



CITY
UNIVERSITY OF LONDON
— EST 1894 —

The University of business,
practice and the professions



Sport at City

2022/23



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HELLO FROM THE HEAD OF SPORT



Following the amazing successes from our 2021/22 season, we continue to build our City community. I'm pleased to say that even with the absence of sport due to Covid-19 we saw a fantastic number of students involved with our sporting programme, from representative sport, social sport and even our pop-up events.

This year promises to be full of activity which EVERY City student should be able to access. From our competitive teams which compete against other London and South Eastern Universities regularly, our flexible social sport programme CityActive which allows 'drop in' sessions for those who are ready for a fun, friendship building activity, to our amazing CitySport sports centre with great workout areas, massive sport hall and brilliant staff.

So, whether you represent one of our teams, volunteer at an event, spectate and cheer on your City Wolfpack. You will find your place in Sport.

Enjoy this year's magazine, follow us on social media and check out the Sport and Leisure page on the student hub to keep up to date with all events. I look forward to seeing you on the pitch, court or field.

Yours in Sport,

Bill Thompson
Head of Sport & Leisure Services



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

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
**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.

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, racism 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.

STUDENT EXPERIENCE

CHEERLEADING

GABY HARMAN-CRADDOCK BA (HONS) JOURNALISM, FIRST YEAR STUDENT

I saw some members of the cheer committee at the 2021 Fresher's Fair. The girls I spoke to, who are now close friends of mine, were so lovely and I was made very welcomed to try out for the team. As I used to be a dancer, the opportunity to perform again was very exciting to me and it really seemed like a very inclusive and friendly place to do so.

Being a part of CCA has allowed me to make a large group of friends from across City that feel like a family. It's an amazing way to keep fit and meet lots of new people and you get to experience competitions which are so much fun.

Although university work can get very stressful at times, I find that having two hours of training a week helps me to take a break and do something I really enjoy. When you know you have a competition coming up, it's a good source of motivation to get as much work done as you can before the weekend so when you go to compete you can just enjoy the day with your teammates and take a well-deserved break from studying.

If cheerleading looks like something you would enjoy, you should just go for it! Even if you have never cheered before, it's so much fun and the team is so supportive. Get yourself to tryouts and see what it's all about.



CITY EQUESTRIAN CLUB

CITY EQUESTRIAN CLUB IS CITYSPORT'S NEWEST AND MOST EXCITING CLUB.

We started last year and have been overwhelmed at City's enthusiasm for horses. We run a competitive team, which has had a fantastic first season. We also run lessons for all levels of riders at Dulwich Riding School. With over 30 members we are used to catering for all sorts of demands so please do get in touch if you are interested.

We are also looking for experienced riders to compete in dressage and showjumping for our team.

Laura Bramell
Bar course

The 2022/23 non-competitive captain is Andrew, who only started horse-riding last year:

« I joined the equestrian club as I wanted to try something I have never done before. I went to my first riding lesson really nervous but finished it loving a new sport. I would honestly recommend trying horse riding to anyone. The club members are all really friendly and I have made some good friends. I hope to encourage more people to join and create a welcoming community at City, University of London. »

Andrew Counihan, BSc (Hons) Economics with Accounting,
Second year student



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 either the British & Colleges Sport (BUCS) leagues or the London Universities Sports Leagues (LUSL) against teams from other universities across the South East of England on Wednesday afternoons.

Team trials take place on the week commencing **Monday 26 September 2022**.

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.Haggart.1@city.ac.uk to discuss how we can support you.





