



CITY UNIVERSITY
LONDON

CitySports

Get active. Get involved. Get competitive.

2013



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Introduction

Welcome to the 2013 review of City University London's programme of sport, including information about our new sports and how to get involved. We had much to celebrate during the 2012/13 sporting year with fantastic performances in the University National Championships, Regional Finals, South Eastern Conference Cups and in all our teams' leagues. These successes led to an improvement in City's national ranking, bringing us into the top 100 within the United Kingdom. IntraCity, our University Intramural programme, enabled over 4,000 students to participate in training and competition; while the Campus Activity Programme provided conditioning and wellbeing classes for students and staff, improving their overall fitness.

We were interested to hear about research carried out in 2012/13 which indicated that participating in sport and volunteering while at university has a significant impact on employability once students graduate. Of course, participation in university sport can offer much more than competing at an elite level: whether you choose to coach, officiate, help manage clubs or events, or even just lend a hand at practice sessions, getting involved in sport at City can not only be a great opportunity to improve your fitness and meet new people, it can also equip you with key skills for your future.

Please join me in congratulating those who participated during 2012/13 and as we look forward to the upcoming season, I recommend that you contact the Sports & Leisure Services team to find out how to get involved and take advantage of all that City has to offer. We're looking forward to meeting you.

Bill Thompson,
Head of Sport & Leisure Services
City University London

List of 2012/13 Honours

Full colours

David Shevelew Men's Fencing

Florina Minzat Women's Fencing

Robert Schumacher Ultimate Frisbee

Half colours

Saul Hathaway Rugby

Club colours

Adam Teal Men's Hockey

Alex McCulloch Rugby Union

Ali-Cina Fahimi Table Tennis

Anthony Hall Rugby Union

William Corley Jr. Men's Basketball

Edward (Teddy) Bradley Rugby Union

Kristen Korndoefer Women's Fencing

Hannah Jackson Women's Hockey

Laura Gnotke Women's Fencing

Lauren Gray Women's Hockey

Lawrence Narh-Lawsom Men's Football 2nd team

Nicholas Schroder Men's Basketball

Pauline Bock Women's Fencing

Richard Francis Men's Hockey

Newcomer of the Year

Rowena Nathan Women's Hockey

Service to Sport

Edward (Teddy) Bradley Rugby & CULSA Chair

Sports Woman of the Year

Florina Alexandra Minzat Womens' Fencing

Sports Man of the Year

Miodrag Vidakovic Men's Basketball

Sports Team of the Year

Men's Basketball

Sports Club of the Year

Fencing

Sport and Leisure at City

Keeping fit is vital for our health and happiness and it is always more rewarding with friends. Whether you want to develop your sporting skills or just stay in shape, Sport & Leisure Services offer a great range of classes, team sports and wellbeing programmes. We are located on the corner of Sebastian Street and Goswell Road, just off Northampton Square, where we are on hand to offer advice and encouragement to help you achieve your health, fitness and sporting goals.

Our sports programme is inclusive and welcomes everyone from City University London's diverse community.

IntraCity Sport

IntraCity Sport is our intramural sports programme, designed to help develop friendships between fellow students within your own and other Schools. The programme consists of four sports over the academic year: Indoor Football, Basketball, Volleyball and Badminton.

You do not need to have played any of the sports before, as students of all abilities are encouraged to take part. All you need is the desire to participate and an enthusiasm for team sport.

Monday: Indoor Football 5pm – 7.30pm

Tuesday: Basketball 6pm – 7.30pm

Thursday: Volleyball 6pm – 7.30pm

Friday: Badminton 6pm – 7.30pm

Venue:

City of London Academy,
Islington
Prebend Street
London
N1 8PQ

For more information contact the Sports & Leisure Services Team at: sports@city.ac.uk

Getinvolved

Campus Activity Programme (CAP.)

The Sport & Leisure team provides a dynamic programme of fitness classes and wellbeing activities for all staff and students. You can stay healthy and get fitter by attending group exercise classes, while building your social network and having fun. It is a great opportunity to inject new energy into your daily routine and change your lifestyle for the better.

Classes range from spinning, zumba, boot camp and box fit to yoga and pilates.

