

Sports Guide 2023-24

- Clubs
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- College Sport



UNIVERSITY OF
CAMBRIDGE



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Welcome to sport, health and physical activity at the University of Cambridge!

Whether your ambition is to perform at the highest level, to re-engage with sport after a break, to try a sport you have not played before or to play socially to be more active, there are great opportunities for you here at Cambridge.

We have over 75 University registered sports clubs and societies, almost all of which offer the chance for regular sporting competition or activity and over half of which you can join as a beginner.

Many of our University Clubs play competitively in British University and College Sport (BUCS) leagues so our students represent Cambridge against their peers from other Universities throughout the season. These cater for both team and individual sports with most clubs running two or more teams in the leagues.

If you want activity that needs a bit less time commitment and is closer to home, the University Sports Service is working closely with clubs and colleges to deliver and promote more college based sport and exercise opportunities. These are a great way to get to know your college community and range from regular fixtures in certain sports to a variety of less formal activities but all aimed to encourage participation, some healthy exercise and fun as a positive and valuable respite from studying.

Being involved with a club or society, be it sport, music, drama or any other interest, provides great opportunities to meet new people and share purposeful activity outside the academic environment. These shared experiences create great memories and often lead to lifelong friendships that become an inherent and valuable part of being at Cambridge. Through participation and engagement in these activities, you will also gain invaluable skills and attributes that will serve you well - not just while here as a student but long after you leave us.

We look forward to welcoming you.



Nick Brooking
Director of Sport

www.sport.cam.ac.uk

facebook.com/CamUniSport

twitter.com/CamUniSport

instagram.com/camunisport

youtube.com/user/CamUniSport1

find us in the app store: [camunisport](#)



Sport at Cambridge

The University of Cambridge has over 75 sports clubs and societies accommodating everyone from beginners to elite athletes across team and individual sports.

BUCS

British Universities & Colleges Sport (BUCS) is the national governing body for Higher Education (HE) sport in the UK. We regularly place within the top 20 in the country with over 40 different Sports Clubs representing the University of Cambridge in BUCS team and individual competitions across league and cup structures.

Varsity

Cambridge competes against Oxford University in over 180 Varsity matches taking place throughout the year. Whether it's the Boat Race on the Tideway or a 2nd XI match in front of friends and family, the Varsity matches are the highlight of the sporting calendar.

College Sport

With over 3000 students participating in college sports leagues each year, the inter-collegiate sport programme provides opportunities to make friends, have fun, and get involved in low commitment and low cost activities. There are many more opportunities in college to get involved with one off events, wellbeing initiatives, and other activities – not forgetting college rowing of course, which sees over 1500 students competing in the May Bumps each year, and many more trying the sport for the first time when they arrive at Cambridge! Find out more through your college, or read more on page 30.

Sports Fair

Visit the Sports Fair at the beginning of Michaelmas Term to meet University Sports Clubs and Societies, and the Sports Service team, to find out about how to get involved with sport and keep active.

Sports Awards

To celebrate our amazing clubs and athletes, in Easter Term each year the Sports Service runs our annual Sports Awards. It's a great way to end the season with a chance to come together and celebrate our achievements over the academic year.



Performance Sport



The University of Cambridge Athlete Performance

Programme (UCAPP) has been established to offer high performance athletes at undergraduate or post graduate

level the opportunity of a professional and co-ordinated support services network in order to improve their performance as an athlete. This programme has been set up thanks to the kind generosity of Mark Hanson (Girton, 1985) who was a Modern Pentathlete during his time at Cambridge. This programme aims to provide core services that any high performance athlete would benefit from including Lifestyle management, physiotherapy, strength and conditioning, nutrition advice, sports psychology support and Gym membership. Since UCAPP was introduced in 2018/2019 over 80 athletes have been a part of the programme, many have gone on to great success. Athletes have had their first senior international call-ups, and attended World Championships, medalled at BUCS and competed in their first Olympic games whilst being part of the programme.

For more information, view: sport.cam.ac.uk/ucapp or contact ucapp@sport.cam.ac.uk



Alongside UCAPP the University of Cambridge is also a **Talented Athlete Scholarship Scheme** (TASS) delivery site.

TASS is a Sport England funded partnership between talented athletes, delivery sites and national governing bodies (NGBs) of sport. Athletes are selected by NGBs for TASS and are then partnered and supported by delivery sites. TASS helps athletes, aged 16 or above, to balance sport within the rest of their lives, be they in education or another form of personal development. Nationwide there are around 800 talented athletes from 37 different sports accessing support services from one of 40 delivery sites. Cambridge has been a delivery site for a number of years working with TASS athletes that have gone on to the very highest level including the Olympic Games, and various elite competitions.

The University of Cambridge was awarded a TASS Dual Career Accreditation certificate. This formally recognises Cambridge's commitment to helping athletes reach their potential in both their education and sport. We aim to deliver an athlete-centred support structure that enables students to balance their studies and sports training and competitive programmes effectively. Cambridge does not expect any student athlete to compromise on their studies or sporting ambitions while pursuing a Dual Career, which this accreditation confirms.

For more information regarding TASS please see the following links: www.tass.gov.uk/ and www.sport.cam.ac.uk/performance-sport/talented-athlete-scholarship-scheme-tass



University of Cambridge Sports Guide

Sports Clubs at a Glance	We're open to:		We cater for:			Status: Blue, Half Blue	College Level
	Students	Staff	Beginner	Intermediate	Elite		
Aikido	✓		✓	✓			
American Football	✓		✓	✓			
Archery (Bowmen)	✓	✓	✓	✓	✓	✓	
Athletic	✓		✓	✓	✓	✓	✓
Australian Rules Football	✓	✓	✓	✓	✓	✓	
Automobile	✓	✓	✓	✓	✓	✓	✓
Badminton	✓	✓		✓	✓	✓	✓
Baseball and Softball	✓	✓	✓	✓	✓		
Basketball - Men	✓		✓	✓	✓	✓	✓
Basketball - Women	✓		✓	✓	✓	✓	
Boxing	✓	✓	✓	✓	✓	✓	
Canoe	✓	✓	✓	✓	✓	✓	
Caving	✓	✓	✓		✓		
Cheerleading	✓		✓	✓	✓	✓	
Cricket	✓		✓	✓	✓	✓	✓
Cross-Country	✓	✓	✓	✓	✓	✓	✓
Cycling	✓	✓	✓	✓	✓	✓	✓
Dance Competition Team	✓			✓	✓	✓	
Dancers (Dancesport/Rock'n'Roll)	✓	✓	✓	✓	✓	✓	
Eton Fives	✓	✓	✓	✓	✓	✓	✓
Fencing	✓	✓	✓	✓	✓	✓	
Football - Men	✓			✓	✓	✓	✓
Football - Women	✓			✓	✓	✓	
Fujian White Crane Kung Fu & Tai Chi	✓	✓	✓	✓	✓		
Gliding	✓		✓	✓	✓	✓	
Golf	✓			✓	✓	✓	
Gymnastics	✓	✓	✓	✓	✓	✓	✓
Handball	✓	✓	✓	✓	✓	✓	
Hillwalking	✓	✓	✓	✓	✓		
Hockey	✓		✓	✓	✓	✓	✓
Ice Hockey	✓		✓	✓		✓	
Jiu Jitsu	✓	✓	✓	✓	✓		
Judo	✓	✓	✓	✓	✓	✓	
Karate	✓	✓	✓	✓	✓	✓	
Kendo	✓	✓	✓	✓	✓	✓	
Kickboxing	✓		✓	✓	✓	✓	
Korfball	✓		✓	✓		✓	
Lacrosse - Men	✓	✓	✓	✓	✓	✓	✓

