



Queen Mary's College

SPORT AT QMC 2019/2020 – ONLINE INFORMATION

(Information detailed below tends to relate to the 2018/19 release. It will be updated in June 2019 and posted to all applicants in readiness for enrolment.)

Queen Mary's College has always had an excellent reputation in Hampshire for its sporting programme and team successes. It is regarded as a Centre of Excellence for football and as a consequence has attracted some great male and female players to the College.

As well as Level 3 Sport programmes there are additional sports related courses available which can be added to your main programme:

- Level 2 Award in Sports Leadership & Certificate in Higher Sports Leadership
- National Pool Lifeguard Qualification
- Duke of Edinburgh Awards
- Fitness Instructors/Personal Trainer Qualifications (Levels 1, 2 & 3)
- QMC Football Academy
- Team Games: see below

COLLEGE TEAMS

Athletics	Cricket	Netball	Swimming
Badminton	Football – Men's	Rugby – Men's	Tennis
Basketball – Men's	Football – Women's	Rugby - Women's	Table Tennis
Basketball – Women's			

SPORTS TRIALS

Trials for Women's Netball and Men's Rugby - Trials will be held shortly after enrolment, date to be confirmed. Normally, Rugby will meet outside the Sports Hall for trials on the 3G pitch. Netball will meet in the Sports Hall Foyer for trials in the Sports Hall. The trials usually last about three hours. **Please ensure you bring suitable kit/equipment, footwear (moulded or astro boots for 3G) and drinking water.** Trials for all other sports will be held during the first timetabled sessions after College starts.

PLAYING FOR QMC

Playing for one of the College teams is a serious commitment. Players must be available for matches and timetabled training sessions. Generally there are league, cup, merit table, friendly games and tournaments arranged every Wednesday afternoon throughout the Autumn and Spring Terms. These, and the training times, will appear on your timetable. Away matches involve travelling time and you may need to keep yourself free from other commitments, such as work, until a little later on Wednesday evenings.

Fixtures will be starting in the second or even first week of term.

To help avoid injury and to be fit enough for the trials and the start of the College season it is advisable to do some regular fitness training during the summer months and attend pre-season training if you are a member of a club.

There is a sport team subscription charge of approximately £40 (tbc) for the year (depending upon the sport). Details of this are contained within the Course Cost Booklet. Subscriptions help towards the cost of running the team (transport, playing kit, equipment, laundry, pitch/court hire, fees for officials, affiliation and competition entry fees).



SPORTS CODE OF CONDUCT FOR PLAYERS, COACHES, PARENTS & SPECTATORS

The code of conduct detailed below is applied by all colleges in Hampshire.

Players should

- Play by the rules and laws of the game.
- Play within the spirit of the rules and laws and avoid gamesmanship and time wasting.
- Make every effort to develop their own sporting abilities in terms of skill, technique, tactics and stamina.
- Treat opponents, spectators and match officials with respect.
- Accept the decision of match official without protest.
- Encourage team members.

Coaches should

- Respect the rights of all players and match officials.
- Place the safety of all players above all considerations including the development of skill.
- Must encourage players to abide by rules and regulations and accept responsibility for their behaviour.
- Ensure that activities are appropriate for age, maturity, experience, gender and ability.
- Set clear standards of acceptable behaviour on and off the pitch/court.
- Keep winning and losing in perspective with personal challenge and enjoyment.
- Adhere to all governing body rules.
- Provide constructive feedback.

Parents and Spectators should

- Applaud good performance from all competitors.
- Display self control on the sideline/courtside, do not shout and scream.
- Respect the referee/match official's decision.
- Respect that people are involved in sport for the fun and enjoyment.
- Be positive and encouraging to all players, coaches and officials.



QM SPORTS CENTRE

Studying sport and/or playing for one of the College Teams is not the only way to get or stay fit. QM Sports Centre strives to promote a healthy lifestyle for all by providing a high quality and diverse range of sport and leisure activities for students, staff and members of the local community.

Get fit in a welcoming and friendly environment with our Student and Family and Friends Offers this summer



MOTIVATE • EDUCATE • SUCCEED

Enjoy these great facilities:

Fitness Suite

Students can enjoy free use of the Fitness Suite for an Induction fee of £30 during College hours. An induction is essential prior to use, which is bookable at the Sports Centre Reception. Students can also take advantage of a great offer to extend their membership to include evenings, weekends, school holidays and also unlimited fitness classes for just £80 per year, or £8 per month paid by direct debit. Personal exercise programmes can be designed for students wishing to focus their training. The Fitness Suite is air conditioned and offers 40 fitness stations, comprising of 20 pieces of cardiovascular equipment, a selection of resistance machines, a free weights area and music and video entertainment.

Freestyle Studio

There are also plenty of fitness classes on offer – Pump, Core Fitness, Ab Blast, Body Conditioning, Functional Circuits, High Intensity work outs and Yoga available from just £2 per session. Contact the Sports Centre reception for bookings and more information.

Sports Hall

Students can use the Sports Hall without charge during College hours (unless the Sports Hall is being used for lessons). The multi-purpose hall has been designed to provide specialist facilities for netball and basketball but can also be used for indoor football, badminton (4 courts), cricket (2 nets), volleyball and table tennis. It is also possible to hire equipment by leaving a QM card at reception. There are full changing facilities, a viewing gallery and glass-partitioned wall.

Swimming Pool

The swimming pool is due to undergo some refurbishment works during Summer 2018 ready for new term in September. Students can use the swimming pool when it is open during College hours, this is free of charge. The swimming pool is 23 metres and has 4 lanes. There are separate showers and changing rooms. Collect a timetable from the Sports Centre's reception.

Rubber Crumb Synthetic Pitch (3G Pitch) and Other Pitch Facilities

A full size, floodlit rubber crumb pitch, suitable for football and rugby, is available for hire 6pm-10pm (weekdays) 8am-5pm (weekends). This state-of-the art facility completes the College's excellent pitch facilities, which also include a sand-based astro pitch, suitable for hockey and football, and a newly surfaced grass rugby pitch and training area.

QM Sports Centre Reception
Cliddesden Road, Basingstoke, RG21 3HF
Tel: 01256 418301
www.qmc.ac.uk/sportscentre