	Class	Instructor	Type	Location	Time
Monday	Back Care	Dale/Tom	Free	Studio 1	12:00-12:30
	Yoga	Ash	Wellbeing	Studio 2	12:15-13:15
	Run for change	Dale	Outdoors	Sports Reception	12:30-13:30
	Zumba	Gladys	Fitness	Studio 1	13:15-14:00
	Box Fit	Elvio	Fitness	Studio 1	17:15-18:00
	Yoga	Grace	Wellbeing	Studio 2	17:30-18:30
	Power Hour	Chrissie	Fitness	Studio 1	18:15-19:15
Tuesday	Yoga	Ash	Wellbeing	Studio 2	08:00-08:45
	Pilates	Margareta	Wellbeing	Studio 2	12:15-13:15
	Military Challenge	Tom	Outdoors	Sports Reception	12:30-13:00
	LBT	Elvio	Fitness	Studio 1	13:15-14:00
Wednesday	Pilates	Margareta	Wellbeing	Studio 2	17:30-18:30
	Zumba	Samara	Fitness	Studio 1	12:00-12:45
	Pilates	Mary	Wellbeing	Studio 2	12:15-13:15
	Run for change	Dale	Outdoors	Sports Reception	12:30-13:30
Thursday	Yoga	Mary	Wellbeing	Studio 2	17:30-18:30
	Yoga	Ash	Wellbeing	Studio 2	12:15-13:15
	Military Challenge	Tom	Outdoors	Sports Reception	12:30-13:00
	Boot Camp	Elvio	Fitness	Studio 1	13:15-14:00
	BASE* Training	Chris	Fitness	Studio 1	17:15-18:00
Friday	Pilates	Margareta	Wellbeing	Studio 2	17:30-18:30
	Back Care	Dale/Tom	Free	Studio 1	12:00-12:30
	Pilates	Elif	Wellbeing	Studio 2	12:15-13:15
	Xtreme Spin	Phil	Fitness	Studio 1	13:15-14:00
	Zumba	Samara	Fitness	Studio 1	17:30-18:15
	Kung Fu	Dave	External club	Studio 1	19:00-21:00

*Balance, agility, speed and endurance

		Student cost	Staff cost
Wellbeing	Pay As You Go	£3.50	£4.50
	10 class Well card**	£25	£30
Fitness	Pay As You Go	£2	£3
	10 class Well card**	£10	£15
	20 class CAP card**	£12	£25
Outdoors	FREE for students and staff, meet at the sports reception		
External clubs	Please contact directly to enquire about classes - dave@fwcinstructors.com		

**Well cards and CAP cards expire 90 days after the date of purchase

Getactive

Representational Sport

There are many opportunities to take part competitively in sport at City. Trials take place at the beginning of term: look out for dates and times of trials during welcome week.

Many of our sports teams compete in either the British Universities & Colleges Sport (BUCS) or the London Universities Sport Leagues (LUSL), playing against teams from other universities on Wednesday afternoons. Visit our website to find out more about representing City, training sessions, venues, fixtures and our captains' profiles: www.city.ac.uk/sport.

We are always keen to support City students in whatever sport they are passionate about. So if you don't see your sport listed below, please get in touch by emailing sports@city.ac.uk.

Sports that we currently offer:

Badminton

Basketball

Cheerleading

Cricket

Fencing

Football

Golf

Hockey

Kung Fu

Netball

Rugby

Table Tennis

Tennis

This season we have four development sports. These are new sports for City, so teams are not yet involved in the national or regional leagues. This year will be a chance for teams to train and develop, in preparation for representational competition next season.

Development sports:

American Football

Indoor Sport Climbing

Squash

Volleyball

Men's Badminton 1st team

Captain 2012/13 **David Collard**

Coach **Henry Gaspard**

Fact **South Eastern Conference Cup Finalists**

League **South Eastern 4B**

Finishing position: **1st**

With another commanding season, following on from the previous year's undefeated season, City's 1st team won their league with a record of nine wins and only one loss, securing promotion for the second year in a row.