University of Cambridge Sports Guide

Sports Clubs at a Glance	We're open to:		We cater for:			Status: Blue, Half Blue	College Level
	Students	Staff	Beginner	Intermediate	Elite		
Lacrosse - Mixed	✓		✓	✓	✓	✓	✓
Lacrosse - Women	✓		✓	✓	✓	✓	
Mixed Martial Arts	✓	✓	✓	✓	✓		
Modern Pentathlon	✓	✓	✓	✓	✓	✓	
Mountaineering	✓	✓	✓	✓	✓	✓	✓
Netball	✓			✓	✓	✓	✓
Orienteering	✓	✓	✓	✓	✓	✓	
Polo	✓	✓	✓	✓	✓	✓	
Pool & Snooker	✓	✓	✓	✓	✓		✓
Powerlifting	✓	✓	✓	✓	✓	✓	
Rackets	✓	✓	✓	✓	✓	✓	
Rambling	✓	✓	✓	✓			
Real Tennis	✓	✓	✓	✓	✓	✓	
Riding	✓		✓	✓	✓	✓	✓
Rowing (Boat Club)	✓			✓	✓	✓	
Rowing (College)	✓	✓	✓	✓	✓		✓
Rugby Fives	✓		✓	✓	✓	✓	
Rugby League	✓		✓	✓	✓	✓	
Rugby Union	✓		✓	✓	✓	✓	✓
Sailing	✓	✓	✓	✓	✓	✓	✓
Shooting - Clay Pigeon Shooting	✓	✓	✓	✓	✓	✓	
Shooting - Revolver & Pistol	✓	✓	✓	✓		✓	
Shooting - Rifle Association	✓		✓	✓	✓	✓	✓
Shooting - Small-bore	✓		✓	✓	✓	✓	✓
Ski & Snowboarding	✓			✓	✓	✓	✓
Squash Rackets	✓		✓	✓	✓	✓	✓
Swimming	✓	✓	✓	✓	✓	✓	✓
Table Tennis	✓	✓	✓	✓	✓	✓	✓
Taekwondo	✓	✓	✓	✓	✓	✓	
Tennis	✓	✓	✓	✓	✓	✓	✓
Touch Rugby	✓	✓	✓	✓	✓		✓
Trampoline	✓	✓	✓	✓	✓	✓	✓
Triathlon	✓	✓	✓	✓	✓	✓	✓
Ultimate	✓		✓	✓	✓	✓	✓
Underwater Exploration (SCUBA)	✓	✓	✓	✓	✓		
Volleyball	✓		✓	✓	✓	✓	
Water Polo	✓		✓	✓	✓	✓	✓
Yacht	✓	✓	✓	✓	✓	✓	

Sports Club A-Z



Aikido

Aikido is a Japanese martial art that uses strikes, throws, locks and pins to control an opponent. At Cambridge, we practice Shodokan Aikido - also known as Sport or Tomiki Aikido - which features 'randori' (free-form sparring) and competitions. Our aim is to provide a safe and inclusive training environment for students from complete beginners to experienced practitioners of all styles of Aikido.

shodokancambridge.com/university/
[instagram.com/cambridgeaikido/](https://www.instagram.com/cambridgeaikido/)
[facebook.com/cambridgeaikido](https://www.facebook.com/cambridgeaikido)
contact: info@shodokancambridge.com



American Football

The Pythons are Cambridge's very own mixed American Football team. We compete in BUCS and against Oxford in Varsity every year. We recruit everyone from complete beginners, ex-rugby players to experienced US athletes. If you're looking to try a completely unique sport, enjoy the social side of things and meet some great people, get yourself down to one of our training sessions.

pythons.org.uk [facebook.com/CambridgePythons](https://www.facebook.com/CambridgePythons)
[instagram.com/cambridgeuniversitypythons/](https://www.instagram.com/cambridgeuniversitypythons/)
contact: info@pythons.org.uk



Archery (Bowmen)

We are a friendly and enthusiastic club catering for all levels, whether you wish to shoot purely for fun or desire to compete in any of the many competitions we attend. CUB have an excellent record in experienced and novice levels of competition from university to national level. The club is welcoming of all bowstyles, and has archers shooting recurve, compound, barebow, and longbow. The club also has an active social calendar, with formals and events organised regularly.

cubowmen.com [instagram.com/camuniarchery/](https://www.instagram.com/camuniarchery/)
[facebook.com/CambridgeUniversityBowmen](https://www.facebook.com/CambridgeUniversityBowmen)
contact: captain@cubowmen.com



Athletics

CUAC is one of the largest sports clubs in Cambridge, offering the opportunity to train and compete in all athletic disciplines, regardless of ability. With the support of our coaches, and each other, we aim to get the best out of our athletes and beat Oxford in one of the world's oldest athletics competitions, the Varsity Athletics Match in May.

cuac.org.uk facebook.com/athletics1857
instagram.com/cambridgeuniathleticsclub/
 contact: cuac@cambridgesu.co.uk



Australian Rules Football

CUARFC is a social sports club competing in both Men's and Women's matches against University and community teams throughout season, culminating in the Varsity match dating back to the early 1900s. We welcome all interested persons and no experience is necessary to join.

cuarfc.org.uk facebook.com/CUARFC
instagram.com/camaussierules/
 contact: president@cuarfc.org.uk



Automobile

Whether you have no experience and want to try racing for a fun day out or you're a seasoned veteran aiming to represent the University with your driving; CUAC brings students kart racing, rallying and performance car driving. Our annual Cuppers and Varsity races are always packed and each year our best drivers represent the university in high-powered Club100 karts for the British Universities' Karting Championship.

cuautomobileclub.org facebook.com/cuautomobileclub
instagram.com/cuautomobileclub
 contact: cuautomobileclub@gmail.com



Badminton

CUBaC is a great place to take your game to the next level. We compete in all 3 disciplines in a variety of competitions culminating with the annual Varsity match against Oxford; a hotly contested event dating back over 90 years. We train together for the majority of the week, helping to foster a friendly and lively social scene. We hope that you will enjoy finding out more about our club and look forward to you joining us!

cubac.org facebook.com/camunibadminton
instagram.com/c.u.badminton
 contact: badminton@sport.cam.ac.uk



Baseball & Softball

CUBS is a small and friendly club created by and for people with a passion for baseball. We run weekly fitness and coached training sessions, with regular friendly and competitive matches throughout the year. We also have our yearly Varsity match against Oxford, which is always an exciting time. Whether you're a seasoned player or a beginner looking to try a new sport, everyone is welcome! Please don't hesitate to get in touch for more information.

facebook.com/CambridgeUniBaseballSociety
instagram.com/cambridgeuniversity_baseball
 contact: cubaseballsociety@cambridgesu.co.uk



Basketball (Men)

CUBbC strives to promote basketball throughout Cambridge. We field two men's teams which both compete in BUCS leagues and cups, as well as facing off against Oxford in the annual Varsity Match. We also run college league basketball that is open to everyone - even if your college doesn't have a team you can play for another college! We're a very friendly club so please don't hesitate to get in touch with any queries.

cubbc.org.uk instagram.com/cambridgebasketballclub
facebook.com/CambridgeUniversityBasketballClub
 contact: basketball@sport.cam.ac.uk



Basketball (Women)

CUWBbC includes the Women's Blues (Firsts) and Panthers (Seconds) teams which both compete in BUCS leagues and cups and the annual Varsity match against Oxford.

