

NTU Sport - Rugby Union

David Ross, Head of Rugby



NOTTINGHAM
TRENT UNIVERSITY





**Inspire
Potential,
Deliver
Excellence**

**RFU Student
Club of the
year
2022/23**

Partnerships: Nottingham Rugby

Nottingham Rugby and NTU Rugby work together to produce the best university and professional rugby pathway for student athletes.

Players, Coaches, Support staff and facilities are all shared to create a UK leading partnership.



Partnerships: Nottingham Rugby

Since 1995 and the dawn of professional rugby, over 100 NTU students have represented Nottingham Rugby at professional level and beyond. This places NTU/Nottingham Rugby pathway amongst the top 2/3 universities in the country to produce as many professional players.

Ellis Mee vs Leicester Tigers, Sep 2023





Ellis Mee:

NTU (22/23)

Nottingham

Rugby (23/24)

Scarlets (24-27)



Former NTU now Nottingham RFC



Scholarships

- **Bursary/Fee Waiver Support**
- **Individualised Services**
- **1/1 Lifestyle Support and Mentoring**
- **Academic Flexibility Support**



NTU Rugby Scholars





Nottingham Rugby, Lady Bay

4 Grass pitches

Clubhouse, Changing,
Offices, Astro Pitch, Gym



Performance – Development - Participation

1st and 2nd XV

3rd /4th /5th

XV

**Women's
Rugby**

Inter-Mural

Rugby

5 teams

playing

weekly

Weekly Schedule Performance Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Strength and Conditioning			Rest Recovery	Strength and Conditioning	Strength and Conditioning	
Afternoon			BUCS Games	1 to 1s	1 to 1's		
Evening	Video Analysis Training	Captain's Run	Club Socials		Training		

Emphasis on well planned and organised student athletes who wish to excel in both sport and academics

Head of Rugby

David Ross Level 4



Learning

Coaches

Sam Green, Level 2,
NRFC Backrow,
Forwards and Defence

Sam Bignall, Level 2,
Scrum and Forwards

Guy Hope
Level 3, Backs Coach

Strength and Conditioning



Physiotherapy / Medical Scholarships

Nottingham Trent University |



Daily Planner Pre-Season August - September 2021

	Time	02 August 2021		03 August 2021		04 August 2021		05 August 2021		06 August 2021		
		Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
PS WEEK 1	8			FWDS Meet	Backs Weights			FWDS Weights			Backs Weights	
	9			FWDS Weights	BACKS Meet				BACKS Weights	FWDS Weights		
				SCAT Testing 9-11	SCAT Testing 9-11				SCAT Testing 9-11	SCAT Testing 9-11		
	12											
	13											
	14.3	Arrive&meet - T&L Lecture 3		SCAT Testing 2-3	SCAT Testing 2-3				SCAT Testing 2-3	SCAT Testing 2-3		
	15	Field Testing	Field Testing	Rugby @Clifton					Rugby @Clifton		Rugby @Clifton	
	16	Fwds Units	Backs Units									
	16.3											
18												
19												
PS WEEK 2	Time	09 August 2021		10 August 2021		11 August 2021		12 August 2021		13 August 2021		
		Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
	8		Backs Weights	FWDS Weights						Backs Weights	FWDS Weights	
	9	Fwds Weights			BACKS Weights			Fwds Weights				BACKS Weights
				SCAT Testing 9-11	SCAT Testing 9-11				SCAT Testing 9-11	SCAT Testing 9-11		
	12											
	13											
	14.3	Meeting @ T&L Lecture 3		SCAT Testing 2-3	SCAT Testing 2-3				SCAT Testing 2-3	SCAT Testing 2-3		
	15	Rugby @Clifton		Rugby @Clifton					Rugby @Clifton		Rugby @Clifton	
16												
17												
18												
19												
PS WEEK 3	Time	16 August 2021		17 August 2021		18 August 2021		19 August 2021		20 August 2021		
		Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
	8		Backs Weights	Fwds Weights						Backs Weights	Fwds Weights	
	9	Fwds Weights			Backs Weights			Fwds Weights			Backs Skills	Backs Weights
	11										Conditioning	
	12											
	13											
	14.3	Meeting @ T&L Lecture 3										
	15	Rugby @Clifton		Rugby @Clifton					Rugby @Clifton		Team Building Activity	
16												
17												
18												
19												
PS WEEK 4	Time	23 August 2021		24 August 2021		25 August 2021		26 August 2021		27 August 2021		
		Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	Group 1	Group 2	
	8		Backs Weights	Fwds Weights								
	9	Fwds Weights			Backs Weights						Fwds Weights	
	9											Backs Weights
	10											
	11											
	14.3	Meeting @ T&L Lecture 3										
	15	Rugby @Clifton		Rugby @Clifton					Rugby @Clifton		Rugby @Clifton	
16												

Pre-season Camp

Potential to train with Nottingham Rugby

Mix of Social/Training

Instant Social Cohesion

Students asked to describe their experience in the programme in one sentence

“Great atmosphere and relationships which brings out the best in everyone”

“Professional throughout with a good team feel and people always willing to learn”

”Band of Brothers”

“Outstanding, everyone is made to feel welcome, included and encouraged to be the best rugby player they can be”

“Dedicated to holding our own standards in the processes that help us achieve our goals”

“This year.....an absolute pleasure!

Thank you!

ntu.ac.uk

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WINNER

University of the Year



THE TIMES AND THE SUNDAY TIMES

MODERN UNIVERSITY OF THE YEAR 2023



Winner
Student life
International



The Queen's
Anniversary Prizes
for Higher and Further Education