TAEKWONDO

After reaching the last 16 in the Kakiemon individual patterns in London in December 2021 at the Autumn Championships, Arinomena went on to gain 5th place in the Women's individual sparring. Her final competition saw her head to Norwich in March for the Spring Championships where she competed in four categories. After placing 4th in the sparring and reaching the quarter finals in the individual patterns event. Arinomena went on to win a Silver medal in the Freestyle patterns, earning her qualification into the European University Games in Lodz in July 2022. Arinomena also featured in our This Girl Can week. Read her story here studenthub.city.ac.uk/student-life/sport-and-recreation/this-city-girl-can/meet-the-city-girls



In his third year competing for City, Accounting and Finance student Viroshan Gnanapandithan once again competed in the British Student Taekwondo Federation Spring championships in Norwich. After his Gold medal win in the -68KG in 2020 and a bronze in 2021, Viroshan placed a very respectable 3rd in 2022. Viroshan also competed in the TSC pair patterns with fellow City student, Arinomena Rojofatratra Randrianarisoa, where they narrowly missed out on Bronze after losing in their final event. Viroshan will now travel to Lodz in July to coach Arinomena in the European University Games.

SQUASH

Creative Writing and Publishing MA student, Emma Keane represented City in the BUCS Squash Individual Championships in Nottingham. After being drawn in the tough Women's B draw, Emma faced a tough 5 set match, which she unfortunately lost. After this setback, Emma then headed home to Bermuda to play the National Championships for the first time as a Senior, taking home the title. More recently, Emma has been selected to represent Bermuda in the Commonwealth Games. Read Emma's story here studenthub.city.ac.uk/student-life/sport-and-recreation/this-city-girl-can/meet-the-city-girls



FENCING

Postgraduate student Hugo Cheema-Grubb represented City in both Epee and sabre in the BUCS Men's Individual Fencing Championships in February in Sheffield. Hugo was also part of the Varsity winning Fencing team in April.



EQUESTRIAN

Laura Bramell Co-Captained City's first Equestrian team in the 2021/22 season. After competing in the Mini Leagues, Laura went on to qualify for both the Championship and trophy regional qualifiers in the same year, however was unable to compete at the event. Laura also won Club Colours at the 2021/22 Sports awards. Read Laura's story here studenthub.city.ac.uk/student-life/sport-and-recreation/this-city-girl-can/meet-the-city-girls



BOXING

In his first year at City and his first time competing in the BUCS Individual Championships, Miles Biney came away with Gold in the U67Kg category. Training at Repton Boxing club, Miles hopes to continue this winning streak during his next few years in his time at City, University of London.

Second year Economics Bsc student, Uzair Maqbool competed in the under 57KG open class category In the BUCS Boxing Individuals in Wolverhampton in May 2022, winning Gold in the final with a TKO. Previous to this victory, Uzair amassed four London and two National titles since starting Boxing in 2017, training at East London Boxing Academy in Leyton. Uzair will represent City again in the 2022/23 season, with his ultimate aim of turning professional and winning a world title.

SWIMMING

Lucy Thornton headed to the BUCS Short Course Swimming Championships: November at Ponds Forge, Sheffield in November. Amongst a very tough field, Lucy made the finals in both the 200m and 50m Butterfly. Read Lucy's story here studenthub.city.ac.uk/student-life/sport-and-recreation/this-city-girl-can/meet-the-city-girls



Credit: BUCS

If you are interested in representing City in your chosen sport, please contact julie.haggard.1@city

A CAPTAIN'S PERSPECTIVE



From the moment I first stepped onto a netball court aged 7, enthralled by the fast past nature, high goal scoring and shrill of the umpire's whistle, I knew I had found my sport. Having tried football, swimming, tennis and rugby throughout school, I knew netball would remain a constant.

Welcoming the 2021/22 season with open arms, I graciously took on the role of Co-Club Captain and First Team Captain alongside Ana B Segalotto. Having been promoted for the previous few years, we were adamant to maintain our winning streak, appointing Cumberland Coach Liz Williams-Bew to assist our efforts. After four rounds of trials, we were delighted to welcome 22 girls into the club. My last year at the club has ultimately been my favourite for numerous reasons.