As a club we actively work to give less experienced players a chance to build their skills throughout the season as well as developing experienced players.

cuwbcc.org.uk facebook.com/CUWBbC
instagram.com/cubasketball1209
 contact: womensbasketball@sport.cam.ac.uk



Boxing

Cambridge University Amateur Boxing Club (CUABC) is one of the toughest and most prestigious sports teams in Cambridge. Each season, around 250 men and women compete for one of the coveted 12 places on the Varsity Team. The annual Varsity Match against Oxford is the longest-running inter-club amateur boxing fixture in the world.

Visceral and exhilarating, CUABC is an experience like no other.

cuabc.org facebook.com/cuabc
instagram.com/cuabc_1/
 contact: boxing@sport.cam.ac.uk



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Canoe

CUCC prides itself on being a welcoming society, made up of members ranging from complete beginners to international competitors. We regularly compete in various disciplines, including marathon racing, canoe polo, freestyle and kayaking. We run beginners courses during Michaelmas and Easter terms and several white water trips are held throughout the year.

cucanoe.co.uk facebook.com/cucanoe
instagram.com/camunicanoe/
 contact: publicity@cucanoe.co.uk



Caving

The Caving Club has been introducing people to the underworld for more than 70 years – whether they were already converts to the subterranean, or just keen for a new kind of adventure. Caving offers a varied scope of sense and adventure in a range of difficulties. What all caving trips offer, however, is an insight into some of the most unexplored places on the planet, some of which you could well be one of only few to ever see.

camcaving.uk/ facebook.com/CamCaving/
instagram.com/cambridge_uni_caving_expo/
 contact: secretary@camcaving.uk



Cheerleading

The Cambridge university cheerleading team is a competitive sport team that competes at both National student competitions and our annual Varsity match against Oxford. Cheerleading is an exhilarating and physically demanding sport combining elements of gymnastics, acrobatics, and dance and while previous experience can be beneficial, it is by no means necessary! We are a very friendly society that can't wait to welcome athletes of all genders and abilities to the team.

cambridgeunicheerleading.com
 contact: cheerleading@cambridgesu.co.uk



Cricket (Men)

Playing a competitive mix of clubs, universities and other prestigious sides like the Combined Services and the MCC, the Blues (1st) team's season culminates with three Varsity fixtures against Oxford: a T20, a 50 over match, and a 4-day game. The Crusaders (2nds) play a similarly varied fixture list that builds up to three Varsity matches, while the Colleges' XI (3rds) compete in BUCS.

cucc.net instagram.com/bluescricket/
facebook.com/cambridgeuniversitycc
 contact: cricket@sport.cam.ac.uk



Cricket (Women)

Women's cricket is a Full and Half Blue sport with two prestigious Varsity matches: the Twenty20 fixture and the One-Day Match. We welcome both new and experienced players alike. Our Open and Squad Training sessions, led by our dedicated coach, facilitate player development at all levels. In the summer, we enter a team into BUCS and also have several historic and regional fixtures during the season.

cucc.net [instagram.com/bluescricket/](https://www.instagram.com/bluescricket/)
[facebook.com/cambridgeuniversitycc](https://www.facebook.com/cambridgeuniversitycc)
 contact: cricket@sport.cam.ac.uk



Cross-Country (Hare & Hounds)

Hare & Hounds is the University running club. Our runners participate in a wide range of events from 800m to mountain marathons. We focus on cross-country over the winter (highlights include Varsity in Michaelmas and BUCS XC in Lent - anyone can get involved with both of these to help Cambridge win!) and then road and track running in the summer. We cater for everyone, whether you're looking to gain some speed or trying to make the next GB team we've got a group for you!

cuhh.soc.srcf.net [instagram.com/cambridge_runs/](https://www.instagram.com/cambridge_runs/)
[facebook.com/Cambridge-University-Hare-and-Hounds](https://www.facebook.com/Cambridge-University-Hare-and-Hounds)
 contact: hareandhounds@sport.cam.ac.uk



Cycling

Founded in 1874, Cambridge University Cycling Club (CUCC) is one of the oldest clubs in the country. We cater for all University members, providing access to all cycling disciplines from beginners to elite athletes. As well as competing in (and often winning!) BUCS races and other events, we regularly organise social and touring rides which allow beginners to improve their fitness and to discover the countryside around Cambridge and beyond.

cycling.soc.srcf.net
[instagram.com/cambridgeuniversitycyclingclub](https://www.instagram.com/cambridgeuniversitycyclingclub)
[facebook.com/cambridgeuniversitycyclingclub](https://www.facebook.com/cambridgeuniversitycyclingclub)
 contact: cycling@sport.cam.ac.uk



Dance

CUTAZZ offers classes in many styles and welcomes people of all dance backgrounds from beginners to advanced levels. For dancers who want to compete, audition for CUTAZZ's Blues team, CU Dance Competition Team! CUDCT compete nationally throughout the year against other universities and train in 5 styles: ballet, tap, jazz, contemporary and street.

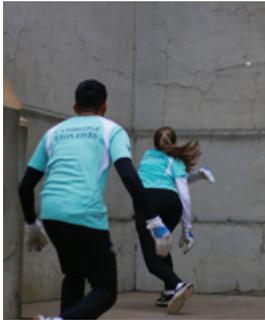
cutazz.com [instagram.com/cudct/](https://www.instagram.com/cudct/)
[facebook.com/CutazzDanceSociety](https://www.facebook.com/CutazzDanceSociety)
 contact: president@cutazz.com (for CUTAZZ)
 or contact: competitions@cutazz.com (for CUDCT)



Dancesport & Rock 'n' Roll

The Dancesport Team and Rock 'n' Roll teams offer a wide range of competitive and recreational dance opportunities and welcome all levels of experience to the Club. With CUdT focusing on Latin American and Ballroom, RnR offers the acrobatic modern continental dancesport and authentic social RnR. Both teams are competitive, with CUdT reigning National and Varsity champions since 2012.

cambridgedancers.org [instagram.com/CamDancesport/](https://www.instagram.com/CamDancesport/)
[instagram.com/cambridgeacornr/](https://www.instagram.com/cambridgeacornr/)
 contact: cudtcaptains@gmail.com official.curnr@gmail.com



Eton Fives

Eton Fives is a hand-ball game, played in pairs, in a three-sided court. It is a quick and unpredictable game, which makes it an addictive and fun sport. Although the main focus of the club throughout the year is the Varsity Match, the club is very welcoming of beginners and experienced players, willing to play either recreationally or competitively. If you have played before and want to continue, or if you just want to try something new, get in touch with the club.

cuefc.co.uk [instagram.com/cuetonfives](https://www.instagram.com/cuetonfives)
[facebook.com/groups/cambridgeuniversityetonfives](https://www.facebook.com/groups/cambridgeuniversityetonfives)
 contact: etonfives@sport.cam.ac.uk



Fencing

CUFC, founded in 1896, is one of the oldest clubs at Cambridge and also one of the most successful, winning numerous national university (BUCS) titles in recent years. Whether you've been fencing for years or if you have just always wanted to give it a go, the club prides itself on offering training in all three weapons and across a full spectrum of abilities with top coaches. To find out more don't hesitate to get in touch or, even better, come down to a session!