Get involved: badminton@city.ac.uk

Getcompetitive

Men's Badminton

2nd team

Captain 2012/13 **Dominic Quinton**

Coach **Henry Gaspard**

Fact **Cup run: round 1**

League **South Eastern 5A**

Finishing position: **2nd**

The Men's 2nd team competed in their first full BUCS competitive season, not only winning five of their eight league matches but also securing promotion to the South Eastern 4A league. They were only denied the top spot in their league by the University of Westminster's 1st team, whom they beat at home. "We are justifiably proud of our result this season. The team gelled together and players improved game after game. To be honest, if we had a few more matches, I'm sure we would have been impossible to beat!" remarked Captain Dominic.



Women's Badminton

Captain 2012/13 **Emma King**

Coach **Henry Gaspard**

Fact **First season in BUCS**

League **South Eastern 3B**

Finishing position: **5th**

Following the success of the IntraCity badminton programme, a fledgling Women's team emerged for the 2012/13 season. Captain Emma King brought together a competitive team who finished in a respectable 5th place in their league and have put in place the building blocks to remain strong this year. Coach Henry Gaspard says "Badminton is a great social and competitive sport. It's also one of those sports that you find you improve at very quickly, with just a bit of practice and by playing against others. I'd recommend it for anyone!"



Get involved: womensbadminton@city.ac.uk

Men's Basketball

Captain 2012/13 **Can Yoruk**

Coach **Marlan Henry**

Fact **Team of the Year, Student Awards**

League **South Eastern 1A**

Finishing position: **2nd**

2012/13 proved to be one of the most heart-breaking seasons for the team, with a strong Southern Conference Trophy run taking them to the quarter finals and a final push for the title in their first season in Tier 1. A last game of the season decider against arch rivals UCL saw victory for City but they narrowly lost the title on goal difference. Coach Marlan Henry said "We have been fortunate to be promoted two years in a row. In the past three years we have only lost six league games. Our main goal this year is to be promoted to the premier league. Next season's cup run also needs to improve and getting to the finals is the only thing on our minds."



Get involved: mensbasketball@city.ac.uk

Women's Basketball

Captain 2012/13 **Jasmein Cels**

Coach **Ravidson Teixeira**

Fact **Semi Finals of the SE Conference Cup**

League **South Eastern 2B**

Finishing position: **6th**

"Injuries, travel and too many games." That's how Coach Raven (Ravidson Teixeira) summed up the 2012/13 season. "Our girls sometime had two games back to back due to their Conference and League commitments. However, this year we are in a better league and the prospects for promotion are much improved."



Get involved: womensbasketball@city.ac.uk

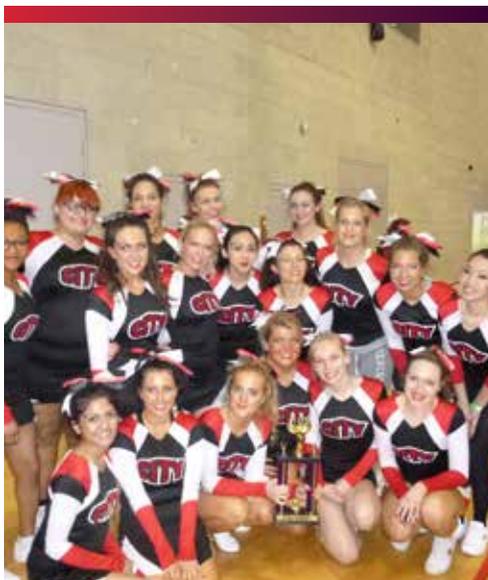
Cheerleading

Captain 2012/13
Kristi Ledger and Bryony Stoneman

Coach
Dan Elliott

Fact
2nd place at JamFest Europe and 2nd place in the open group stunts at Future Cheer

In only their second season, City's Cheer Squads (Central City Allstars) continue their successes, finishing in 2nd place in JamFest Europe (the largest competition in Europe) and in 2nd place again at Future Cheer in Loughborough. In 2013/14 they will compete at the University Championships along with other national and international competitions.



Get involved: cheerleading@city.ac.uk

Cricket

Captain 2012/13
Sagar Seth and Ahmed Durrani

Coach **John Pickett**

Fact
City's Cricket teams can trace their history back over 100 years

League **South Eastern 3B and South Eastern 5B**
Finishing position: **2nd and 5th**

City's Cricket teams had a season of mixed results, with the 1st team getting off to an early start and fighting to maintain their lead throughout the season. Unfortunately the final match against eventual league winner's UWIC (Cardiff) proved a step too far. The 2nd team had a tough league draw and valiant performances saw them finish in a respectable 5th place.