« We established weekly training dinners, where most Monday nights we would traipse down to Pizza Union, devouring our food whilst discussing the session. Weekly Wolfpack Wednesday sports nights were reinstated, enabling us to socialise and bond with the rugby, hockey, volleyball and cheerleading teams. »

We welcomed the return of regular training and fitness sessions at CitySport and are indebted to the team for supporting our progression. Fortunately, we were able to play the entirety of our fixtures this season, travelling across the country, facing fierce competition from various rivals.

« Both teams showcased extensive progress this season, with the second team finishing 3rd in their league and the first team securing a promotion after maintaining their highly regarded winning streak. »

The hard work and determination the girls have displayed this season is admirable and I commend them for their desire to win every single Wednesday.

Varsity (or VarCITY!) made a highly anticipated return this year, marking my first and last participation in the tournament. The two-day competition proved to be overwhelming convivial and the supportive atmosphere was unmatched. The cherry on the cake of the entire tournament (and year) was having the pleasure of playing in the final slot to a home crowd.

« Dominating play from the first whistle and hungry for our final win, we displayed ferocious play, winning 63-27. Our victory led City to win Varsity 2022, which proved to be one of the seasons best highlights. »

Playing netball at City has been one of the best decisions of my university career.

« I have formed lifelong friendships with teammates, advanced my netball skills and hopefully inspired the next generation of City University of London netballers. »

I leave the netball club in fantastic and capable hands and I look forward to watching the girls take to the court next season.

Anna Fox
Netball First Team Captain 2021/22
Journalism Graduate 2022

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, a wide range of fitness, yoga and cycle classes, gym programs and lots more, all available to book at a reduced price for students. For more information or to register please visit www.citysport.org.uk



MEMBERSHIP TYPE	CITY STUDENT	CITY STAFF/ALUMNI	OTHER STUDENT
Annual	£220	£374	£320
12 weeks	£55*	N/A	£85.50
Monthly	£20	£34	£32
Pay as you go	£4.50	£7	£6

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

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

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 £2 each and take place every week during term time at CitySport at the following times:

BADMINTON

Tuesdays 17:30 – 18:30

Thursdays 16:00 – 17:00

BASKETBALL

Mondays 16:30 – 17:30

17:30 – 18:30

Thursdays 16:00 – 17:00

Fridays 20:30 – 21:30

FUTSAL

Thursdays 17:30 – 19:00

TABLE TENNIS

Fridays 17:00 – 18:00

VOLLEYBALL

Mondays 17:00 – 18:00

Fridays 16:30 – 17:30

FENCING

Saturdays 12:30 – 14:00*

*prebooked 10 week programme

CITYACTIVE EXPERIENCES



NAME: MAIDA

What course are you studying?

Criminology and Psychology

What year are you in?

2nd year

CityActive sport you joined this year:

Volleyball

How did you find out about the social sport programme at City?

I found out about CityActive sessions during welcome week.

What do you enjoy most about taking part?

The thing I enjoy the most about these social sessions is the chance to practice the sport even if on a beginner level as well as meet new people from different courses.

How have you managed balancing taking part around your busy course schedule?

That is another good aspect of social sessions, you do not need to commit every week as you would in a team, instead there is flexibility and you have the choice to sign up on the days you are available.

How has taking part impacted your student experience?

It had a positive impact as I felt part of the City community and made new friends.

What do you feel are the benefits of playing and keeping active?

I think it is a good way of relieving stress from your studies and work on your mental health, which ultimately helps you to perform better in exams and assignments.

Any advice for City students thinking about getting active at City?

I would encourage every student at City to join CityActive sessions as it is a chance to stay active in a more fun way than just going to the gym, you get to play some sport and learn techniques from team captains of different sports such as Volleyball, Basketball, Badminton and more.

Additionally, you meet different people from other courses and make new friends.