cufencing.org.uk [instagram.com/c_u_f_c/](https://www.instagram.com/c_u_f_c/)
[facebook.com/CambridgeUniversityFencingClub](https://www.facebook.com/CambridgeUniversityFencingClub)
 contact: fencing@sport.cam.ac.uk



Football (Men)

CUAFC is one of the oldest football clubs in the world. The men's Blues (1sts) and Falcons (2nds) both compete in BUCS and the Kestrels (3rds), play friendlies throughout the year. All three teams play Varsity matches against Oxford each year. Training is three times a week, with matches on a Wednesday afternoon.

cuafc.org [instagram.com/cuafc](https://www.instagram.com/cuafc)
[facebook.com/CambridgeUniversityAFC](https://www.facebook.com/CambridgeUniversityAFC)
 contact: football@sport.cam.ac.uk



Football (Women)

University Football consists of two teams on the women's side; the Blues (1st) and Eagles (2nd). The Blues compete in BUCS and the Eagles play in Cambridgeshire FA Women's Premiership Division. The club caters for experienced players wanting to develop their skills as well as encouraging the development of less experienced but committed players in a fun and relaxed environment.

cuafc.org [instagram.com/cuafcwomen](https://www.instagram.com/cuafcwomen)
[facebook.com/CUWAFc](https://www.facebook.com/CUWAFc)
 contact: womensfootball@sport.cam.ac.uk



Fujian White Crane Kung Fu & Tai Chi

Fujian White Crane Kung Fu & Tai Chi Club combines Chinese martial arts principals, flexibility, strength & balance through a range of classes. Classes cover all aspects of training, self-defence and weapons and are ideal for beginners regardless of fitness as well as those who wish to train in another sport too. All beginners are welcome to join anytime throughout the year. No experience required.

fwckungfu.com/clubs/cambridge-university/
 contact: karim@fwcinstructors.com



Gliding

Gliding is the most natural form of flying. We rely on warm air currents to provide lift that allows us to fly high and as far as 1000km. We have access to a variety of training and advanced aircraft for pilots of any ability and pride ourselves in taking members with no experience to solo level and beyond. Whether you're looking for a flexible sporting commitment or a massive thrill, gliding could be for you.

cugc.org.uk [instagram.com/cambridgeuniversityglidingclub](https://www.instagram.com/cambridgeuniversityglidingclub)
[facebook.com/CambridgeUniversityGlidingClub](https://www.facebook.com/CambridgeUniversityGlidingClub)
 contact: enquiries@cugc.org.uk



Golf

The Club's objective is to encourage the pursuit of golf within the university, and enable student golfers to meet one another. Both Men's teams, the Blues and the Szymies, play an outstanding fixtures list throughout the year including a Varsity Match at many of the finest clubs in England. The Ladies' team also has an expanding fixture list on similar lines.

cugc.uk [instagram.com/cambridgebluegolf](https://www.instagram.com/cambridgebluegolf)
[facebook.com/CambridgeUniversityLadiesGolfTeam](https://www.facebook.com/CambridgeUniversityLadiesGolfTeam)
 contact: golf@sport.cam.ac.uk





Gymnastics

The gymnastics club is small and friendly. It welcomes anyone with an interest in gymnastics, from experienced individuals to complete beginners. We compete in a number of competitions each year including BUCS gymnastics championships and our annual Varsity Match against Oxford in Lent term. Each member can decide how much of a time commitment gymnastics will be for them: some train religiously up to five times a week, while others just drop in occasionally.

cuogc.soc.srcf.net [Instagram.com/lightbluegym](https://www.instagram.com/lightbluegym)
[facebook.com/CUGymnasticsClub](https://www.facebook.com/CUGymnasticsClub)
 contact: gymastics@sport.cam.ac.uk



Handball

Cambridge University Handball Club is a half-blue sport providing two handball and one strength training session per week, leading to University Championships, Varsity, friendly matches and regular social events. Handball is a versatile team sport, combining speed, technique, strength, endurance, balance, flexibility and a lot of fun! We look forward to meeting you all!

handball.soc.srcf.net [instagram.com/cambridgeunihandball/](https://www.instagram.com/cambridgeunihandball/)
[facebook.com/CUHandball](https://www.facebook.com/CUHandball)
 contact: handball@cusu.cam.ac.uk



Hillwalking

We are the University's friendliest outdoors society, a club that travels to mountainous regions across the UK for hillwalking, hiking, fell-running, scrambling and wild swimming at all levels of ability. We run day trips, weekends away and longer trips during the vacations to areas like the Lake District, Snowdonia, the Pennines, the Brecon Beacons, and Scotland. Everybody is welcome to join one of the University's most active societies.

cuhwc.org.uk
[facebook.com/cuhwc](https://www.facebook.com/cuhwc)
 contact: cuhwcpresident@gmail.com



Hockey

CUHC is the largest mixed sports club at Cambridge. We have 8 teams (4 men's and 4 women's) who play in the East Leagues on a Saturday. Our 1st and 2nd teams play in BUCS on a Wednesday, with our Blues (1st teams) playing in the Premier Leagues. The Varsity Matches are the biggest events in our calendar – the Blues' matches take place at Southgate, whilst the 2nds, 3rds, and 4ths alternate between Cambridge and Oxford.

camunihc.org.uk [instagram.com/camunihc/](https://www.instagram.com/camunihc/)
[facebook.com/cambridgeunihockey](https://www.facebook.com/cambridgeunihockey)
 contact: cuhc1890@gmail.com



Ice Hockey

Founded in 1885, CUIHC is one of the oldest ice hockey clubs in the world. Along with its Oxford counterparts, CUIHC is part of the oldest ice hockey rivalry in the world, culminating each year in the Varsity Match. Boasting players from a wide range of backgrounds, from complete beginners to 10+ year veterans. Off the ice, fitness sessions and socials are prominent in the calendar, creating a great atmosphere in which to both practice and play.

cambridgeicehockey.com
facebook.com/CUIHC Instagram.com/cuihc1885
 contact: icehockey@sport.cam.ac.uk



Jiu-Jitsu

Japanese Jiu Jitsu is a traditional martial art that focuses on practical self-defence in a safe and friendly environment. A great way to build confidence and join a wider community. Beginners are always welcome, with free taster sessions. Stick around for socials, competitions and national events all year long!

cujjc.soc.srcf.net
facebook.com/groups/CUJJC
 contact: soc-cujjc@lists.cam.ac.uk



Judo

CUJC welcomes adults from across Cambridge and the world, students and non-students. We are a vibrant club with a diverse membership of beginners, social judoka and talented amateurs from the University and beyond. We train hard, but with an ethos of fun, respect and personal development, so we cater for everyone from complete beginners to international-standard black belts.

cujc.soc.srcf.net instagram.com/cambridge_judo/
facebook.com/CUJC.judo
 contact: judo@sport.cam.ac.uk



Karate

CUKC prides itself on the running streak of over 15 consecutive varsity wins (and counting!). On top of an international reputation, we have taken people from white to black belt over their time at university. The club welcomes new members of any skill level or background to our wide variety of classes on offer from beginner to specialist kata and kumite all taught by experienced instructors.

