

TEESSIDE SPORT

Impact Report 2022/23





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INTRODUCTION

The 2022/23 sports season and academic year has been a very busy and successful one for Teesside Sport and all those involved.

Not only have we seen many sporting successes and excellent performances from our students on the pitch, in the ring and out on the court, but we have also seen general participation numbers and engagement of staff and students involved in sport continuing to rise following the recent disrupted years of the Covid-19 pandemic.

Teesside Sport has also continued to develop in its structure and ways of working. This year 2022/23 we welcomed the transition of the University sports clubs which traditionally sat under the Students' Union banner.

We have also seen the introduction, delivery, and development of significant offers such as Sports Scholarships supported by Beth Mead MBE and George Friend, a football academy programme for talented students, the transition to an FA accredited Emerging Talent Centre for our female youth football programme and the formalisation of voluntary opportunities for our students through the Sports Leader programme.

This report reflects and highlights the great achievements and positive impact of Teesside Sport in 2022/23, on so many lives. Within our University population people have very different reasons to engage in sport and physical activity and we strive to provide a platform for all to achieve their goals. Whether their focus is on a healthy and active lifestyle, achieving the highest level of sporting performance they can or using sport as a recreational activity Teesside Sport is the gateway.

We continue to strive to support our staff, students and wider community to achieve a healthier, happier you through the power of sport.

Will Jones
Head of Teesside Sport



TEESSIDE SPORT IN NUMBERS 2022/23

24

student sports clubs (with swimming and wheelchair basketball new this year)



112

campus league football players

Supporting student athletes perform and medal



within Taekwondo, tumbling, kickboxing, cricket, judo and football



14

sports leaders: current students on our volunteering programme

360

participation sports sessions delivered on campus through the Olympia Active Programme

492

fitness classes delivered on campus



Supporting **2,500** engagements

with young people through the MFC Foundation Kickz Project via gifted use of the astroturf facilities each week



3,050

student sports memberships

394

hours of instructor-led climbing sessions delivered



Foundation

Transition to an



delivering an elite talent ID pathway for girls ages 11-16 in female football

139

new University staff gym memberships

1 of 15 UK institutions to achieve the 3*** BUCS Football Accredited Institution Award within higher education

BUCS medals:
 Gold = 6
 Silver = 3
 Bronze = 3



Information for 2022/23 academic year only, correct at time of print

CAG: 13590



Accredited partner institution of **UK Anti-Doping** supporting and promoting the culture of clean sport across the UK

SPORT ON CAMPUS

Facilities

The continued investment within sporting facilities is crucial to allow for safe and enjoyable sporting activity to take place and to allow users access to appropriate facilities and equipment to achieve their goals.

This year we invested in a new sports hall floor on campus to provide a safe and appropriate space for multiple sports (including basketball, badminton, futsal, volleyball and netball).

The Gym has benefited from a cosmetic upgrade and continues to offer a fresh, clean and on-brand space to work out and enjoy the range of keep fit classes. We have also secured funding for the changing room and shower facilities to be renovated.

We continue to offer our University community a fantastic and affordable offer for access to gym and fitness facilities and have again this year committed to no price increase in this membership. Moving to a semester-by-semester membership for students has allowed greater flexibility in payment plans and the staff offer continues to be included in the HR recruitment perks with an easily manageable salary scheme operating on a monthly basis.



We understand the current challenges that students face in a cost-of-living crisis and are proud to continue to offer, an equivalent £10 per month to allow access to quality sports and fitness facilities 7-days a week all year round.

- > **3,050** student memberships throughout the year
- > **139** new staff membership taken out in 2022/23
- > **91** annual student memberships subsidised through the Performance Sport offers
- > **492** fitness classes delivered on campus



Olympia Active

Our participation sport programme, Olympia Active, was relaunched this year following the pandemic. Open to staff and students, it offers free access to a weekly sports and exercise programme to try something new with no commitment, meet others with similar interests and get involved in sport and physical activity.

A staff walking netball session has seen regular participation offering a lunchtime opportunity for the group of staff to get away from their desks, socialise and be active. Similarly, our 7vs7 football league saw students enter teams and participate weekly throughout the semester to allow access to both social and competitive football.

Our first adaptive sports offer was the development of wheelchair basketball sessions where both disabled and able-bodied individuals could try the sport in the Olympia sports hall. Specific sport and fitness sessions for females and the LGBTQ+ community were delivered with the aim of increasing access and participation to activities.



