finished the season on a high and decided to make the move from LUSL to BUCS. This was only possible due to the recruitment efforts of the committee, running stalls at the Freshers’ Fair, promoting sports around the campus and keeping up a social media presence; all this alongside the commitment and dedication from our club members. Our efforts were rewarded with the hockey club recruiting a large squad, growing to 50 members for the 2018/19 season.

The hockey club has gone from strength to strength this season with both men’s and women’s teams performing well in the BUCS league and the introduction of a mixed team. Our club has had a large presence within the Wolfpack, hosting multiple social events and fundraisers as well as supporting the achievements of other clubs. The efforts of both the committee members and players have been recognised by many and seen the club awarded Club of the Year for both the 2017/18 and 2018/19 seasons.

While hockey has been my rock throughout university, it is not just the club I owe thanks to. Being part of the hockey club made me part of the Wolfpack. The Wolfpack community is incredible, supporting each other’s matches, fundraisers and socials, coming together to beat Kingston in the Varsity (three years in a row I might add) and always being there for one another. The Wolfpack provides a platform to meet so many different people who are all working together - the group comradery is incredible to be part of.

A further thanks goes to the amazing community of captains and the collective effort that is put into making sport at City what it is. They are always there to support you with anything and everything, whenever you may need.

I’ve been lucky enough to see sport at City progress so much in the last three years; both men’s and women’s hockey teams have moved from LUSL to BUCS – winning their first seasons; the number of students involved is increasing year on year; more teams are starting up; Team City has become the Wolfpack; and the Varsity series against Kingston was introduced. All of this would not have been possible without the amazing enthusiasm of the students and devotion and support from the Sports and Leisure Department.

Through hockey I have had the most amazing university experience and made memories that I know will last me a very, very long time. Sport at City is not like other universities – everyone is welcome, even if you have never played before. It is a great opportunity for everyone to be involved and, in my opinion, everyone should be.

Lauren Hampson
Women’s Hockey Captain
INDIVIDUAL SUCCESS

BLEU PARRIS
Sport: Karate and Basketball

In his second year competing for City, after winning bronze in the same competition last year, second year Bleu Parris won gold in the Senior Male Kumite – 75kg at the BUCS Karate Nationals after winning 8-0, 8-0, 6-1, 5-2 and 2-0 in the final. Bleu’s win means he has qualified for the EUSA Championships in Croatia in August 2019.

Bleu is also a member of the Basketball team and was part of the silver medal winning team at this year’s South Eastern Conference Cup Finals in March.

SOPHIE LAM
Sport: Taekwondo

First year Sophie Lam won gold in the B Class – 49kg Individual Sparring division at the Student National Taekwondo Autumn Championships in November 2018.

Sophie also won gold in the 1st Kup – 49kg Individual Sparring Division at the Student National Taekwondo Spring Championships in March 2019.

The victory means Sophie has qualified for the EUSA Championships in Croatia in August 2019.

JARED HOLMES
Sport: 9 Ball Pool and Snooker

Postgraduate Jared Holmes was part of the team that represented City in the 8 and 9 Ball Pool tournament this year.

Jared also represented City in the Home Nations Snooker championships, reaching the semi-finals and earning himself a bronze medal. He was also part of the winning England B team in the same tournament, beating England A to win the Home Nations Cup.

Jared’s successes resulted in him being named Sports Person of the Year at City’s annual Sports Awards ceremony for the 2018/19 season.

SARAH SAMIN
Sport: Taekwondo

Third year Sarah Samin represented City in the 2nd Kup – 57kg Chang-Hon patterns sparring division at the Student National Taekwondo Spring Championships in March 2019.

ADAM MURAWSKI AND MUHILL MUSTAPHA
Sport: Fencing

Adam Murawski and Muhill Mustapha represented City in the BUCS Fencing individual Championships in Sheffield in February. Both fenced well in a tough foil competition, coming 55th and 43rd respectively out of 115 competitors.
SOCIAL SPORT AT CITY

CITYACTIVE

Taking some time away from your studies is important to help you relax your body and mind. And what better way to enhance your university experience than through sport.

Getting involved in social sport at City has never been easier. By joining our CityActive programme, you can try out new activities in a fun and friendly environment and make new friends from other courses.

There is no weekly commitment, which makes our sessions ideal for those with a busy course schedule. Just come along to CitySport by yourself or with friends and join in with everyone else there.