Get involved: cricket@city.ac.uk

Men's Fencing

Captain 2012/13 **Fabio D'Andrea**

Coach **Mark Kent**

Fact **Conference Cup Finalists**

League **South Eastern 2B**

Finishing position: **3rd**

A team silver medal against Reading in the South Eastern Conference Cup marked the conclusion of a brilliant season for the male fencers. Close matches throughout their league saw them beating stronger clubs, proving City's fencers to be a force in London fencing. To cap off the season, the men and women won Club of the Year at the Student Awards.



Get involved: fencing@city.ac.uk

Women's Fencing

Captain 2012/13 **Kristen Korndoefer**

Coach **Mark Kent**

Fact **Best finish ever**

League **South Eastern 2A**

Finishing position: **2nd**

What a season. Starting with their first win in over three years of match play, City set the mark early. Throughout League matches and Conference Cup runs, the team showed real spirit and competitiveness. "We work together, play together and just enjoy fencing. Most of our girls have come from limited competitive play and some just started fencing a year ago but you wouldn't know it from our results" stated Captain Kristen.

Men's Football 1st team

Captain 2012/13 **Aidan Cover**

Coach **Alex Parasol**

Fact

Cup run: Semi Finals of the Conference Cup

League **South Eastern 5B**

Finishing position: **2nd**

2012/13 proved that City had serious technique, as placing 2nd in their league and getting to the Semi Finals of the Conference Cup gave them the boost they needed. "We play positional football, with sharp passing, set pieces and clinical finishes." remarked Coach Alex. "These guys give 100 per cent every game and every practice. The future looks bright."

Men's Football 2nd team

Captain 2012/13 **James Rutter**

Coach **Martin O'Sullivan**

Fact **South Eastern Conference Cup round 1**

League **South Eastern 7B**

Finishing position: **5th**

Following promotion in 2011/12 the competition this year was always going to be tough. City held firm with a strong defensive effort to remain in their league. 2013/14 will prove to be a challenging year with the team hopeful to move to the next level. Captain James Rutter returns to lead the team this year.

Women's Football

Captain 2012/13 **Sofie Härder**

Coach **Ashley Robinson**

Fact

Rudolph, a cuddly toy, is the team's mascot

League **South Eastern 7B**

Finishing position: **5th**

This was the first season in BUCS for the girls and saw them bowing out of the South Eastern Conference Cup in the 1st round and demonstrating a strong resolve in the second half of the season to finish having won 50 per cent of their matches. In 2013/14 they are looking to improve by implementing more aggressive offensive play.

Golf

Captain 2012/13 **Yogesh 'Sunny' Jalli**

Fact

Semi Finals of South Eastern Conference Cup

League **South Eastern 2B**

Finishing position: **2nd**

In their first season in BUCS, our Golf team dominated throughout, losing only two league matches, to league winners University of Kent and reaching the semi finals of the Conference Cup. This was a brilliant result from a young team, with Captain Sunny leading the way.

Get involved: golf@city.ac.uk



Get involved: mensfootball@city.ac.uk



Get involved: womensfootball@city.ac.uk

Men's Hockey

Captain 2012/13 **Jonathan Constable**

Coach **Matthew Malby**

Fact **Champions of their league and promoted two years in a row**

League **South Eastern 6A**

Finishing position: **1st**

Following on from a decimation of the league last season, the Men's Hockey team continued their run of success. As they were undefeated in their league matches, it was a foregone conclusion that they would be promoted for a second year in a row. 2013/14 will see the club looking for a hat trick and again aiming for promotion. New coach Josh Cipa is looking to build upon the strength of the returning players and build a dynasty for City.



Get involved: menshockey@city.ac.uk

Women's Hockey

Captain 2012/13 **Jane McConnell**

Coach **Josh Cipa**

Fact **Captains changed at the beginning of the season**

League **South Eastern 5B**

Finishing position: **6th**

2013/14 will be a development year for our girls, as a return to basics and mixed play will help build upon previous successes. This is a great opportunity to get involved in a sport that puts fun and socialising at the top of their list.