Outdoor activity

Outdoor and adventure offers continue to be a more specialist activity delivered to a range of audiences throughout the calendar year. It encourages students and staff to try something new, test themselves and develop confidence. Our on campus climbing and bouldering walls have seen over 100 new staff and students undertake induction sessions to safely use the facilities on a regular basis with over 300 hours of casual climbing undertaken this year. Outdoor climbing, weather permitting, continues to see great engagement in the spring and summer months, allowing those wanting to take the next step to get out on to a real rockface.

The more experienced climbers within the Climbing Club travelled to North Wales in mid-June for a week of outdoor activity and bonding following regular practice indoors and on local outdoor sites.

Teesside University Schools continue to use these facilities and activities as a great way to develop their staff and students. Allocated climbing wall sessions were given to each School to help them to identify and work with individual students or small cohorts to develop their skills, confidence and communication. Similarly, a number of ice-breaker sessions and cohort identity programmes were delivered within the first few weeks of term, and as interventions throughout the year, to help students integrate to university life, develop as an individual, and develop and problem solve as a group.

Staff and prospective students continue to benefit from such activity with department away days and team building sessions delivered regularly to TU teams, as well as a number of FE institutions integrating this offer into their student programme, enabling us to have an impact on their development and build an association with the University.



SPORTS CLUBS

2022/23 saw the integration of student sports clubs into Teesside Sport, having previously sat within the Students' Union. This year saw 24 sports clubs in operation, with 672 students engaged through the sports club's community in some form. Sports clubs can operate in many different forms with variety in competition vs participation, regular training, entry into British University and College Sport (BUCS) or local league offers and how their calendar year may run.

There are a diverse range of club offers; with new clubs for swimming via local partnerships and wheelchair basketball for disabled and able-bodied students to enjoy.

The Tees-Wear Varsity competition was reintroduced this season following suspension from Covid. The competition, across multiple sports, included climbing, netball, badminton and indoor cricket, as well as the traditional matches in male and female football, futsal and basketball. Hosted across a number of sites in Sunderland for the first time since 2019, the hosts took the trophy in a hard-fought win. We look forward to hosting the competition again on our Middlesbrough campus in 2024.

203 students actively took part in sports competition this year, primarily through the sports clubs via the annual BUCS national competitions, leagues and championships; and through other national governing bodies (NGBs) or local league offers for their sports.



British University and College Sport (BUCS)

A number of successful performances were seen this year by a range of our teams and athletes within BUCS.

BUCS success



Gold

- 2 x Taekwondo
- 1 x Judo
- 2 x Football
- 1 x Badminton



Silver

- 1 x Judo
- 2 x Taekwondo



Bronze

- 1 x Taekwondo
- 1 x Road Cycling
- 1 x Boxing

Performances of note go to Liam Doody, Eve Jackson, Amy Bone and Harley Harbisher, competing in judo and Taekwondo. Due to their success in BUCS this year, the four were selected to represent Teesside University at the European University Sports Association Championships to compete in Croatia. It was a great experience for them to compete at a higher level and against European competitors. Taekwondo athlete, Amy Bone, performed highly finishing with a silver medal in the +73kg women's category.

Building on his success outside of university, Aiden Haywood represented and captained the English Universities Football team in matches against other nations.



PERFORMANCE SPORT

2022/23 saw 14 athletes (including judo, netball, Taekwondo, kickboxing, gymnastics, rugby and high jump) receive support via the Performance Sport Scholarship. The support includes a range of strength and conditioning, rehabilitation and sports science services delivered, facilities access and support with kit and equipment.

The scheme has been a great support to me. After suffering an injury at the end of the year, I was supported to monitor my training and get back to full fitness. Now I'm competing for Great Britain.

Jess Brain, British Tumbling Champion, GBR gymnast

Two international level athletes, Jess Brain and Lewis Westwood, achieved World Championship gold medals in November 2022 as part of the Great Britain male and female tumbling squads competing in Bulgaria. Jess was also part of the British women's team and gained a European silver medal.



Jess and Lewis received an invite to the BBC Sports Personality of the Year Award, and grabbed a quick selfie with recent Teesside graduate, and eventual winner of the award, Beth Mead MBE.



Further international success was achieved by Mary Corbyn. Following a hugely successful junior career in kickboxing, Mary became number one in the world with the ISKA World Full Contact Champion -52kg with a third round TKO in April. She now receives an invitation to compete at the prestigious ISKA World Championships within the senior team in October. This fantastic accolade sits alongside Mary's success in recent selection for Sunderland AFC Women's Professional Game Academy to form part of their squad.

