

**Sportspark Tour Points**

**Further 'general' Information**

**Talking Point 1: Foyer (near the café, in front of the welcome rig)**

"Welcome to the Sportspark at UEA"

- It was opened in September 2000 with an initial £14.5m investment from the National Lottery supported by a £3m investment from the University plus local donations of £500k.
- It has grown considerably in the last 14 years; we can get an immediate sense of the wide range of facilities on offer for both students and staff as well as local community users. (In fact the University community only makes up 20% of the annual usage).
- To one side you can see the entrance to the swimming pool, we will shortly be going upstairs for a much better view, behind us the café (please feel free to stop for a coffee after the tour), and the climbing wall.
- To the other side 5 squash courts, (we come back that way at the end) with moving walls to facilitate both singles and doubles squash as well as racquetball. **Just £3 per squash court off/peak**
- **UEA Squash Club run Men's and Women's teams in both local leagues and Inter-University competition (BUCS: British Universities & Colleges Sport)**
- See opposite the entrance to an 85 station **Fitness Centre** with cardio section, stretch area, free weights, resistance area, managed by graduate fitness instructors who also offer circuits, bootcamps and personal training sessions.
- **A mere £3.00 for a student to use the fitness centre off/peak, £4.50 peak**

The range of sports and activities available to University members is enormous and participation levels at UEA are amongst the highest at any British university. Entry to the Sportspark and reduced activity charges are available to all u/g student campus card holders. The facilities are open at all times and operate on a "pay as you play" basis for casual bookings.

**Ziggurat Challenge** is unique to UEA and is a 'free entry' 'recreational-level' programme of mini-leagues and tournaments open to all students, staff and faculty of the University. Last year over 500 teams comprising of almost 5,000 students and staff participated, the School of Biology won the 'Ziggurat Trophy' and the combined team of Norwich Business School & ECO were runners-up.

Head of Maths won the 'Most Sporting Dean' Award. Students have the opportunity to be an Academic Sports Activator ~ a one year post, to help run the Ziggurat programme

**Intra-Mural Sport**

Leagues in Football, Badminton, Touch Rugby, Basketball, Indoor Hockey, Squash and Netball will be on offer during the academic year.

**Talking Point 2: Swimming pool viewing gallery**

**(take the stairs to the first floor, at the top of the stairs, turn right and proceed towards the swimming pool window).**

- Our world class pool offers some of the finest swimming facilities in the country. Our spotless changing rooms and crystal clear water make the whole experience so much more enjoyable for lane swimmers and fun seekers alike. **£2.55 for a student swim session off/peak, £2.80 peak**

**UEA Swimming Club**

.....benefits from the expertise of City of Norwich Swimming Club coaches (who also coach the paralympian medallist Jessica-Jane Applegate!)

**Surf Club, Water polo Club and Triathlon Club**

Also access the pool for training sessions.

**Talking Point 3: Top Corridor near 'Synrgy' room**

**(re-trace your steps to the top of the stairs)**

- Down the corridor is the **Dance Studio**, our fantastic air-conditioned studio has a sprung wooden floor and superb views across Earlham Park, with a wide range of classes, daytime or evening, there's always a class to suit you. Immediately to our right is the 'Synrgy' Suite, where you can book sessions that take your fitness level to new heights with a high-intensity workout that covers all bases. Using a multitude of the most innovative functional equipment available, every session will offer a new challenge.
- Ahead of us is the **climbing wall** (again), Norfolk might be the flattest county but there's no reason why you can't climb at Sportspark. Come and try your hand at 'The Peak' – the largest indoor climbing wall in Norfolk with a Bouldering Cave, overhang and routes to challenge all levels of ability.

**Clubs that use the Studio are:.....**

- DanceSport** (Ballroom & Latin American)
- DanceSquad** (Urban, Jazz, Hip-Hop & Street)
- Ballet & Tap** (with instructors)
- Cheerleading Dance**
- Table Tennis** **£3 for a student o/p session**