Get involved: womenshockey@city.ac.uk

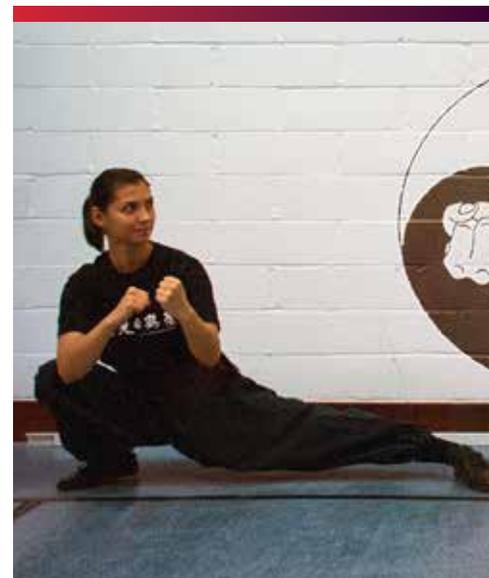
Kung Fu

Captain 2012/13 **Yash Joshi**

Instructor **Dave Courtney-Jones**

Fact **White Crane Kung Fu has been at City for over 14 years**

City's Kung Fu had a fantastic year, with increasing student involvement within the club and success in national events. Students competed internationally as well, with Instructor Dave Courtney-Jones winning gold in the International Southern Shaolin Traditional Martial Arts Invitational Competition in Quanzhou, China. More successes are in store for this Martial Arts club in 2013/14. The club seeks those with experience but also welcomes beginners.



Get involved: dave@fwcinstructors.com

Netball

Captain 2012/13 **Leah Farrar and Shruti Jalla**

Coach **Deepthi Mendis**

Fact **Netball play indoors and outdoors**

League **South Eastern 8B**

Finishing position: **4th**

City's Netball team started strongly this season, winning their first three games. Close losses (four games within two points) made the task of staying in this tough league difficult but a great finish to the season resulted in the fantastic 4th place finish.



Get involved: netball@city.ac.uk

Rugby

Captain 2012/13 **Edward (Teddy) Bradley**

Coach **Liam Burnett**

Fact **One of the oldest clubs at City**

League **South Eastern 5B**

Finishing position: **7th**

‘Strength in numbers’ was the rally cry for the season, as most of the previous year’s squad had graduated. However, Captain Teddy used tactics, training and motivation to ensure that whilst City fielded the minimum number of players for most matches, they did so with emotion. A tough season for the team has created a strong core and in 2013/14 it is anticipated that they will move towards promotion from a difficult league.



Get involved: rugby@city.ac.uk

Table Tennis

Captain 2012/13 **Ali Fahimi**

Fact **First year in BUCS**

League **South Eastern 5B**

Finishing position: **2nd**

Table Tennis was introduced for the 2012/13 season. With strong performances throughout, Captain Ali Fahimi and his team stormed through the competition and nearly won the league, losing to rivals LSE 1st in the last game of the season. 2013/14 should prove to be a big year for the team with a new captain and established players.

Get involved: tabletennis@city.ac.uk

Men’s Tennis

Captain 2012/13 **James Falkingham**

Coach **Konstantinos Gogos**

Fact **South Eastern Conference Cup round 2**

League **South Eastern 5A**

Finishing position: **3rd**

2012/13 marked the return of City’s Tennis team to BUCS and competitive play. Taking a lead from captain James, City achieved good results, quickly moving up the rankings ensuring a great team spirit. The club’s brilliant start to their BUCS campaign meant they won promotion and 2013/14 looks very positive.



Get involved: menstennis@city.ac.uk / womenstennis@city.ac.uk

Women’s Tennis

Captain 2012/13 **Andreea Cristoloveanu**

Coach **Konstantinos Gogos**

Fact **First season in BUCS**

League **South Eastern 3B**

Finishing position: **8th**

In their debut year City’s Women’s Tennis team showed great resilience. With a strong cohort of players they won their first two matches easily, but tougher times were to come with injuries to two of their strongest players and weather affecting several matches. A strong finish sees them remaining within this difficult and established league. New Captain Rhumbi stated, “The 2013/14 season will be different. We have several returners and now know what it takes to compete in this league: basics, organisation and above all, communication.”