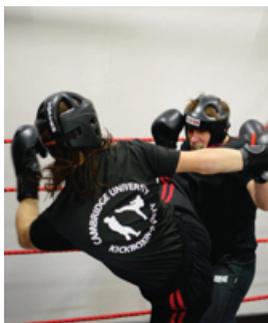
cukc.org instagram.com/camunikarate/
facebook.com/groups/2202091582
 contact: secretary@cukc.org



Kendo

Kendo is the Japanese “way of the sword”. It is a modern fencing martial art derived from the centuries-old swordsmanship tradition of the samurai. We are a student society, but our practice sessions are also open to non-students. We welcome all levels, from total beginner to experienced dan grades. We practice regularly during academic full term and also out of term depending on the availability of venues and instructors.

kendo.soc.srcf.net
facebook.com/CambridgeKendo
 contact: kendo-info@srcf.ucam.org



Kickboxing

CUKBS is a society for members of all abilities, from complete beginners to those with several years of training and fight experience. Each year around half of the club start as beginners with a specially-designed introductory course that teaches the basics. Advanced members are welcome to join our additional weekly sparring sessions. The club is ideal for anyone who wishes to learn self-defence, compete in fights, or simply improve their fitness in a fun and efficient way.

cukbs.soc.srcf.net/
facebook.com/groups/445307238986374
 contact: cukbs-committee@srcf.net



Korfball

Korfball is a fast paced mixed-sex team sport, best described as a mix of netball, handball and basketball. Our club is accessible to all and many people won't have heard or played it before university. It is therefore the perfect game to get involved with at a university level with no previous experience. We have two teams competing in Cambridge leagues and also compete in university competitions including BUCS.

korfball.soc.srcf.net instagram.com/camunikorfball
facebook.com/CUKorfClub
 contact: korfball@sport.cam.ac.uk



Lacrosse (Men)

The men's team was founded in 1882, making it the oldest university lacrosse club in the UK. On Saturdays our firsts contend in the SEMLA Premiership, whilst our second team play in Division 2, with Wednesday BUCS in the Midlands Leagues. Our squad varies from complete beginners (our current captains started at Cambridge) to experienced players, so anyone can get involved.

cambridgelacrosse.com instagram.com/culacrosseclub
facebook.com/cambridgeunilacrosse
 contact: lacrosse@sport.cam.ac.uk



Lacrosse (Mixed)

We are a friendly, competitive team representing the University at the highest standard of University Lacrosse. We play in the Midlands division of the English Lacrosse Mixed Lacrosse League, and also play an annual Varsity match against Oxford, which we have won for the last five years. If you are interested in playing Lacrosse at Cambridge, whatever your experience, come along to a practice or two...we look forward to meeting you!

cumlc.soc.srcf.net
 contact: mixedlacrosse@cusu.cam.ac.uk



Lacrosse (Women)

CUWLC is one of Cambridge's most successful and long-running female sports clubs. We train 3-4 times a week and have matches every Wednesday during term. The Club is made up of two teams: the Blues and the Kingfishers, both of which compete in the highest BUCS leagues. We welcome players of all abilities and run a weekly beginners session for those new to the sport!

cuwlc.com [instagram.com/cuwlc](https://www.instagram.com/cuwlc)
[facebook.com/CUWLC](https://www.facebook.com/CUWLC)
 contact: cuwlacrosse20@gmail.com



Mixed Martial Arts

MMA (Mixed Martial Arts) combines striking (boxing, kickboxing, Muay Thai) and grappling (wrestling, Judo, Brazilian Jiu-Jitsu), resulting in an exciting and enjoyable sport that forms versatile fighters able to defend themselves both standing up and on the ground. We welcome everyone - from complete beginners wishing to learn self-defence to veterans of the sport looking to compete in the annual Varsity.

[instagram.com/cambridgeunimma/](https://www.instagram.com/cambridgeunimma/)
[facebook.com/cambridgeunimma](https://www.facebook.com/cambridgeunimma)
 contact: cambridgeukmma@gmail.com



Modern Pentathlon

Modern Pentathlon is a multi-sports event consisting of swimming, fencing, showjumping, shooting and running. We welcome members with a wide range of abilities from those who have only ever participated in one of the sports to experienced pentathletes. Membership gives access to high quality training and facilities for all five sports. There are various competitions throughout the year culminating in Varsity at the end of March.

cumpc.soc.srcf.net [instagram.com/cuwlc](https://www.instagram.com/cuwlc)
[facebook.com/CUMPC16](https://www.facebook.com/CUMPC16)
 contact: modernpentathlon@sport.cam.ac.uk



Mountaineering

Founded in 1905, CUMC is one of the oldest climbing clubs in Britain. We cater for members with a broad variety of climbing tastes including indoor climbing, scrambling, bouldering, rock climbing, ice climbing and alpine climbing. The club organises trips at the weekend, often to the Peak District, and a full weekend meet once a term. We have a competitive indoor bouldering team that competes in LUBE and BUCS and weekly indoor climbing meets. We are psyched on all things climbing so come get involved whatever your level.

cumc.org.uk [instagram.com/cumcofficial](https://www.instagram.com/cumcofficial)
[facebook.com/cumcofficial](https://www.facebook.com/cumcofficial)
 contact: president@cumc.org.uk



Netball

CULNC prides itself on a culture of support and community. We enable our members to play high-level competitive netball, with our three teams competing in BUCS league across the Midlands. We have also introduced a fourth team whom will play local matches, growing our club even further. With netball training, fitness, and sports psychology sessions, we strive to offer a full and rounded experience of university sport - and, of course, beat Oxford at varsity.

culnc.org [instagram.com/cambridgeuninetball/](https://www.instagram.com/cambridgeuninetball/)
[facebook.com/CambridgeUniversityLadiesNetballClub](https://www.facebook.com/CambridgeUniversityLadiesNetballClub)
 contact: captain@culnc.org



Orienteering

CUOC is the orienteering club for members of the University. We welcome new members of all abilities - from complete beginners to international athletes. We train in Cambridge during the week and go to races at the weekend. We also organise a number of socials each term and several training camps throughout the year. The main competitions throughout the year are the Varsity Match, BUCS, The JK and Cuppers.

cuoc.org.uk [instagram.com/cuoc_orienteering](https://www.instagram.com/cuoc_orienteering)
[facebook.com/cuorienteering](https://www.facebook.com/cuorienteering)
 contact: captain@cuoc.org.uk



Polo

CUPC aim to provide polo for all; from those who have never sat on a horse before to handicapped players. We run 8 lessons per week (2 sessions per level), as well as regular matches for all levels. We enter teams into the SUPA Winter Nationals tournament. Our professional coaches are all HPA qualified and keen to help you reach the next level in your game.

cupoloclub.com [instagram.com/cambridgeuniversitypoloclub/](https://www.instagram.com/cambridgeuniversitypoloclub/)
[facebook.com/CambridgeUniversityPoloClub](https://www.facebook.com/CambridgeUniversityPoloClub)
 contact: membership@cupoloclub.com





Pool and Snooker

The Cambridge University Pool & Snooker Club exists to promote the playing of cue sports within the university, and to run the intercollegiate pool league. There are university-wide tournaments on a termly basis, and three teams competing in local leagues and national tournaments. The season culminates in men's and women's Varsity pool & snooker matches - held over a weekend in May - in which the top players from each university lock horns.

cupc.co.uk facebook.com/groups/550144335051895
 contact: pool@cusu.cam.ac.uk



Powerlifting

CUPLC is a club dedicated to promoting excellence in powerlifting and strength training within our University. We host workshops and competitions through the year aimed at people of all levels, and, of course, produce a team to smash Oxford at Varsity! Whether you are new to the world of weight-training and just want to get comfortable with lifting, or are a competitive lifter wanting to maximise your potential, CUPLC's friendly members will make you feel welcome and help you reach your goals.

cuplc.co.uk instagram.com/cuplc
facebook.com/cuplc
 contact: powerlifting@sport.cam.ac.uk



Rackets

Rackets is quite simply the fastest and most exciting ball game in the world. The small white bullet-like ball travels at speeds up to 180mph. CURC is a traditional, long-running sports club in Cambridge.