Another scholarship student has experienced international level competition this year. J P Meade, an Italian cricketer, recently represented his country in a nail-biting ICC T20 Cricket World Cup qualifying tournament. They came third, narrowly missing out on a place in next summer's finals in the Caribbean/USA.

Football at Teesside University

This year the Football Academy offer was introduced for male and female sides. The scheme provides the first team squads the opportunity to undertake their academic studies, whilst being supported to pursue their footballing goals and develop and succeed to the highest possible level.

An extensive programme of training, performance support and academic flexibility has been delivered by the range of practitioners within the institution. In conjunction with our corporate partner, Middlesbrough Football Club, the teams have also attended events at the Riverside Stadium and access Rockcliffe Hall training facilities for specific sessions, led by the academy coaching staff.

Specific success was seen on the women's side, with the team remaining unbeaten all season, claiming the league and cup titles within their BUCS competitions.



In conjunction with the Football Academy, two football-specific scholarships were launched in conjunction with current professional footballers:

- > The **George Friend Scholarship** aims to support a small number of local students from disadvantaged backgrounds pursue their academic and footballing goals.
- > The **Beth Mead Scholarship** supports four aspiring female footballers to study for their degree whilst developing within the women's game; and hopefully emulate one of our most famous alumni, Beth Mead MBE, who studied at and played for Teesside University and Sunderland Ladies, before signing for Arsenal Women FC.

Football is one of the most popular sports within our student cohort and to further show our commitment within this space, and standards that we work to, Teesside Sport has achieved a 3* BUCS Football Accreditation this year.

We're one of 13 UK institutions to hold the highest level of accreditation, which demonstrates the equality of access we provide to football, through the likes of our Just Play sessions and our 7vs7 Intermural tournaments. This recognition has allowed us to further develop the football and futsal offer across the male and female pathways, and has seen some of our students develop further through attendance at national CPD events hosted by the FA.



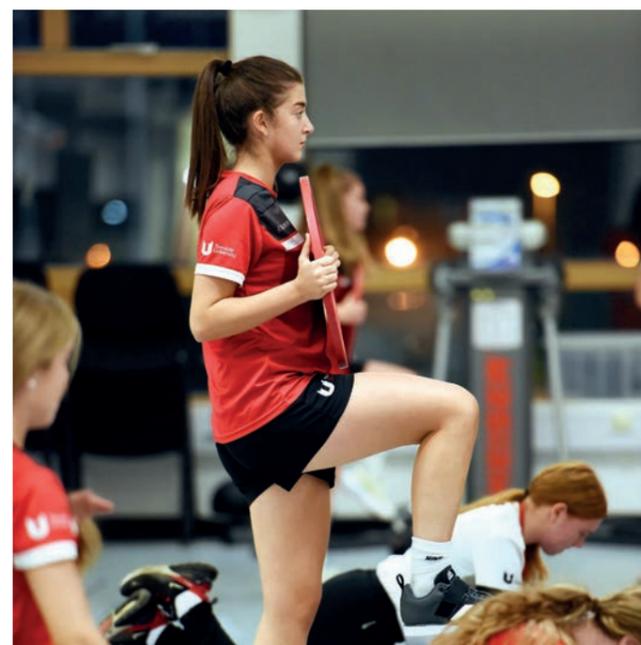
FA Regional Talent Club

Teesside Sport continued to run the Teesside Regional Talent Club (RTC) provision in the 2022/23 season after retaining the licence granted by the Football Association.

This year's provision covered 4 squads, including U12s for the first time. All age groups received weekly training sessions, access to a strength and conditioning programme and seasonal fitness testing.

U12s	U14s	U15s	U16s
34 players	19 players	17 players	19 players
4 coaches	4 coaches	4 coaches	4 coaches

A regular games programme saw players gain experience and compete against the likes of Manchester United, Liverpool and Manchester City within a female youth football space. Aimed at player development, rather than on-field results, this year's programme saw 8 players called up to National Talent Pathway Camps with one player attending a full international camp.



Following the close of the season we have also seen 3 of the U16 graduates signed by Middlesbrough FC Women and Norton Ladies, demonstrating their capability to progress to the next level of female football.

RTC parent questionnaire responses.

'My daughter really enjoys her time and the coaches' attitudes, and input are great.'

'The programme improves the girls in every aspect of their lives, as well as football.'



