CONTENTS

02 // HELLO FROM YOUR SPORTS OFFICER
03 // ... AND WELCOME FROM THE CITY WOLF
04 // EQUALITY, DIVERSITY AND INCLUSION
05 // BRITISH UNIVERSITIES & COLLEGES SPORT (BUCS)
06 // REPRESENTATIVE SPORTS
   Team sports
   Individual sports
07 // A CAPTAIN’S VIEW OF SPORT
08 // CITYACTIVE
09 // 2019/20 HIGHLIGHTS
10 // DID YOU KNOW?
11 // SPORTS MEMBERSHIP BENEFITS
12 // CITYSPORT
I am James Zhang, a second year Mathematics and Finance student and this year’s Sports Officer. I am currently part of the University’s rugby team and enjoy competing against other universities. I also enjoy playing sports casually with friends.

My goal as Sports Officer is to create a sporting ethos which involves more students in sports regardless of experience. This creates a more competitive environment within teams, which raises the overall quality of our athletes and teams.

Sport is a great opportunity to meet new people and make new friends. All the sports teams are part of one large community that engage in weekly socials, making it a great way to handle freshers’ week nerves.

I highly encourage joining the Wolfpack and I hope for the best this forthcoming year.

James Zhang
BSc Mathematics and Finance, second year

Reading 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.

While Covid-19 has introduced some challenges to the running of sport and activities, we have a lot 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 will be launching our new and improved CityActive social sport programme. Understandably, if the pandemic situation changes, we will revise our plans accordingly and update all members of the Wolfpack.

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.

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
EQUALITY, DIVERSITY AND INCLUSION

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.

The University has also recently launched a new Student Harassment and Bullying Policy and Student Sexual Misconduct Policy. Both policies state that City will work with its students to ensure that their rights, safety and welfare are protected throughout their involvement in any informal or formal procedures relating to any forms of harassment, bullying or sexual misconduct.

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

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.
REPRESENTATIVE SPORTS

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 are expected to take place in November 2020.

Find the date and time for your specific sports team trials 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.

A CAPTAIN’S VIEW OF SPORT

Team sport has always been something I have been involved in. Having played netball competitively back home in Australia, I had experienced the camaraderie and friendships it cultivated and knew if I wanted to make my university experience the best it could be, sport was definitely the way to make sure of that.

When I got my offer from City, I did some research and sent a message to the City, University of London Netball Club’s social media account as I was eager to join the club. I received a swift response and attended a trial and now have friends for life after joining what I thought was just a netball club.

The first year of university, as a whole, can be overwhelming. I definitely found this to be the case. While I had been living in London for a few years, being originally from Australia, I did not know anybody when I started at City. However, after a few short weeks of joining the netball club, I had teammates I saw twice a week for training and games, friends to meet on campus for a coffee between lectures and knew people to train with at the gym. I even had a teammate who was a fellow Aussie and on the same course, so we had training, games, lectures and tutorials together, as well as shared memories of growing up on the other side of the world.

In my second year I put myself forward and was voted to be Netball Co-Captain. During this year we won the BUCS league undefeated, and narrowly lost Varsity. In my final year, we not only won the BUCS league undefeated, but also won the BUCS South Eastern Conference Cup, which was undoubtedly the highlight of my three years as part of netball and the Wolfpack.

A key milestone we achieved was the promotion of our second team from LUSL to BUCS league, where they enjoyed success, increased competition and more regular games.

While being a part of the netball club has been a constant throughout my time at City, it goes beyond that. The Wolfpack community is a special one and proves you do not need to play the same sport to make friends. Joining the netball club meant being a part of the Wolfpack, whether that meant socialising and celebrating after games on ‘Wolfpack Wednesdays’ at CityBar, studying together in the Students’ Union or a pre-game coffee at Goswell Road. Captains and teammates across clubs are always keen to lend a hand to field a team or help with engagement and promotion.

I have been privileged to witness and contribute to the progress and success that the netball team has made over my three years at City. I have absolute faith that I am leaving the club at a successful point and I’m sure that this success will continue to grow.

Rachael Gedge
Netball Co-Captain, 2018-2020
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 will resume in early 2021 and will cost £1.50 each.

PROMOTED TEAMS

We are pleased to confirm that the following teams have gained promotion for the 2020/21 season:

- Netball 1st
- Men’s Futsal
- Men’s Football 2nd
- Men’s Hockey

CONFERENCE CUP AND PLATE

The Netball Women’s 1st team made it all the way to the final of the Conference Plate, held at the Surrey Sports Park. After drawing 41-41 at full time, the team went on to win in extra time with a 52-48 win.

Also competing at Surrey were Men’s Tennis, who put in a convincing performance in their final, beating Imperial 1st 5-1 to claim the Conference Cup.

TAEKWONDO NEWS

British Student Taekwondo Federation (BSTF)

University Championships

- Autumn Championships in November
  - Zaynab Farrugia – Bronze medal
  - Niels Roest – Silver medal
- Winter Championships in February
  - Niels Roest – Silver medal
  - Sabah Hussain – Silver medal
- Spring Championships in March
  - Viroshan Gnanapandithan – Gold medal
  - Niels Roest – Gold medal
  - Zaynab Farrugia – Bronze medal

LEGACY ALPHA & OMEGA NATIONAL CHAMPIONS

The Central City Allstars, City’s representative Cheerleading team defended their Level 1 All Girl Large Division title at the National Championships in February, winning the competition for the second year running.

BRITISH UNIVERSITY AND COLLEGES SPORT (BUCS) INDIVIDUALS

A record 17 students represented City in BUCS Individual competitions this season, with performances in Athletics, Badminton, Taekwondo and Table Tennis.

THIS GIRL CAN

Students, staff and CitySport members took part in This BUCS Girl Can week in November. A range of sessions aimed at encouraging females to try out new activities took place across City during the week, including: badminton; neon spin; beginners running; circuits; meditation and yoga; netball; volleyball; cheerleading taster session; futsal; and lifting for beginners. The finale event was a giant neon hula hoop class in Saddlers Sports Hall.

We are pleased to announce that City will take part in this initiative again in 2021.
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/

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.

Please note that the clubs are currently not running, but will resume in 2021.

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 2020/21 season.

The benefits of having a sports card include:

// FREE strength and conditioning training plans and online sports training exercises, all written and personalised by the CitySport fitness team
// 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 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.

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

*Sports Card holders receive a 12-week membership for £45.