Individual sport

If you have an interest in a particular sport and you are not part of a team, the Sports & Leisure Services team can offer support with competition entry, travel costs and possible coaching advice. You will need to present any qualifications, competition records and relevant UK or international rankings (if applicable).

If you would like to represent City University London in your sport please contact sports@city.ac.uk so we can discuss how we can support you.

During the 2012/13 season City Sports & Leisure Services supported the following athletes to compete in their chosen sports:

Women's Fencing (Sabre)

Name **Florina Minzat**

Finishing position: **Silver**

Competing in her first BUCS Fencing Individual Championships, Florina proved a surprise to many of the 100+ other women competitors. With an aggressive style and a quick start in her matches, Florina dispatched several international and Olympic sabreuse on her way to the final. Narrowly missing out on the Gold, Florina will be back this season with a vengeance.

Karate

Name **Comrooze Zandiyeh**

Fact **A finalist in the under 67kg Kumite competition**

Finishing position: **Bronze**

2012/13 saw Comrooze representing City in the individual Men's Senior Kumite and Kata held at the Ponds Forge ISC in Sheffield, where he faced strong opposition in the under 67kg competition.

Comrooze's dedication to Karate was rewarded with a Bronze in the Kumite and a placing outside the medals in the Kata. Next season Comrooze will be competing both nationally and within the National Karate Championships.



Equestrian

Name **Lucy Jowett**

Fact **Finalist for the last two years**

Finishing position: **5th**

Lucy continues her run of reaching the competition finals having competed in this amazing competition for the last three years (two with City). Lucy is officially the 2nd placed female university rider within London and the 4th within the country.



Development sports

At City we are always looking to build upon our programme. This season is no exception as we have several development sports that have either progressed to full BUCS competition, or are being introduced to build social and training structures. Each development sport is inclusive and accepts students at all levels of experience from beginner to expert.

For each sport, the goal is to set up a club that can function on its own, with a committee and a strategy for growth.

If you play a team sport that is not currently active at City, come and talk to the Sport and Leisure team about starting it up as a 2014/15 development sport.

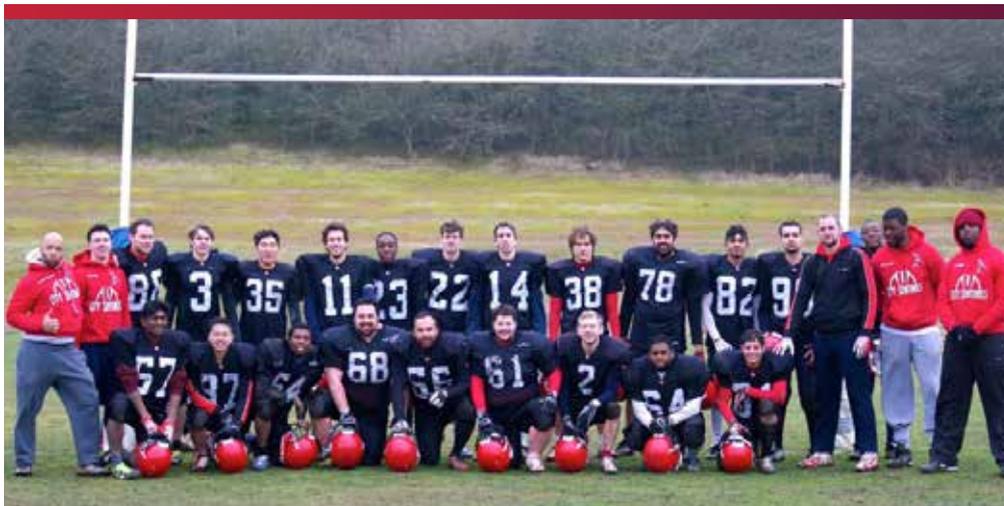
American Football

Captain/President **Mikel Levin**

Head Coach **Adam Lillis**

The Sentinels (City's American Football Club) started from an idea in 2011. Law student Mikel Levin set up the club with the purpose of raising the awareness of American Football amongst students and ultimately to field a team in BUCS. This year the team has completed its associate season, playing three games and it will take to the field in 2013/14 as a genuine competitor. With Head Coach Adam Lillis' experience and the Sentinels development of players with little or no previous experience, the season looks bright.

