



**NEWCASTLE
UNIVERSITY**

ACADEMIC AND ATHLETIC EXCELLENCE

RUGBY



Contents

All about Rugby

Alumni

Director of Rugby

Our Facilities

Our University

Our City

Information & Links



All about Rugby

Newcastle Women's Rugby Union

The club has a rich history, with two teams currently playing in the BUCS leagues, meaning opportunities for players who want to commit to a regular playing & training programme. All players will have access to training Monday & Friday evenings, with our experienced and qualified coaching team. The club has a great balance and awareness of the commitments of university life.

Women's 1sts

NORTHERN PREMIERSHIP

Women's 2nds

Champions 2022/23

NORTHERN TIER 3

High Performance Athletes

Subject to the course that you have applied to, you may be considered for a lower grade offer due to your Performance Athlete Status. This would be considered by the Director of Rugby and Performance Sport team and will be communicated in your UCAS offer if applicable.

Development

The club has a proven track record of developing players within the game of rugby, in some cases players having never picked up a rugby ball before. This is something the club values and is proud of.

All about Rugby

Performance Pathway

As well as developing new players into the game, the club is very proud of the players who have pushed on into performance environments.

Representative Honours

- Alana Bainbridge – Wasps Rugby, England U20s
- Chloe Fairbank – Huddersfield Giants
- Damilola Erinle – England
- Elissa Jennings – DMP Sharks, England University 7s
- Izzy Northrop – Leeds Rhinos, England Rugby League
- Katy Storie – England
- Lauren Torley – Harlequins, Great Britain 7s
- Olivia Rowe – Huddersfield Giants
- Tamara Taylor – England (World Cup Winner)
- Lucy Christie - Scotland U20s



Izzy Northrop

England Rugby League
Leeds Rhinos



Lauren Torley

Team GB Women's 7's
Paris 2024, Harlequins



Lucy Christie

Scotland U20s

Director of Rugby

Darren Fearn - Director of Rugby



Playing & Coaching Career

Darren is a former professional player for Newcastle Falcons, Sale Sharks & Bedford Blues, he is the current forwards coach at Championship side Doncaster Knights. In the University game Darren led sides to BUCS Super Rugby runner up, BUCS National 7s Champions and multiple Premier tier titles, as well as well as having huge success as England Students Head Coach. Player development is something Darren is known for in the rugby world, many players progressing into the professional rugby.



Our Facilities

Newcastle University has invested £32 million into its sporting facilities. Rugby has greatly benefited from this with three 3G artificial pitches, a performance ergo room and medical treatment and rehab space at the historic Cochrane Park Sports Ground, where the pavilion looks over the first team floodlit pitch.

During term time, performance athletes train in our S&C gym on a Monday and Friday morning between the hours of 7:00 and 10:00. It's important that gym training is completed before academics begin to align with the University ethos but also to shape positive life-long training behaviours.

During preseason and offseason periods, performance athletes have daily access to our S&C suite and on-field support to help maximise these windows of opportunity for athletic development.



Chris Ferriter - Head of Rugby Athletic Performance

Chris Ferriter is a UKSCA Accredited Coach with an MSc in Strength and Conditioning to go alongside eight years of experience working at Newcastle University, City of Sunderland ASC and British Para-Swimming. Chris has worked the full breadth of the athletic development pathway from junior to professional athlete.

Chris has three key pillars that underpin the Athletic Performance Programme:

1. Mitigate injury and build robust players by developing a strong base of athleticism
2. Prepare each player for the demands of Rugby Union specific to their position
3. Enhance individual and team performance through strong interpersonal relationships

Our University



Newcastle University is a world-leading university and a founding member of the Russell Group, representing the UK's top higher education institutions. As a world top 125 university (QS World University Rankings 2023), Newcastle University inspires the minds of thousands of students from over 140 countries and delivers an outstanding learning experience that equips students for future success. Newcastle University has been rated 5th in the UK for Student Life (Whatuni Student Choice Awards 2022) and is considered a top 20 university in the UK (Times Higher Education World University Rankings 2023).

Our City



Voted as one of the UK's greatest student cities, Newcastle is a big city in a small space with a sizeable student population of around 42,000. The city has a proud reputation for sport and is home to several professional sports teams, such as: Newcastle United, Newcastle Falcons and the Newcastle Eagles. Newcastle's reputation for a great nightlife is well-known and with its thriving arts and culture scene too, there's something different to do every day of the week. A combination of the fastest growing rugby programme in the country, a world class education and nationally renowned social life, makes this programme the place to be!

Information & Links



Darren Fearn (Director of Rugby) - Darren.Fearn@newcastle.ac.uk

Instagram - @NewcastleUniversityWRFC

Twitter - @NUWRFC

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BELOING