SPORTS HONOURS 2021/22

Service to Sport: **GEORGE JACKSON**
 Captain of the year: **CAROLYN HENESY & GEORGE JACKSON**
 Most Improved club of the year: **MEN'S FOOTBALL 1**
 Team of the year: **MEN'S FUTSAL**
 Club of the year: **CHEERLEADING**
 Full Colours: **HETVI HARIA**

TEAM PLAYER OF THE YEAR:
 Basketball Men's: **ALEJANDRO BONDJALE**
 Basketball Women's: **ZANA ABDUL-HANNAN**

Badminton Women's: **FERN PANITI AUPATCHA**
 Cheerleading: **SADE WALTERS**
 Equestrian team: **ANNIE HIGGO & LAURA BRAMALL**
 Football Men's 1st: **PATRICIO HEMPLEMANN**
 Futsal Men's: **LUCAS THEODOSE**
 Hockey Men's: **DEVESH KERAI**
 Hockey Women's: **NIAMH KING**
 Netball 1st: **ANNA WARBURTON**
 Netball 2nd: **BECKY MOON**
 Rugby Men's: **JOSHUA CLAYFIELD**





VARSITY

After a two year hiatus due to Covid-19, Varsity returned in 2022 with a new three-year series.

Having won the Thames River Trophy with a clean sweep, City were keen to get off to a winning start again this series.

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 from CityWolf, City were once again victorious, winning 11-6.

Become part of the Wolfpack to stay up to date with all next year's Varsity news and everything that is happening in Sport & Leisure on the Sport & Recreation pages of the student hub and by following us on Instagram.

To volunteer at the 2022/23 Varsity and find out more, contact sports@city.ac.uk



HIGHLIGHTS



THE CENTRAL CITY ALLSTARS

The Central City Allstars, City's representative Cheerleading team achieved a record-breaking season, winning all three of their competitions, to be crowned University National Level 1 Co-ed Champions. With two first places at BCA Nationals and Future Cheer, they finished with a first place, zero deduction routine in the ICC Nationals in March.

THIS BUCS GIRL CAN

Students and staff from City took part in our very own #ThisCityGirlCan week, in conjunction with Sport England's national This Girl Can campaign.

A range of activities, aimed at encouraging females to try out new activities, took place across City during the week including team give-it-a-go sessions and a special begin to box class.

We also spoke to six students involved in sport at individual or team level to find out how they balance their studies alongside being active – read their stories on the sport & recreation pages of the student hub.

We are delighted to announce that we will once again be holding our #ThisCityGirlCan week in November 2022.

More details will be announced in the coming months, however if you would like to get involved, or have any suggestions on events or activities you would like to see here at City, please email sports@city.ac.uk – we would love to hear from you.



CITYBOUNCE

The 2021/22 season brought with it a new weekly ping pong social for all students to participate in, socialise and learn how to play and to compete in fun ping pong activities. With ping pong robot challenges, master classes, tournaments, lots of prizes, great music, games and activities, this fun and active weekly social, giving students the opportunity to meet up with friends and make new ones.

Check out our weekly CityActive Table Tennis session on Fridays from 17:30-18:30 at CitySport. All information on joining can be found on the sport and recreation pages of the student hub.