Our sporting calendar focuses in on the Varsity match which is played at the iconic Queen's Club in London during Lent Term. We welcome players of all abilities so if you want to try something new, get in touch.

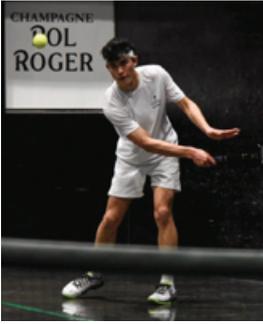
contact: rackets@sport.cam.ac.uk



Rambling

We are a friendly, informal society composed of people who enjoy walking through Britain's countryside. During term, we host walks every weekend. Many of our rambles are through the counties of Cambridgeshire, Hertfordshire, Essex and Suffolk with frequent trips to the Norfolk Coast and even further afield! New members are always very welcome, and you can join the club on any walk!

curac.soc.srcf.net
facebook.com/cambridgerambling
 contact: rambling@cusu.cam.ac.uk



Real Tennis

Real tennis is the original form of tennis from which the modern game of tennis is derived. We have two courts available to student members of the club who receive a generous membership package. There is an extensive fixture list with the university season culminating in 1st and 2nd team Varsity Matches for men and women at the beginning of March. We welcome new and experienced players.

curtc.net [instagram.com/cambridgerealtennis/](https://www.instagram.com/cambridgerealtennis/)
[facebook.com/cambridgerealtennisclub](https://www.facebook.com/cambridgerealtennisclub)
 contact: pros@curtc.net



Riding

CURC membership is open to students, alumni and staff of Cambridge University and Anglia Ruskin University. We run weekly lessons, which you can attend as often or as little as you wish, at two local stables: beginner/ novice at Springhill Stables and intermediate/advanced at Hilltop Equestrian Centre. There are also regular inter-collegiate dressage and show-jumping competitions. We have three very successful teams who compete in BUCS competitions as well as the annual Varsity matches against Oxford University.

srcf.ucam.org/curiding [facebook.com/CURCOfficial](https://www.facebook.com/CURCOfficial)
[instagram.com/cambridgeuniversityridingclub](https://www.instagram.com/cambridgeuniversityridingclub)
 contact: riding@sport.cam.ac.uk



Rowing

The first Boat Race in 1829 launched Cambridge's rivalry with Oxford on the water. Men's and women's crews, guided by a hunger for victory and outstanding staff, develop their technical skill and strength and conditioning, with the help of medical, sports psychology and nutritional support. Rowers are encouraged to pursue their sport at International level with every Olympic Games featuring CUBC athletes. Many students have not rowed before they come to Cambridge, and learn to row at their college before trialling with the university. We also run a development squad to help improving rowers accelerate their progress.

Whilst preparing for the Boat Races, all crews will also race at the British Rowing Championships, the Fuller's Head of the River Fours, the Women's Eights Head of the River Race and the British Universities & Colleges' Sport (BUCS) Regatta.

Get in touch and find out more.

cubc.org.uk [instagram.com/cubc_squad/](https://www.instagram.com/cubc_squad/)
[facebook.com/OfficialCUBC](https://www.facebook.com/OfficialCUBC)
twitter.com/CUBCsquad
 contact: Alister@cubc.org.uk tina@cubc.org





Rugby Fives

For those of you who haven't played fives before, the best way of describing it is "squash with your hands". We're a small and friendly club which welcomes all players - those with experience and those who want to give a new sport a try! We have lots of fun both on and off the court: from training sessions and matches (culminating with Varsity against Oxford), to socials and formals throughout the year. To find out more, get in touch and come along to a taster session!

cu-sparrows.net [instagram.com/camrugbyfives/](https://www.instagram.com/camrugbyfives/)
[facebook.com/groups/290501461322045](https://www.facebook.com/groups/290501461322045)
 contact: rugbyfives@sport.cam.ac.uk



Rugby League

CURLFC is one of Cambridge's fastest growing and most vibrant sports clubs. We are open to all abilities and most of our players have only taken up League after coming to University. As with every Cambridge Club, Varsity is the highlight of our season, and it should be a cracker this year with it taking place in Oxford - normally in front of a crowd of about 1,000 people, so get involved!

curlfc.soc.srccf.net [instagram.com/cu_rugbyleague](https://www.instagram.com/cu_rugbyleague)
[facebook.com/curlfc](https://www.facebook.com/curlfc)
 contact: rugbyleague@sport.cam.ac.uk



Rugby Union

CURUFC is a wholly amateur but professionally run student rugby club representing the University of Cambridge. The Club is made up of both mens and womens teams – the Blues (men's and women's 1st teams), the LX Club (men's 2nd team), the Tigers (women's 2nd team) and the U20s, together with occasional fixtures for the Colleges XV and Jaguars (women's 3rd team). Both the men's and women's teams have strong midweek fixture lists incorporating top professional clubs and universities. The LX Club and U20s generally play at weekends.

Teams are selected on merit and receive coaching, strength and conditioning guidance and medical support from our well-qualified staff. The ultimate aim of every rugby player at Cambridge is to compete in the Varsity match against Oxford.

curufc.com
[instagram.com/curufc/](https://www.instagram.com/curufc/)
twitter.com/curufc
[facebook.com/CURUFC](https://www.facebook.com/CURUFC)
 contact: admin@curufc.com



Sailing



The Cruising Club covers a wide range of disciplines including team racing, sailing, windsurfing and kitesurfing. We train weekly during term time and attended casual Uni-hosted events around the country to compete and have a fun weekend. The team has been extremely successful in recent years, with a string of Gold and Silver medals in BUCS for the last 5 years and repeated Varsity wins.

cucrc.org [instagram.com/cambridgesailingteam/](https://www.instagram.com/cambridgesailingteam/)
[facebook.com/CUCrC](https://www.facebook.com/CUCrC)
 contact: admin@cucrc.org

Shooting - Clay Pigeon



We aim to provide an affordable, friendly opportunity to shoot various disciplines to all members of the university who wish to do so - regardless of ability or experience. We shoot regularly, with some coaching and training at local venues and also participate in competitive shoots: the Varsity Match against Oxford in Easter Term and the annual BUCS competition.

cuclaypsc.soc.srcf.net [instagram.com/cambridgeshootingclub/](https://www.instagram.com/cambridgeshootingclub/)
[facebook.com/groups/187016821361303](https://www.facebook.com/groups/187016821361303)
 contact: cucpsc@gmail.com

Shooting - Revolver & Pistol



Shooting ranks amongst Cambridge's oldest varsity sports. The Club was formed in 1902, with the first varsity match between Oxford and Cambridge taking place in 1908 at the NRA Imperial meet. Today, Varsity consists of both Air Pistol and Gallery rifle, with the Air Pistol Varsity occurring during Lent Term and the Gallery Rifle Varsity occurring over the summer as part of the Imperial Meeting.

curpc.soc.srcf.net
[facebook.com/groups/2202283811](https://www.facebook.com/groups/2202283811)
 contact: revolverandpistol@sport.cam.ac.uk