All equipment is provided. To get involved, all you need to do is register yourself as a City student PAYG member at www.citysport.org.uk, then turn up with your City student ID card, pay and play.

So why not make the most of your university experience and sign up to a session or two?

CityActive sports sessions cost £1.50 each and take place every week during term time at CitySport at the following times:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>BADMINTON – session 1</td>
<td>Mondays</td>
<td>17:00 – 18:00</td>
</tr>
<tr>
<td>TABLE TENNIS</td>
<td>Mondays</td>
<td>18:30 – 19:30</td>
</tr>
<tr>
<td>BASKETBALL</td>
<td>Tuesdays</td>
<td>17:30 – 18:30</td>
</tr>
<tr>
<td>BADMINTON – session 2</td>
<td>Thursdays</td>
<td>12:30 – 14:00</td>
</tr>
<tr>
<td>5-A-SIDE FUTSAL</td>
<td>Thursdays</td>
<td>18:00 – 19:00</td>
</tr>
<tr>
<td>VOLLEYBALL</td>
<td>Thursdays</td>
<td>16:30 – 17:30</td>
</tr>
<tr>
<td>BADMINTON – session 3</td>
<td>Fridays</td>
<td>07:00 – 08:30</td>
</tr>
</tbody>
</table>
SPORTS HONOURS 2018/19
Team of the Year: MEN’S VOLLEYBALL
Club of the Year: HOCKEY
Captains of the Year: OWEN HEWIT AND ALVARO RODRIGUEZ
Bert Brailsford Sportsperson of the Year: JARED HOLMES
Service to Sport: AASTHA MEHTA
Full Colours: JARED HOLMES (SNOOKER) CHERIECE HYLTON (ATHLETICS) RAFAEL FERNANDEZ (AMERICAN FOOTBALL)
The 2018/19 season brought with it the final of a three match Varsity series against Kingston University.

Having already secured a 2-0 lead in the series, City were keen to retain the Thames River Trophy once again and win the series undefeated. Thirty-six teams competed in ten different sports across three days of sporting action. Cheered on by the sporting community and with a special appearance by the City Wolf, City were once again victorious, winning 37-35 to take a clean sweep in the series.

We are pleased to announce that the Wolfpack will enter another three-match series against Kingston Cougars, starting in 2019/20.

Become part of the Wolfpack to stay up to date with all next year’s Varsity news and everything that is happening in Sport and Leisure, by following us on Facebook and Instagram.

To volunteer at the 2019/20 Varsity and find out more, contact sports@city.ac.uk
2018/19 SPORTS

SPORT IN THE SQUARE

PROMOTED TEAMS

RAINBOW LACES AND ODD SOCKS DAY

POOL TEAM

A first for City, as the newly established Pool team headed to Telford in November for the BUCS 9 Ball Pool tournament. After tough draws in the individual competitions, the team reached the quarter finals of the Championship, narrowly losing out to the eventual winners in a tense match.

The team went on to compete in the 8 Ball tournament in Yarmouth in February, where they reached the last 16.
HIGHLIGHTS

BCA NATIONAL CHAMPIONS
The Central City Allstars, City’s representative Cheerleading team were crowned University National Champions in the Level 1 All Girl Medium/Large Division at the Legacy Alpha & Omega championships in February. After a second place finish at the British Cheerleading Association Championships in March, they went on to secure another 1st place, zero deduction performance at Future Cheer in April, ending their successful season on a high.

THIS BUCS GIRL CAN
Students and staff from City took part in This BUCS Girl Can week in November.

A range of activities, aimed at encouraging females to try out new activities, took place across City during the week including; give-it-a-go netball; rugby; cheerleading; meditation and stretching; and a special learn to lift weights session at CitySport. The finale event was a giant neon Afrobeats class held in the Saddlers’ Sports Hall.

This year will see an even bigger and better programme. Watch out for more information on our social media sites in the coming months to find out how you can get involved.

BUCS BEACH VOLLEYBALL CHAMPIONSHIPS
After recent club and individual success at the Deep Dish Volleyball training camp in Portugal in April, City’s Volleyball club sent four athletes to the BUCCS Beach Volleyball Championships in Bournemouth in May.

