

# Sport at Loughborough

## Frequently Asked Questions

### **Does being part of a local/regional/county team mean I get access to a scholarship?**

- Most of our sport scholarships at Loughborough require junior/international level performance, with football being an exception. The level of competition to access a scholarship does slightly differ from sport to sport though.
- More information is available here:  
<https://www.lboro.ac.uk/sport/performance/scholarships/>

### **How many individual sports teams are there? Is it competitive to get into the sports teams?**

- Currently there are 59 sports clubs at Loughborough University.
- Entry is dependent on the sport and the level you want to compete at. Some clubs host trials - these usually take place at the start of term, whilst for some clubs, anyone can join.
- More information is available at <https://www.lboro.ac.uk/sport/sports/>

### **How often do you play sport if you are part of a BUCS team?**

- This will vary depending on your level of competition and the sport you play. Most students who play BUCS train a few times a week and will have one or two matches a week.

### **What do you gain access to if you are part of a sports/BUCS team?**

- Again, this will vary depending on the programme, team and level. Most will get training and games with their membership and have to buy kit. Performance programme members will have access to 1-1 coaching, free gym membership, physio and nutrition advice, plus potential cash rewards dependent on scholarships.

### **Do I need to do sport if I am going to study at Loughborough?**

- You do not need to play sport to study a degree at Loughborough! There are plenty of other activities on campus and societies to join for those who are not interested in sport. Our full list of societies can be found here: <https://lsu.co.uk/societies/list>

### **If I already know someone within a team (such as a coach), can I get any preferential treatment or a scholarship before I start my studies?**

- Knowing a coach or player could help with settling in and training at Loughborough, but our selection process and scholarships are based on ability and previous level of competition. Numerous coaches and staff will assess players during trials to ensure a fair team selection process.



### **Do I need to be good at a certain sport to be part of a team?**

- This depends on the club/team. Some teams will trial, whilst some clubs welcome all, from beginner to international. There are also opportunities for students to get involved in sport through their halls of residence. These IMS leagues provide a competitive but fun setting for students to compete in sport against other halls. There are also My Lifestyle sports activities across campus for students who want to get involved in sport, but do not necessarily want to play competitively.

### **Do I need to be elite to be part of the gyms and use the facilities?**

- Anyone can use our two gyms, and as a Loughborough student you can access everything from high performance training venues to free recreational areas.
- Powerbase gym has specific time slots in the day where only elite athletes can train. However, Holywell Fitness Centre can be accessed at any time of day by students.
- More information can be found here: <https://www.lboro.ac.uk/sport/facilities/>

### **How many sports clubs can I be part of?**

- This really depends on the sport you want to play and the level of competition, as well as how much free time you have outside of lectures. Most students tend to play one AU sport competitively, but also get involved with other sports through IMS and My Lifestyle.

### **Because I compete at a certain standard, will the grade entry requirements be lowered for me?**

- We do occasionally make lower offers to Elite Athletes competing at a high level. They should contact the Performance Sport team in the first instance: [performancesport@lboro.ac.uk](mailto:performancesport@lboro.ac.uk)

### **If I want to continue competing, will there be allowances made for me in terms of missing lessons for matches / extended coursework deadlines?**

- Yes, if you are competing at a very high level in sport, there can be some academic flexibility.

### **How does playing and participating in sport fit around my studies?**

- Usually quite easily, as training tends to be outside of teaching hours. Wednesday afternoons are dedicated to sport and extra-curricular activities, so there are no teaching hours, which allows students to travel and compete in games. Also, some fixtures take place at weekends. Support is available for students if there are any issues.

### **How much would a gym membership cost?**

- Gym membership is £280 annually, or £229 for the academic year (August 2019).
- More information on membership prices can be found here: <https://www.lboro.ac.uk/sport/memberships-prices/membership-prices/>.

### **How much does it cost to join a sports club?**

- This varies from club to club and the level you are training and competing at.