Shooting - Rifle



Cambridge University Rifle Association is one of the oldest Varsity sports clubs in Cambridge. It currently holds the record for the longest run of consecutive Varsity match victories at twenty-four years, and we have won the Chancellors' Trophy 107 times and The Humphry 77 times. We run regular training camps at Bisley, during the rest of the year we train using .22 with our sister club, the Small Bore Club.

curifle.org.uk [instagram.com/cambridgeuniversityrifle/](https://www.instagram.com/cambridgeuniversityrifle/)
[facebook.com/CURACUSBC](https://www.facebook.com/CURACUSBC)
 contact: captain@curifle.org.uk





Shooting - Small-bore

CUSBC is an open and friendly club specialising in small-bore rifle shooting. For those new to shooting, we provide all the required kit and you'll be coached by our experienced Varsity squad. On the other hand, seasoned shots will find a committed squad operating at a high level to train with and learn from. Over the Easter break, many of our members transition to outdoor, fullbore shooting with our sister club, CURA.

cusbc.soc.srcf.net [instagram.com/cambridgeuniversityrifle/](https://www.instagram.com/cambridgeuniversityrifle/)
[facebook.com/CURACUSBC](https://www.facebook.com/CURACUSBC)
 contact: smallbore@sport.cam.ac.uk



Ski and Snowboard

CUSSC is the perfect place to meet those passionate about skiing, snowboarding, and representing the competitive side of snowsports at Cambridge. Our annual race against Oxford is one of the longest running ski races in the world and is a highlight of the Varsity Trip, along with Cuppers (inter-collegiate races) and the freestyle competition. Back in the UK we compete in university races on dry and indoor slopes, and train together in the gym and on indoor snow.

cussc.co.uk [instagram.com/cussc_official/](https://www.instagram.com/cussc_official/)
[facebook.com/cussc](https://www.facebook.com/cussc)
 contact: skiandsnowboarding@sport.cam.ac.uk



Squash Rackets

CUSRC organises three men's and three women's teams, which play in a variety of leagues and matches throughout the year, culminating with the Varsity Matches in February. The club also organises the annual cuppers competition, ensuring everyone at Cambridge University has the opportunity to play competitive squash. Whatever your level, come and get involved!

cusrc.soc.srcf.net [instagram.com/cu_squash/](https://www.instagram.com/cu_squash/)
[facebook.com/groups/311608785867849](https://www.facebook.com/groups/311608785867849)
 contact: squashrackets@sport.cam.ac.uk



Swimming

Founded in 1855, CUSWPC is a joint club with water polo. We offer competitive swimming opportunities for those who wish to represent the university. Members have the opportunity to enter BUCS long and short course competitions as well other galas. We also offer Open Water Swimming. Every year, there is the Varsity Henley Classic, a race down the Henley Royal Regatta Course; and every 2 years is the Varsity Channel Swim race.

cuswpc.co.uk [instagram.com/cuswpc](https://www.instagram.com/cuswpc)
[facebook.com/CUSWPC](https://www.facebook.com/CUSWPC)
 contact: cuswpc.president@gmail.com



Table Tennis

Based at the University Sports Centre, the Table Tennis Club (CUTTC) provides opportunities for enthusiastic players of all levels to practise and play competitive table tennis. We enter men's and women's teams into BUCS leagues and players have the opportunity to compete in individual championships as well as our annual Varsity Match against Oxford.

cuttccommittee.wixsite.com/cuttc
[instagram.com/camunitabletennis](https://www.instagram.com/camunitabletennis)
[facebook.com/groups/2219033686](https://www.facebook.com/groups/2219033686)
 contact: tabletennis@sport.cam.ac.uk



Taekwondo

Established in 1990, Cambridge University Taekwondo (CUTKD) is one of Cambridge's leading martial arts clubs. Each week, everyone from complete beginners to black belts learn kicking and punching techniques as well as hapkido-based self-defence skills. CUTKD studies Kukkiwon-style taekwondo and welcomes ITF-style practitioners too. Taekwondo will vastly improve your physical fitness, as well as increasing your self-confidence, concentration and mental discipline.

cutkd.soc.srcf.net [facebook.com/CambridgeUniversityTaekwondo](https://www.facebook.com/CambridgeUniversityTaekwondo)
[instagram.com/cambridge_university_taekwondo/](https://www.instagram.com/cambridge_university_taekwondo/)
 contact: cutkd-committee@srcf.ucam.org



Tennis

CULTC provides its members with all levels of tennis, from national and international team competition to social tennis for beginners and intermediate players. There are 5 men's teams and 4 women's, all of which have regular training, and compete in Varsity. The top teams compete in BUCS leagues, and train indoors in the winter and on the club's 8 grass courts in Easter Term. Social members have access to the club's 3 hard courts and weekly coaching sessions.

cultc.soc.srcf.net [instagram.com/cultc](https://www.instagram.com/cultc)
[facebook.com/CamULTC](https://www.facebook.com/CamULTC)
 contact: lawntennis@sport.cam.ac.uk



Touch Rugby

CUTRC's main aims are to promote touch rugby and represent the University at all levels of competition. We welcome players of all genders, all levels of experience and all levels of commitment. We want to make touch rugby accessible to everyone and to help you to compete. We also organise referee and coaching training, so there are lots of ways to get involved. We look forward to seeing you.

cutrc.soc.srcf.net [facebook.com/camunitouc](https://www.facebook.com/camunitouc)
 contact: cambridgetouchrugby@gmail.com



Trampoline

CUTC is a friendly trampoline club open to all adults (students and non-students) of all abilities. We have excellent qualified coaches able to help you with everything from learning how to bounce to twisting somersaults and more! Our sessions can be as relaxed or focused as you make them. For those who are interested in competing (students and non-students), we regularly travel to competitions at other universities and host our own.

cutc.soc.srcf.net [instagram.com/camunitc](https://www.instagram.com/camunitc)
[facebook.com/CambridgeUniversityTrampolineClub](https://www.facebook.com/CambridgeUniversityTrampolineClub)
 contact: trampoline@sport.cam.ac.uk



Triathlon

We are a rapidly-growing club that welcomes members of ALL abilities. No matter if you're an expert in the three disciplines, or have never even tried them, come Try a Tri! We run weekly swim, bike and run training sessions accommodating all skill levels. We have club bikes and wetsuits to hire and offer discounted sessions at Parkside Pools and the University Sports Centre. Finally, all our races offer a fantastic opportunity to gain experience and test yourself against our rivals.

cutric.org [instagram.com/cutric/](https://www.instagram.com/cutric/)
[facebook.com/CUTriC](https://www.facebook.com/CUTriC)
 contact: triathlon@sport.cam.ac.uk



Ultimate

Ultimate is a fast-moving, non-contact team sport played with a flying disc (frisbee). Cambridge University Ultimate Club, also known as Strange Blue, have successful men's and women's and mixed teams which compete in BUCS tournaments throughout the year. Almost all of our team started playing ultimate at university and we encourage any keen and curious athlete to try out ultimate. We have a proud tradition of player development and several of our teammates have gone on to represent GB. Everyone's welcome!

strangeblue.org [instagram.com/camuniultimate](https://www.instagram.com/camuniultimate)
[facebook.com/StrangeBlue](https://www.facebook.com/StrangeBlue)
 contact: ultimate-president@srcf.net



Underwater Exploration (SCUBA)