After facing extremely tough draws and difficult weather conditions in the trophy competition, both the men’s and women’s teams struggled against fully established teams. However, the club fared better in the mixed 4’s competition, finishing fourth overall. The team now look to build on the experience gained and come back stronger for the 2019/20 tournament.
2018/19 SPORTS HIGHLIGHTS

BUCS SOUTH EASTERN CONFERENCE CUP FINALISTS

This year three City sports teams made it to their respective Conference Cup finals, held at Brunel University in March.

Women’s Badminton dominated the qualifying rounds and finished with a silver medal.

After a tough route to the final, Men’s Basketball secured a silver medal after a tense end to end match against UCL 1sts.

Men’s Volleyball’s successful season culminated with the gold medal in the Cup after dominating the early rounds.

STUDENT EXPERIENCE

I played football back home in Prague, but to be able to play for City has made such a huge difference for me. Being part of the team has led me to meet most of my friends at City.

When I found out about the opportunity to go to Barcelona for an all-women football camp I was thrilled, there were so many amazing activities planned throughout the three-day trip. This was also the first sports related event that Santander Universities had hosted and it's impressive and admirable that they chose to pursue women’s football and women in business.

We had the amazing opportunity to train with Barcelona’s ex- football right-back Albert ‘Chapi’ Ferrer – currently a coach at the Barcelona Football Club – as well as with other coaches from the FC Barcelona national and U19 teams. We were split into groups during training and put through the drills that the FC Barcelona players use in their training. It was the icing on the cake to be told that our skill levels were impressive.

The most amazing experience of the trip was watching the Barcelona v Lyon game at the Camp Nou Stadium. We got to experience the atmosphere of the stadium, joining in with the cheering for the home team and obviously their overwhelming excitement when Barcelona won. The next day we were also able to view the stadium with an official tour guide, entering the pitch via the player’s entrance and being guided all the way up to the journalist’s boxes at the top of the stadium.

I have always been a very active person and sport has always been such a big part of my life. I find doing anything active keeps a balance between the work and fun in my life. It is important to be able to wind down and relax in between working hard so you can work as best as you can.

Karolina Batistova
LLB Law, second year
Since joining the University of London in February 2016, City, University of London students have been eligible to join UoL clubs.

You can even join these clubs and still represent your university as we offer opportunities to represent the university as an individual or on an elite stage.

Joining UoL clubs is an ideal opportunity to take part in sports and activities not offered on our programme and it’s also a great opportunity to get to know students from other London universities.

To find out more email sports@city.ac.uk or visit the UoL Student Central website www.studentcentral.london/activities/clubsandsocs/sportssocs

Joining fees for UoL sports clubs may differ from City sports clubs.

In addition, each academic year students are required to choose whether to compete on behalf of either City or UoL in BUCS competitions. It is not possible to compete for both institutions in the same year due to BUCS regulations.

UoL SPORTS CLUBS INCLUDE:

ARCHERY
ATHLETICS, CROSS COUNTRY AND TRIATHLON
CANOE POLO
GYMNASTICS
ICE HOCKEY
JIU JITSU
JUDO
KARATE
LACROSSE
POLO
RIFLE
ROWING
SAILING
SCUBA DIVING
SHAOLIN KUNG FU
SNOW SPORTS
SWIMMING
WATER POLO

“As a City, University of London student you can also join University of London (UoL) sports clubs.”
What’s new at City

The brand new Women’s Futsal team is coming to City for the 2019/20 season and we are looking for players to join the team.

To register your interest email sports@city.ac.uk or come along to the Sport in the Square event on Monday 16th September between 11am and 3pm, where you will be able to speak with the captain about getting involved.

The team will be holding taster sessions at CitySport throughout Welcome Week and all levels are welcome to come along. Be part of City’s history and get involved.

MEMBERSHIP BENEFITS FOR REPRESENTATIVE STUDENTS

To represent City in your chosen sport you must first attend a trial or open practice. Once selected for a team you must purchase a sports membership card and register your details on the BUCS Play app in order to attend training and matches.

Membership cards cost £40 for the academic year and covers you even if you represent more than one sport.

To purchase your card, you must bring a passport sized photograph, your City ID card and your payment to CitySport reception where you will be issued with your card. There is a photo booth at CitySport.

Once purchased, you can represent City throughout the 2019/20 season.

