Sport at University College Oxford
2017-18
Hello! As your JCR sports rep it’s my job to make sure you all know what great sporting opportunities you have on offer in college. Sport is a great thing to get involved with at university to make friends and relieve stress. At college level it gives you the chance to play at a competitive level or just enjoy a game with friends, and the socials are good fun too! You don’t have to have played any of the sports before, and everyone is very welcoming to players of all abilities. This booklet gives you the details of the college captains of each respective sport, and a little taste of what that sport is like at Univ. Feel free to contact us on Facebook or via email for more information and watch the JCR page for team groups and events.

I’m also in charge of Women’s Senior rowing, so will be helping Alisa with the novice programme this term. The boat club is a fantastic community full of lovely people with great facilities and I really encourage you to join if you fancy having a laugh and keeping fit!
Hi I’m Kitty and I’m Univ’s netball captain for next year. Netball at Univ is a great chance to get out of college, run around a bit and make some great friends! Although the training is very relaxed you still get the chance to participate in the term long inter-college tournaments throughout Michaelmas and Hilary and also the one day ‘cuppers’ tournament in Trinity. We’re open to girls and boys of all abilities and we try and make sure everyone who’s keen gets some time on court. As well as breaking up your week with sports, I’ll also be organising lots of socials whether that's amongst ourselves, with other Univ sports teams or with other colleges so do get involved if this sounds like your sort of thing! I’ll be around at the Freshers’ fair to answer any of your questions and otherwise feel free to email me at kitty.hatchley@univ.ox.ac.uk or find me on Facebook!
Mens’ Rowing Captain
Angus Menzies
ucbc.menscaptain@univ.ox.ac.uk
2nd year Biochemistry

Oxford college rowing is a fantastic opportunity to give rowing a try. A common myth is that all college rowing is very serious and involves a packed training schedule. However, it's your choice as to how many training sessions you do a week, from 2 to 10. The rowing club has weekly socials which involves meeting all different colleges, which makes it a great way to make new friends across the university.

As men's captain, I am responsible for the men’s first boat. You don’t need to be particularly sporty or experienced, UCBC allows you to develop from a complete novice rower to a strong athlete in M1. We race in internal college bumps races but also at national events such as Head of the River on the Thames. Being a member of M1 gives you a great experience of being a competitive athlete working in a close group of friends to get the best out of each other.
Women’s Vice Rowing Captain
Alisa Musanovic
alisa.musanovic@univ.ox.ac.uk

2nd Year History

There are countless reasons why rowing is so amazing at Univ. First and foremost, the community that you become a part of is so supportive and friendly – you are bound to meet many new people and make great friends. This makes the social side of rowing all the more enjoyable, with events like formal drinks and dinners following competitions such as Christchurch regatta for novices. From a more practical perspective, rowing at Univ is so affordable compared to joining a regular club, since the fee is heavily subsidised, so there is no better time to start! Univ’s reputation as one of the friendliest and most welcoming colleges also undoubtedly extends to the boat club, where everyone is so encouraging of your abilities whether you’re a novice rower or experienced – there is potential to progress to the higher boats even if you’ve just learned – so the possibilities are endless!

It’s up to you to choose how many sessions you sign up for, and what level you want to train at and aim for, whether you’re aiming for rowing in the Bumps competitions Torpids and Summer Eights.
Squash Captain
Ben Shennan
Benjamin.shennan@univ.ox.ac.uk
3rd year Chemistry

Squash at Univ has exploded over the past year with the completion of the new court under Goodhart. Booking courts couldn't be easier and is available for anyone. Sign up to the Squash Club (U.C.S.C) for info about intercollegiate games (League and Cuppers), the college squash ladder and training sessions. I'm hoping to organise a weekly training session with a highly qualified external coach and we will welcome players of all abilities! Looking forward to seeing you all at the Freshers Fair. Ben

