



## UNIVERSITY ATHLETICS

### Benefits of staying in Aberdeen

**Kelsey Stewart** (AU Student) - "brilliant sports bursary, treated as individual. You receive physio, strength and conditioning, close friendships at the University. Athletics is a target sport for the University... theres flexibility if exam clashes with competition, can sit it at a different time. Theres bursars accommodation at AU.

On the academic side, Im doing a sports science degree. AU regarded as best in Scotland, as good as Loughborough University."

**Zoey Clark** ( was AU student) - " main reason for staying in Aberdeen was the very good set up. Theres nowhere else in Scotland with the set up we have here. Staying at home minimised change and thus less disruption to my training. Had financial support from University, access to university strength & conditioning sessions, fitness classes and yoga. Coach met with S & C coach for each new gym programme.

I did a chemical engineering degree at AU. It was very good. Don't feel I have missed out on anything by staying in Aberdeen."

**Eddie McKenna** ( coach to Zoey Clark)- "AU has the best funding packages of any University in Scotland. Theres an intergrated support team at Aberdeen that talk to each other across all levels. Compact facility here in Aberdeen, everything together, therefore less travel time. Liberty Living has specific accommodation for sports students.

In Aberdeen, we are out of the way, reduces pressure on athlete, away from the buzz of English Sports Universities or USA universities. Athletes develop at their own rate as their programmes are individualised. Disadvantages windy/grey."

### Technical training

RGU and AU athletes train together at the student session at ASV on a Tuesday. The universities are looking to expand this training programme. All students are coached by Aberdeen AAC coaches.

### RGU Scholarship 2017/18:-

Apply to university. Applicant must be competing or have the potential to compete at a minimum of junior national level in their chosen sport. Reviewed on an annual basis. Get financial assistance to support travel, training, equipment and competition expenses; membership of RGU sport; fitness testing; nutrition workshop and consultation; performance lifestyle; physiotherapy profiling; strength and conditioning.

### AU Scholarship 2016/17:-

Apply to university. To be eligible must be in top 20% in the Power of 10 ranking in your event, meet the entry standards for athlete 3 & 4 at the BUCS outdoor athletics championships in the current year. Receive financial assistance to support travel and accommodation to compete; membership of ASV; Strength and conditioning.

### Further reading:

An Athlete's Guide to University Athletics - England Athletics January 2012

The life of an athlete: Is university for me? - Athletics Weekly September 14 2016

Advice for Athletes: Picking a university - Athletics Weekly August 27 2016