THE BENEFITS OF HAVING A SPORTS CARD INCLUDE:

// FREE strength and conditioning training plans written and coached by the CitySport fitness team

// FREE access to pre-season training sessions

// FREE Varsity ticket

// Reduced gym membership at CitySport

// Priority access to Wolfpack social activities

// Priority ticket booking for annual Sports Awards

// Coaching and refereeing course opportunities
**CitySport**

CitySport is the hub for City’s representative teams, CityActive social sports and home of the Wolfpack. The facilities provide the opportunity for a variety of team and individual sports available to book at a reduced price for students. For more information on the facility and booking information please visit [www.citysport.org.uk](http://www.citysport.org.uk).

<table>
<thead>
<tr>
<th>MEMBERSHIP TYPE</th>
<th>CITY STUDENT</th>
<th>CITY STAFF/ALUMNI</th>
<th>OTHER STUDENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annual</td>
<td>£265</td>
<td>£360</td>
<td>£320</td>
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<td>12 weeks</td>
<td>£67.50*</td>
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<tr>
<td>Monthly</td>
<td>£26.50</td>
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<td>Monthly direct debit</td>
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<tr>
<td>Pay as you go</td>
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<td>£7</td>
<td>£6</td>
</tr>
</tbody>
</table>

All fitness and wellbeing classes are included in the membership price.

*Sports Card holders receive a 12-week membership for £45.
# Team Training Schedule

<table>
<thead>
<tr>
<th>Team Training</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Football mixed</td>
<td>Monday</td>
<td>19:00-20:30</td>
<td>East London Rugby Football Club, E15 3BP</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>20:30-22:00</td>
<td>East London Rugby Football Club, E15 3BP</td>
</tr>
<tr>
<td>Badminton Men’s</td>
<td>Tuesday</td>
<td>20:30-22:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Badminton Women’s</td>
<td>Tuesday</td>
<td>20:30-22:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Basketball Men’s</td>
<td>Tuesday</td>
<td>18:30-20:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Basketball Women’s</td>
<td>Tuesday</td>
<td>18:30-20:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Friday</td>
<td>18:00-20:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Cricket</td>
<td>TBC</td>
<td>TBC</td>
<td>TBC</td>
</tr>
<tr>
<td>Fencing</td>
<td>Saturday</td>
<td>11:00-12:30</td>
<td>Studio 1 &amp; 2, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Football Men’s</td>
<td>Monday</td>
<td>17:30-19:00</td>
<td>East London Rugby Football Club, E15 3BP</td>
</tr>
<tr>
<td>Futsal Men’s</td>
<td>Thursday</td>
<td>20:30-22:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
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<td>Thursday</td>
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<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
</tr>
<tr>
<td>Hockey Men’s</td>
<td>Friday</td>
<td>18:30-20:15</td>
<td>Lee Valley Hockey &amp; Tennis Centre, E20 3AD</td>
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<tr>
<td>Hockey Women’s</td>
<td>Friday</td>
<td>18:30-20:15</td>
<td>Lee Valley Hockey &amp; Tennis Centre, E20 3AD</td>
</tr>
<tr>
<td>Netball</td>
<td>Monday</td>
<td>18:15-20:00</td>
<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
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<tr>
<td>Rugby Men’s</td>
<td>Monday</td>
<td>19:00-21:00</td>
<td>New River Sports &amp; Fitness, N22 5QW</td>
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<tr>
<td>Squash Men’s</td>
<td>Saturday</td>
<td>12:00-14:00</td>
<td>Finsbury Leisure Centre, 1 Norman St, EC1V 3PU</td>
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<tr>
<td>Table Tennis Men’s</td>
<td>Friday</td>
<td>17:15-18:45</td>
<td>Studio 1 &amp; 2, CitySport, 124 Goswell Road, EC1V 7DP</td>
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<tr>
<td>Tennis Men’s</td>
<td>Saturday</td>
<td>17:00-20:00</td>
<td>Lee Valley Hockey &amp; Tennis Centre, E20 3AD</td>
</tr>
<tr>
<td>Tennis Women’s</td>
<td>Saturday</td>
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<td>Lee Valley Hockey &amp; Tennis Centre, E20 3AD</td>
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<tr>
<td>Volleyball Men’s</td>
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<td>Saddlers’ Sports Hall, CitySport, 124 Goswell Road, EC1V 7DP</td>
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