Mixed Lacrosse Captains
Rosie Von Spreckelsen & Ollie Matthews
rosie.vonspreckelsen@univ.ox.ac.uk
2nd Year Classics, 2nd Year Engineering

Hello! We (Ollie and Rosie) are your mixed lacrosse captains for this year at Univ. The college team is very relaxed and everyone is welcome, regardless of experience - we had a really good turn out last year, most of whom had never played before but because it's a sociable sport it's a great way to meet new people and not worry about having never played. There are cuppers tournaments later on in the year so you'll have time to get used to the game in our practices and try outs, which will be on Sunday. This was really popular last year so come and get involved!
Hi, I'm Maria, hockey captain! I play for the Uni but also will be organising cuppers/college hockey for this upcoming year. College hockey is a great opportunity to get involved casually in a sport that you've not tried before or haven't played in a while, or if you're like me and you do play it but you want a little extra training while repping Univ. We have women's league in Michaelmas term and a cup in Hilary, and a mixed league and cup that happen in Hilary and Trinity respectively. Last year we did pretty well and I'm keen to get a solid turn out this year to do even better. If you have any questions about Univ, hockey or sport at Oxford in general send me an email at maria.alfaro@univ.ox.ac.uk or find me on Facebook!
Rugby Captain
Will Heard
william.heard@univ.ox.ac.uk
2nd year Engineering

Rugby at Univ is a great way to meet people from outside your subject, keep active and represent the college without making a huge time commitment. The team is a very fun and welcoming group of boys from all across the college. Matches will take place once a week, and we play other colleges so there’s no need to travel and the level at which we play is accessible to all abilities. We will be training once a week and along with weekly socials also (work hard, play hard!) Whether you’ve played for years or never passed a ball in your life you should get involved either way as you will get a huge amount out of it. If you’re interested either find or message me, Ruairi Clayton (Vice-Captain) or Conrad Will (Social sec).
Hi I'm Joe and I was Univ men's football captain last year (2016-2017). Univ has two men's teams. Each team plays in both a league and cuppers in Michaelmas and Hilary. The first team has weekly fixtures, while the Univcorns – sometimes errantly referred to as the seconds – have fortnightly fixtures. There is also five-a-side cuppers. All are welcome to play for Univ and I would really recommend that you give it a go as it's a fun way to get some mild exercise and meet new people (we also have regular social events which are not worth missing). The Univcorns is a really relaxed team and everyone of all abilities is welcome and encouraged to play, even if you've never played before. If you want to get involved or have any questions, please do email the 2017-2018 captains or myself (joseph.arnander@univ.ox.ac.uk).
Other Information

These are only the main sports on offer, but there is so much more going on at Univ! We also run handball, water polo, equestrian, men’s cricket, women’s cricket, rounders and golf teams for cuppers (inter-college competitions) in Trinity term so keep an eye out for those in the summer. Also, a number of people at college play at Uni level in sports as diverse as gymnastics, rowing, golf and cross-country, amongst others, so if you see something you’re interested in, just ask the sports rep to point you in the direction of someone who does that sport, and they’ll be happy to answer any questions you might have!

If team sports aren’t your thing, there are still many ways you can stay active and exercise. Look out at the Uni freshers’ fair for cheap dance, Zumba and pole classes, as well social running clubs and other similar societies. The facilities down at Iffley Road include a running track, swimming pool, and gym which are available for use, and Univ is in the process of building its very own gym on the college site for maximum convenience! Also look out for student deals on gyms in the area.

Univ owns sports grounds a mere ten-minute cycle ride away, as well as an on-site brand-new squash court, which is available to book through the lodge for a game with friends. Its state of the art boathouse complete with erg and weights rooms also provides amazing facilities for the rowers.
At Univ we are aware that playing a sport at University standard can be costly, and we are here to help level the playing field (!) by helping to contribute towards kit, transport and subscription costs. You only need to apply to the Blues and Turquoise (non-Blue university level sports) funds, which are administered by the JCR Treasurer and Sports Rep.