As Mikel says, "our associate year provided us with the confidence we needed going forward. Three very encouraging performances belie gutsy determination and we hope that our first season in the league will give us the fresh challenges the team aspire to overcome."



Get involved: americanfootball@city.ac.uk

Volleyball

Following extensive student requests City Sports is proud to announce the addition of Volleyball to our programme of sport. This brilliant team sport will become part of our IntraCity scheme, enabling students at all levels of the game, from experienced players to complete beginners to train and compete in a friendly atmosphere. Dig it, set it, spike it!

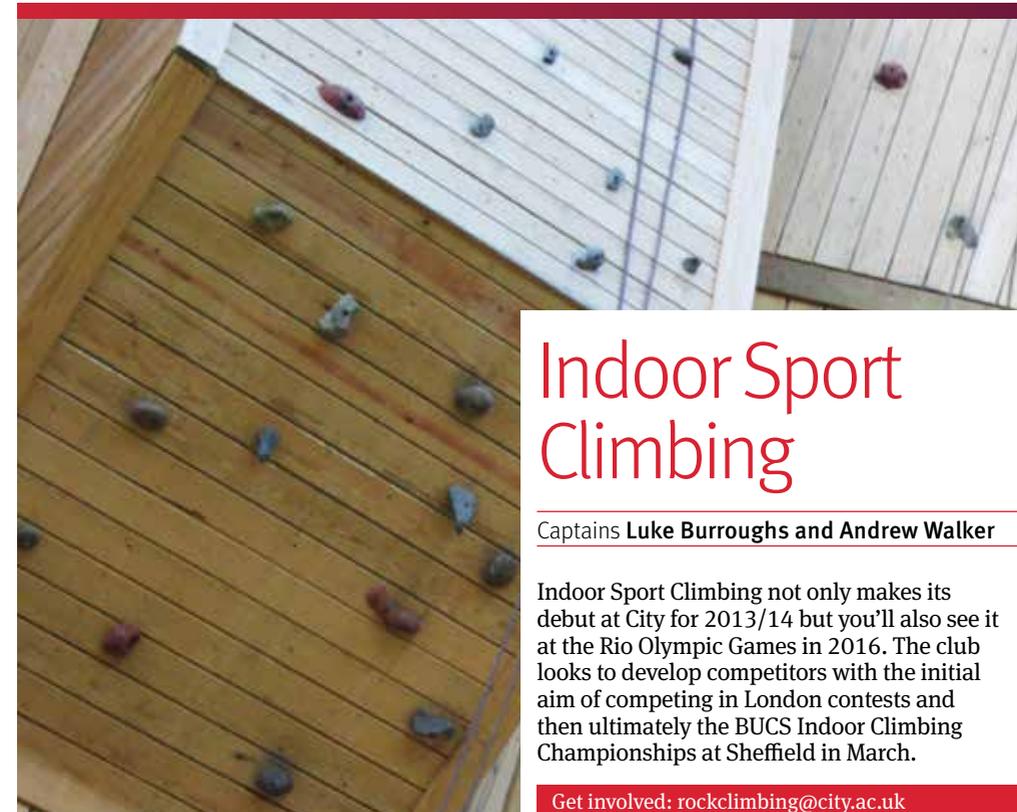
Get involved: sports@city.ac.uk

Squash

Captains **Gurjinder Dosanjh and Harry Vas**

Squash makes its return to City following a four year absence, with co-captains Gurjinder and Harry hoping to see their teams make an impact in the competitive London BUCS League. The club is keen to take on experienced male and female students who wish to contribute to this fantastic, fast paced sport.