EXTERNAL ENGAGEMENT

MFC Foundation: Kicks Project

The Premier League Kicks Project uses the power of football to engage young people who may otherwise be difficult to reach in some of the most disadvantaged areas of the country. The vision is to 'build safer, stronger, more respectful communities through the development of young peoples' potential.'

Teesside Sport is proud to play a role in supporting the MFC Foundation in their delivery of this scheme by gifting the use of our 3G astroturf pitch twice a week to the local children of Middlesbrough surrounding the University campus. Free and inclusive sessions delivered by MFC coaches has enabled over 2,500 engagements with local young people on our campus providing them with an opportunity to socialise, enjoy physical activity and have fun through football. This continues to develop the relationship between the University and the local community.

The Boot Room

We hosted the launch of The Boot Room, run in partnership between MFC Foundation and the Michael Carrick Foundation. Michael Carrick, the Middlesbrough FC boss was on campus in January, at one of the Kicks sessions, to provide local children with football boots. One of the project aims is to provide greater access to footwear for young people to play football.



AMP Champions

AMP Champions is part of the Amplify Tees Valley Programme which aims to support and educate young performance athletes in the Tees Valley. Teesside Sport supports the delivery of this programme, by providing these developing athletes with access to our sports science facilities, strength and conditioning training, injury prevention and physiotherapy; in addition to dedicated weekly sessions delivered by qualified practitioners.

Amp Champs has really benefitted from the partnership with Teesside Sport. The programme gets access to superb facilities at the University and access to highly qualified, experienced members of staff. Without the support of Teesside Sport, the programme simply would not be as successful as it is.

Mark Dobinson, Project Officer, Talent Plan, Tees Valley Sport



SUPPORTING OUR STUDENTS

Developing students

The wider Teesside Sport team includes 8 gym instructors, 8 sports assistants, 5 climbing wall instructors and 2 sports activators, all of whom are current students. These students are a valuable resource to us delivering important work, and they benefit from this great opportunity to develop their employability skills and experiences.

- > The **Sports Leaders Programme** was introduced this year for current students who are interested in working in sport or developing their skills to volunteer their time. The programme is delivered in conjunction with VolunTees.

Sports leaders are assigned to a sports club for the year and play a key role in helping the team run and develop effectively. They are a contact point for club members, assist with administration and logistics around training, facilities and fixtures and help with social media, promotion and recruitment to the club.



14 students signed up to the programme and gained valuable experience and volunteering hours through VolunTees.

- > As a 3* BUCS football accredited institution two current students benefited from a BUCS student activator national training day at the Manchester Etihad Stadium. Activities included presentations from sports and leisure industry professionals, networking with sports students and staff from other UK institutions, and opportunities to develop their skills and experiences in their sports activator role.
- > Student climbing wall instructors have delivered wall inductions and practice sessions regularly, and worked more closely with a range of local colleges who attend wall sessions.

72 hours of instructor-led climbing sessions have been delivered, enabling sports students to gain experience of wall climbing, challenged, inspired and motivated other students as part of their University visit programme. It has also given our student instructors experience of working with younger students across various institutions. All student instructors receive regular instructor training and shadowing opportunities throughout the year from qualified instructors to continually develop within the role.

- > Other student placement projects hosted this year include a sports clothing bank initiative, for students to obtain free second-hand sports clothing for those who see this as a barrier to participation; and research into new mothers' engagement with sport and how to make this more accessible.

Sports Awards 2023

To celebrate this year's sporting achievements and recognise those involved, the annual Teesside Sport Awards were held at the MFC Riverside Stadium. Awards were presented to athletes and teams for their success and performance within their sport. Sports club coaches, sports leaders and student-staff were also recognised for their dedication, hard work and success within their roles to help shape and deliver the sporting offer across the University.

Sports achievement awards

- > **Harley Harbisher**, Taekwondo
- > **Lewis Westwood**, Tumbling
- > **Jess Brain**, Tumbling
- > **Eve Jackson**, Judo
- > **Ryan Tinkler**, Boxing
- > **Aiden Heywood**, Football
- > **Mens' Badminton Team**
- > **ZLATAN FC**, Intermural Football



Individual performance of the year
Erin Boyle, Football

Team performance of the year
Women's Football

Sports leader of the year
Grace Armitage, Cheerleading

Sports club of the year **Cheerleading Club**

Teesside Sports student staff member of the year **David Aaron**

Sports team of the year **Women's Football**

Sports coach of the year
Claire Streeter, Women's Football

Female sports personality of the year
Amy Bone, Taekwondo

Male sports personality of the year
Liam Doody, Judo



Liam Doody