As a branch of BSAC, the British Sub-Aqua Club, we have a team of instructors experienced in teaching diving courses and skill development at all levels. Our club provides easy access to high quality diving equipment, easing the burden of a significant initial investment, which is particularly beneficial for novices. Immerse yourself in adventure and join us on unforgettable aquatic trips. We meticulously plan and execute numerous sea expeditions each year, not only in the UK, but also in fascinating destinations abroad. Feel free to contact us to learn more.

cuueg.org.uk [facebook.com/CUUEG/](https://www.facebook.com/CUUEG/)
[instagram.com/camunivolleyball](https://www.instagram.com/camunivolleyball)
 contact: membership@cuueg.org.uk



Volleyball

CUVC is one of the most successful sports clubs in the University. We have four teams competing in BUCS with our second teams competing in regional leagues and both men's and women's Blues teams competing in the top two tiers. We are proud to have players representing Great Britain at the European University Championships in Serbia, Greece and Slovenia. Both Blues teams have taken silver medals at the BUCS Championships and the Volleyball England Student Cup on more than one occasion. During Lent term, all four teams compete in Varsity matches against Oxford – a highlight of the sporting calendar.

cuvc.org facebook.com/cuvolleyballclub
instagram.com/camunivolleyball
 contact: volleyball@sport.cam.ac.uk



Water Polo

Founded in 1855, CUSWPC is a joint club with swimming. The water polo team consists of two men's and one women's teams who compete in BUCS leagues throughout the year. Water polo players also compete in the national U-Polo league and local friendlies with the focal point of the year being the annual Varsity Matches against Oxford.

cuswpc.co.uk instagram.com/cuswpc
facebook.com/CUSWPC
 contact: cuswpc.president@gmail.com



Yachting

The Yacht Club (CUYC) organises affordable yacht sailing for all past and present members of the university, whether experienced or just interested beginners. CUYC runs every type of yachting trip from relaxed cruising and social trips, to adventurous trips, RYA training and racing. During term time, trips go out on weekends throughout the year. Outside of term time, the club runs extended trips to attractive European cruising grounds. CUYC Racing is a competitive club culminating with Varsity and BUSA Yachting Nationals.

cuyc.org.uk instagram.com/cuyc_sailing/
facebook.com/CUYC.Sailing
 contact: info@cuyc.org.uk



Disability Multisport

The Cambridge Adult Disability Multi Sport (CADMuS) Club is a community club that provides a programme of Disability MultiSport activities at a weekly Saturday morning session at the University of Cambridge Sports Centre from 10am - 12pm. The club gives participants the opportunity to try a range of sports from Boccia and goalball to table tennis and Kung Fu, and much more besides, all with qualified and experienced instructors on hand to lend support where required.

For more information, visit the CADMuS
facebook.com/CADMuSCLub/
 website: <https://cadmusclub.wordpress.com>

College Sports Leagues

The inter-collegiate sport programme is a great way to get active and have fun playing sport at Cambridge, regardless of your experience. With over 3000 students taking part in a variety of sports, there really is something for everyone. The leagues are a relaxed and informal way to try a new activity or play the sport you love at a competitively recreational level. Whether you're a complete beginner or want to carry on your favourite sport, you can join a college team that's right for you. It's a great way to get involved



with your college community, have fun, and get the most out of your university experience. A wide range of sports are on offer (listed below), with league fixtures taking place every week at college and University facilities. As well as college teams, there are also some society and department teams too!



Every team has chance to compete in the regular divisions, as well as the much anticipated annual Cuppers events, where one college team is crowned as champion in each sport.

Leagues include:

- Badminton (Open)
- Badminton (Women's)
- Basketball (Mixed)
- Cricket (Men's)
- Football (Men's)
- Football (Women's)
- Hockey (Mixed)
- Lacrosse (Mixed)
- Netball (Mixed)
- Netball (Women's)
- Rugby Union (Men's)
- Squash (Mixed)
- Table Tennis (Mixed)
- Tennis (Mixed)
- Ultimate (Mixed)



Scan the QR code and sign up with Playwaze to view league tables, fixtures and results!

Have any questions, or want to get involved?
Contact collegesport@sport.cam.ac.uk



College Sport

There are many other opportunities to be active in Cambridge outside of college sports leagues.

- Cambridge is a fantastic city for walking, running and cycling: head to our website for more information on suggested routes, the facilities available, and our couch to 5K running programmes
- Many colleges have recreational groups, such as bouldering, yoga, pool & snooker and volleyball
- There are lots of one off Cuppers events throughout the year, in sports including athletics, sailing, triathlon and water polo

College Rowing: Hugely popular at Cambridge thanks to the fantastic facilities available locally, thousands of students take to the water each year, and every college caters for and welcomes total beginners, many of whom go on to race competitively for the colleges – or simply enjoy being on the river!

Competitions are organised by college boat clubs themselves, as well as the CU Combined Boat Club. The most highly anticipated competitions each year are the Bumps, with the May Bumps traditionally rounding off the academic year in June (pictured below).



Give it a Go

The University runs a range of turn up and play sport sessions, where you can try something new in a no pressure environment. All equipment is provided and the sessions will be all about developing skills and having fun! Just book your place through the camunisport app. For more information



on what is available and how to get involved, visit the Sport Service website.

For all queries about getting active, contact activestudents@sport.cam.ac.uk

Sports Service Facilities

The Sports Service operates three sites across the city, catering for a wide range of sports.



Sports Centre

Philippa Fawcett Drive, CB3 0AS

Our state-of-the-art Sports Centre on the West Cambridge Site includes a gym, strength and conditioning room, sports hall, studios, team training room, squash courts, and Eton and Rugby Fives courts. In addition, the Sports Centre offers flexible student gym memberships including the UNiversal membership, group fitness classes and personal training.



Wilberforce Road Sports Ground

Wilberforce Road, CB3 0EQ

Wilberforce Road Sports Ground includes provision for athletics with an 8 lane track (10x100m) and all associated field events. In 2018, a £2.5 million investment into an additional two hockey pitches has taken our provision to 3 sand-dressed pitches, making it the biggest hockey facility in the area.



Fenner's Tennis and Cricket Ground

Mortimer Road, CB1 2EL

Fenner's Cricket and Tennis Ground is located in the City Centre. Cricket facilities comprise a three lane indoor cricket school and first class cricket ground where University, College, Community and County matches take place. For Tennis, 3 hard and 8 grass tennis courts complete the Ground, which host a range of University and National competitions annually.

Physioteq

The Sports Service has teamed up with the Physioteq physiotherapy and sports injury clinic. Based at both the sports centre and Wilberforce road athletics track, students have access to elite level physiotherapy, rehabilitation, massage and performance testing at a discounted rate. Physioteq have a strong and successful relationship with the University Boat Club, the Sport England TASS program and the University of Cambridge Athlete Performance Programme (UCAPP). Whatever your age or ability the team can help you start moving in the right direction.

www.physioteq.co.uk or call 01223 958051



Services, Support and Training

The Sports Service offers a wide range of services, support and training to students at the University of Cambridge.



Strength and Conditioning

Delivered by our expert Fitness Team, the Sports Service is able to provide high quality strength and conditioning training to individuals and groups. The team deliver training sessions with a sport specific training plan to ensure you get the best out of the session and achieve your personal or team goals.



Team Wear

The Sports Service has a coordinated teamwear agreement with Canterbury for University Sports Clubs. Clubs are able to purchase bespoke match kit as well as training and travel wear. Restricted Club web shops are available for members to purchase individual items at a discounted rate compared to the general kit shop.

For more information, please contact
teamwear@sport.cam.ac.uk

Sports Service Contacts

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