

UNIVERSITY OF
BIRMINGHAM



University of Birmingham Sport
YOUNG STARS CAMP



24 - 26 October 2011



What is the Young Stars Camp about?

University of Birmingham Sport (UBSport) are currently seeking nominations for places on their Autumn 2011 Young Stars Camp.

60 places are available on the three day training camp for aspiring year 12 and 13 students in the sports of Athletics, Badminton, Lacrosse, Rugby and Swimming.

The training camp will provide athletes with the opportunity to train with current international sports people who are studying and/or training at the University, and experience life on one of the most established university campuses in the UK.

Attendees will also have the opportunity to experience first hand the renowned sports science and lifestyle support to which all UBSport Scholars have access.

Athletics

The University of Birmingham has one of the top athletics teams in the country. The men's cross country team are current British University Champions. The University also regularly feature in the top three in the British University Indoor and Outdoor Track and Field Championships. Convenient facilities and numerous scenic running trails, top class coaching and a friendly atmosphere make Birmingham the ideal place to train and study.



The October Young Stars Camp will provide individuals with the opportunity to train alongside the 20 current international athletes currently studying at the University, and to receive advice from recent graduates and GB internationals Hannah England (800m & 1500m), Luke Gunn (3000m steeplechase) and Commonwealth Champion Louise Hazel (Heptathlon), who base their training in Birmingham.

Rugby Union

University of Birmingham has a proud rugby history and aspiring male rugby players will receive coaching from former Samoan international Mike Umaga (appointed as the University's head coach just over two years ago and already making an impact). Former University of Birmingham players include England Rugby 7s players James Rodwell and Neil Starling, Premiership players Alex Clarke (Bristol) and Leigh Hinton (Leeds Carnegie).

Badminton

UBSport is among the best universities for badminton in the country, as a priority sport the badminton club benefits from the services and support of the Hi Performance Centre. Over the past 10 years, UBSport has produced the BUCS men's individual champion on six occasions and the women's twice, with an additional six gold medals in the other knockout competitions. Many of our best players have also gained international representation with home nations and in British University teams, with ex-England international, Lorraine Cole, taking over the coaching reins in 2010 we expect this trend to only improve further.



Swimming

The Young Stars Camp will provide young swimmers with the opportunity to train with the University of Birmingham swim team, one of the emerging forces in British University competitions.

The club's strength and depth is emphasised by the fact that in 2009 it became the first University to have three teams qualify for the BUCS team finals.

The swim team in 2011 climbed to new heights, placing second in BUCS, with the second team winning their division, making them the first second team to earn promotion to the highest BUCS division.

Lacrosse

If you are interested in joining one of the most successful female lacrosse teams in recent British University history then please come along to this camp to meet and train with the team. UBSport Lacrosse are a perennial power, and were crowned BUCS Champions in 2010.

Head Coach, Dave Abini, is also the English Lacrosse Midlands Officer, adding real quality to leadership of the team. Many of UBSport players in the past have earned Senior England representation alongside their academic degree, whilst many more are in the current England junior squads and/or senior territorial teams.

Programme of Events

Monday

14:00	Arrive/check-in
15:00	Light refreshment, welcome talk
16:00	Sports specific talks
17:00	Training
18:00	Training
19:00	Evening meal

Tuesday

08:00	Training (optional)
09:00	Breakfast
10:00	Psychology workshop
11:00	Psychology workshop
12:00	Lunch
13:00	Question & answer with scholar panel
14:00	Training
15:00	Training
16:00	Training
17:00	Food
18:00	Bowling trip

Wednesday

08:00	Training (optional)
09:00	Breakfast
10:00	Department tours
11:00	Department tours
12:00	Lunch
13:00	Training/BUCS games
14:00	Training/BUCS games
15:00	Training/BUCS games
16:00	Training/BUCS games
17:00	Food & departures

* To be finalised/confirmed by September 2011.

Booking Details

To apply for a place on this camp, please complete the relevant nomination form, enclose a cheque for the correct amount and return to the contact below.

Option 1 (all inclusive) - to include two nights accommodation in twin room University accommodation, meals, bowling trip, workshops, seminars and coaching sessions. £75

Option 2 (without accommodation) - to include all of the above except accommodation and breakfast. £40

Spaces on this camp are limited, so to avoid disappointment please return the nomination form as early as possible. If places fill up before the closing date, priority will be given to Year 13 students. **Closing date: 16 September 2011.**

For further details or to book a place, please contact:

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Final details, including a detailed timetable, upon confirmation of student's attendance.