**Aerobics, group exercise & Dance:**  
**£3.25 for a student single ticket**

**Climbing Club**

**£2.85 for a student off-peak climbing session**

<p><b>Talking Point 4: Hall 2 (Indoor Arena)</b>  <u>(take the double doors signed 'Indoor halls, Spectator Gallery and Gymnastics Centre' wait by the balcony overlooking Hall 2, in-between the lockers).</u></p> <ul style="list-style-type: none"> <li>Sportspark is the UK's largest indoor community sports venue. We have two large <b>Indoor arena's</b>, (3 courts in the Main Arena and 2 Courts in the Haydn Morris Hall); capable of accommodating 5 full courts for virtually any sport you can think of, from volleyball to 5-a-side football, basketball to netball or cricket nets to korfball.</li> </ul>	<p>Archery  Badminton <b>£3 student badminton</b>  Men's Basketball <b>£10.25 half court</b>  Women's Basketball <b>£10.25 half court</b>  Fencing <b>£10.25 half court</b>  Futsal  Handball  Korfball <b>£14.25 per full court off peak</b>  Netball <b>£14.25 per full court off peak</b>  Ultimate Frisbee <b>£14.25 per full court off peak</b>  Volleyball <b>£14 per full court off peak</b></p>	
<p><b>Talking Point 5: Picture window between Main Arena &amp; Haydn Morris</b>  <u>(proceed down the corridor and wait by the big window in the gap between the 2 arena's)</u></p> <ul style="list-style-type: none"> <li>Ahead we can see the <b>8-lane athletics track</b> with jumping and throwing facilities. City of Norwich Athletic Club (CONAC) is based at Sportspark and train here several times a week, The UEA athletics club can benefit from their expertise across all disciplines.</li> <li>Beyond the track you can see the six floodlit, 7-a-side sand dressed <b>Astroturf pitches</b> (which make up 2x11-aside Hockey Pitches); these are the perfect setting for a game with your mates or a club training session. Fully refurbishes in August 2016.</li> <li>Far centre the four <b>5-a-side pitches</b> are surrounded by rebound boards and cages. The surface is state of the art 3G synthetic grass filled with a rubber crumb.</li> <li>On the far left near to the car park three new <b>7-a-side state of the art 3G</b> synthetic grass pitches, added in 2011. Play on these pitches and you will be displaying skills you never knew you had!</li> <li>Sportspark has six floodlit tarmac <b>tennis courts</b> which can convert to four netball courts.</li> </ul>	<p><b>In between the Arena and Haydn Morris we have the Martial Arts room</b>  Shotokan Karate  Mixed Martial Arts  Tae Kwon Do  Capoeira  Yoga</p> <p><b>Athletics £2.80 student track session</b>  Triathlon</p> <p><b>Men's Hockey</b>  <b>Women's Hockey</b>  <b>£20 per 1/3 pitch or £37.50 for a full pitch peak</b></p> <p><b>Men's Football Women's Football</b></p> <p><b>Netball</b>  <b>Tennis £3 student tennis o/p</b></p>	
<p><b>Talking Point 6: Gymnastics Centre (Spring)</b>  <u>(proceed down the corridor through the double doors on to the Haydn Morris viewing balcony and keep going to the Gymnastics Centre)</u></p> <ul style="list-style-type: none"> <li>SPRING is Sportspark's <b>Gymnastics and Trampoline Centre</b> and is fully equipped to provide the best facilities for recreational level Gymnastics and Trampoline. It has foam filled pits, asymmetric bars/high bar, rings, parallel bars, beams, pommel horse, fast track, tumble track, vaulting track, two floor level trampolines with rig, a sprung floor area, wall bars and mirrors.</li> <li>Courses, drop in classes and taster sessions will be on offer throughout the year in addition to the opportunity to join the UEA Gymnastics and Trampoline clubs</li> </ul>	<p><b>Gymnastics</b>  <b>Trampoline</b>  <b>Cheerleading stunt team</b></p> <p><b>20 other clubs situated on campus or off-site</b></p> <p><b>Boxing, Cycling, Darts, Equestrian, Fell, Golf, Ice Skating &amp; Ice Hockey, Kayak, Kite Surfing, Pool &amp; Snooker, Powerboat, Rowing Club, Sailing, Snowsports, Sub-Aqua, Surf, Waterskiing &amp; Wakeboarding, Windsurfing.</b></p>	
<p><b>Talking Point 7: Squash Courts (again)</b>  <u>(Re-trace your steps to the picture window, tour point 5, take the stairs down, turn left at bottom of stairs and return to the squash courts via the ground floor corridor)</u></p> <ul style="list-style-type: none"> <li>We hope you have enjoyed your tour of these amazing facilities....any questions??</li> <li>Assistant Director: Student Sport ~ Rachel Tomes and the 'uea+sport' department, is in the building if you need more specific information regarding any aspect of student sport at UEA.</li> </ul>	<p>.....and at Colney Lane, which is just a 10 minute walk through campus, 40Acres of playing fields including pitches for Football, Rugby, American Football, Lacrosse, Rugby, Touch Rugby, Cricket and Baseball.</p> <p>....and access for water sports at <b>Whittingham Watersports Centre in Norwich.</b></p>	<p><b>Colney Lane Clubs</b></p> <p><b>American Football</b>  <b>Baseball &amp; Softball</b>  <b>Cricket</b>  <b>Football Men</b>  <b>Football Women</b>  <b>Lacrosse</b>  <b>Rugby Men</b>  <b>Rugby Women</b>  <b>Touch Rugby</b></p>