PROMOTED TEAMS



Football Men's 1st



Netball 1st



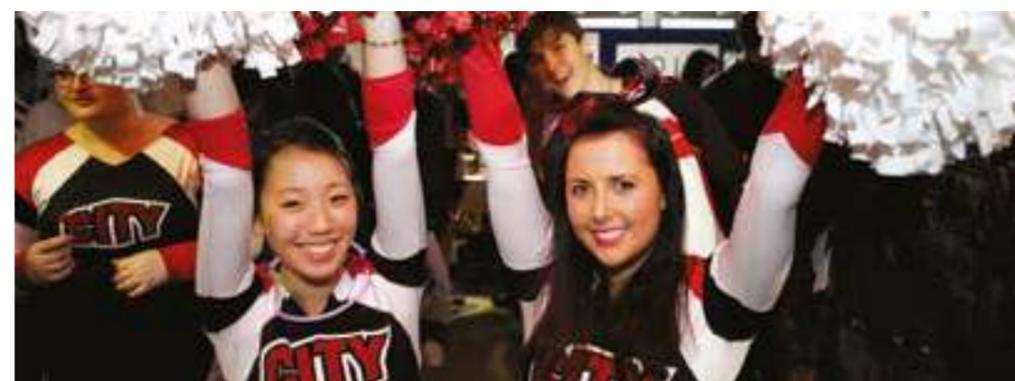
Futsal Men's 1st



Table Tennis Men's 1st

Team Training Schedule

Representational Team Training	Day	Time	Venue
American Football mixed	Monday	19:30 - 21:00	East London Rugby Football Club, E15 3BP
	Friday	19:00 - 21:00	CitySport, 124 Goswell Road, EC1V 7DP
Badminton Men's	Tuesday	18:30 - 20:00	CitySport, 124 Goswell Road, EC1V 7DP
Badminton Women's	Tuesday	18:30 - 20:00	CitySport, 124 Goswell Road, EC1V 7DP
Basketball Men's	Monday	20:30 - 22:00	CitySport, 124 Goswell Road, EC1V 7DP
Basketball Women's	Monday	20:30 - 22:00	CitySport, 124 Goswell Road, EC1V 7DP
Cheerleading	Friday	18:00 - 20:00	CitySport, 124 Goswell Road, EC1V 7DP
Equestrian	Thursday	19:30 - 21:00	Silvermere Equestrian Centre, KT11 1EQ
Fencing	Saturday	14:00 - 16:00	CitySport, 124 Goswell Road, EC1V 7DP
Football Men's	Monday	18:00 - 19:30	East London Rugby Football Club, E15 3BP
Futsal Men's	Thursday	20:30 - 22:00	CitySport, 124 Goswell Road, EC1V 7DP
Futsal Women's	Thursday	19:00 - 20:30	CitySport, 124 Goswell Road, EC1V 7DP
Hockey Men's	Monday	17:00 - 19:15	Lee Valley Hockey & Tennis Centre, E20 3AD
Hockey Women's	Monday	17:00 - 19:15	Lee Valley Hockey & Tennis Centre, E20 3AD
Netball	Monday	18:45 - 20:15	CitySport, 124 Goswell Road, EC1V 7DP
Rugby Men's	Monday	19:00 - 21:00	Haringey Rhinos, New River Sports & Fitness, N22 5QW
Squash Club	Saturday	10:00 - 12:00	Finsbury Leisure Centre, EC1V 3PU
Table Tennis Men's	Friday	17:30 - 20:00	CitySport, 124 Goswell Road, EC1V 7DP
Table Tennis Women's	Friday	17:30 - 20:00	CitySport, 124 Goswell Road, EC1V 7DP
Tennis Men's	Saturday	17:00 - 20:00	Lee Valley Hockey & Tennis Centre, E20 3AD
Tennis Women's	Saturday	17:00 - 20:00	Lee Valley Hockey & Tennis Centre, E20 3AD
Volleyball Men's	Tuesday	20:30 - 22:00	CitySport, 124 Goswell Road, EC1V 7DP
Volleyball Women's	Tuesday	20:30 - 22:00	CitySport, 124 Goswell Road, EC1V 7DP



Sport & Leisure Services
CitySport
The Frankling Building
124 Goswell Road
London
EC1V 7DP



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sports@city.ac.uk



Telephone enquiries
+44 (0) 20 7040 5656



Find out more, visit
www.city.ac.uk/sport



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City, University of London is an independent member institution of the University of London. Established by Royal Charter in 1836, the University of London consists of 17 independent member institutions withoutstanding global reputations and several prestigious central academic bodies and activities.



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