Get involved: squash@city.ac.uk



Indoor Sport Climbing

Captains **Luke Burroughs and Andrew Walker**

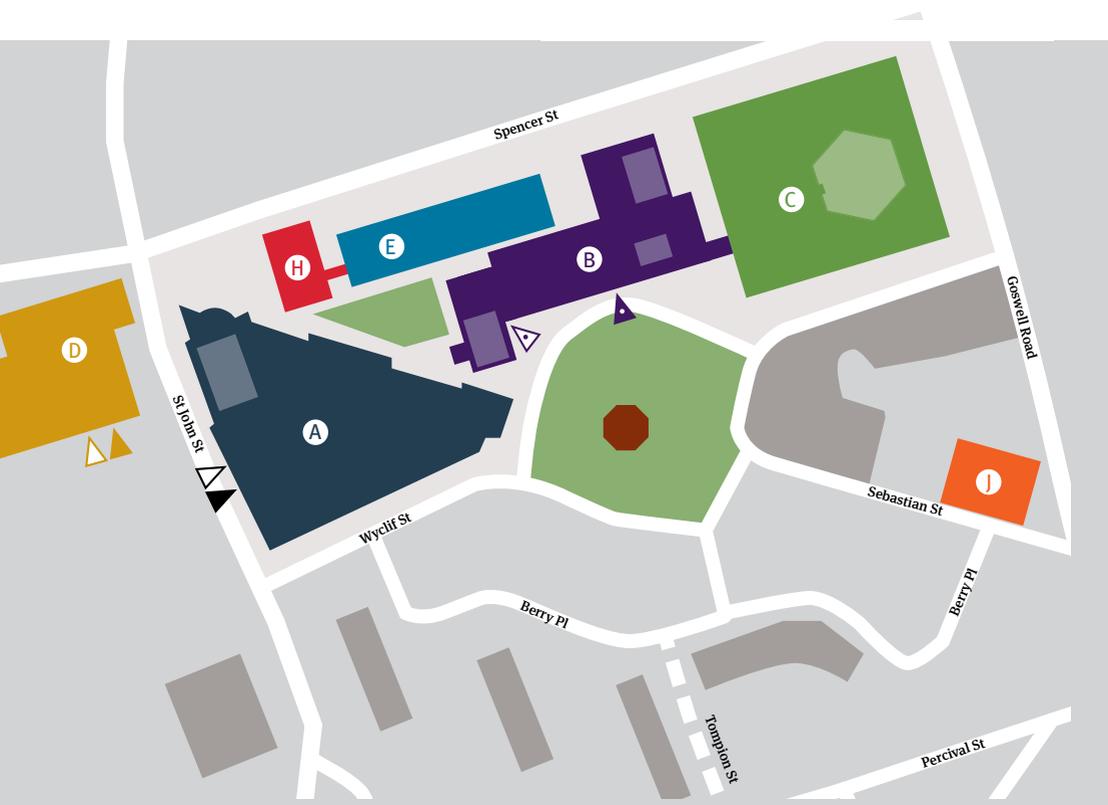
Indoor Sport Climbing not only makes its debut at City for 2013/14 but you'll also see it at the Rio Olympic Games in 2016. The club looks to develop competitors with the initial aim of competing in London contests and then ultimately the BUCS Indoor Climbing Championships at Sheffield in March.

Get involved: rockclimbing@city.ac.uk

Find us

During the construction of our brand new Sports Centre, Sports & Leisure Services can be found in our temporary home located on the corner of Sebastian Street and Goswell Road.

Key	
▲	Main entrance
▲	Main accessible entrance
A	College Building
B	University Building
C	Tait Building
D	Social Sciences Building
E	Drysdale Building
H	Centenary Building
J	CitySport



Looking forward

Construction work is well underway on the site of the old City University London Sports Centre, located on Goswell Road. Our new Sports Centre is scheduled to open in Autumn 2014.

The Centre, designed by TP Bennett, will welcome students, staff, *alumni* and local community users into a spacious facility that will house an impressive array of fitness equipment, sports hall and studios. The heart of the Centre will be a Sport England standard, high competition sports hall, with spectacular seating for basketball, badminton, five-a-side football, volleyball, netball and other court

games. There will be an impressive strength and conditioning section, with free-weights platforms and resistance equipment. This will be an important resource for students and members of the public alike, whether their focus is on training for health and wellbeing, rehabilitation or in support of sports performance. Purpose-built studios will accommodate group exercise, martial arts, yoga, pilates, spinning and floor-based sports including fencing, dancing, cheerleading and table tennis.

Sport and Leisure Service
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Northampton Square
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sports@city.ac.uk



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+44 (0) 20 7040 5619



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