



Contact Us



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Rugby Union

Rugby Union is one of the University of Strathclyde's **GOLD FOCUS** sports which provides additional support to the top tier of athletes to provide them with a competitive advantage over other Universities when competing in BUCS competitions.

Partnerships

The University is an official partner of Pro 14 Club Glasgow Warriors and the Scottish Rugby Union. Through this partnership the Club accesses video analysis support on match days and coaching from Specialist Skills Coaches such as ex-Internationalist Chris Paterson.

World-Class Training Facilities

Located just a short 15 minute drive from Cathedral Street, Stepps Playing Field houses two high-quality grass Rugby pitches, changing and shower facilities, a large newly refurbished meeting room equipped for video analysis sessions and a kitchen for refuelling after training and matches.

Achievements

Whilst the University of Strathclyde Men's 1st XV compete in the UK-wide Premier North B, the Women's 1st XV compete in Scottish 2A. In addition, current Rugby Union players on the Performance Sport Scholarship Programme include Glasgow Warriors front row James Malcolm.

Coaching

Overseen by Director of Rugby Gary Strain, all Rugby Union training sessions are delivered by enthusiastic and knowledgeable Performance Coaches.

Support Services

Individualised year-round strength and conditioning support is provided by highly experienced practitioners. Additionally, **FOCUS** sport athletes have the opportunity to attend Athlete Lifestyle Workshops covering topics such as: Anti-Doping and Concussion Awareness.



PERFORMANCE SPORT

Individual Scholarships

In addition to the support offered to top tier athletes competing in **FOCUSports**, the University offers Performance Sport Scholarships to World-Class athletes. Performance Sport Scholars are provided with a comprehensive support package equating to a cash equivalent of up to £4,750 per year funded by Strathclyde Sport and through generous donations from the University of Strathclyde Alumni Community.

Academic Flexibility

The Programme Co-Ordinator will work with Performance Sport Scholars and the academic faculties and departments to facilitate a flexible approach to academic studies and assessments around major sporting competitions. This individualised mentoring approach is designed to support the attainment of simultaneous scholarly and sporting success.

Location

Situated in the heart of Glasgow's vibrant City Centre. Only a one-hour flight to London, Glasgow also has great transport links to the rest of the UK, Europe and further afield. Furthermore, our campus is a short walk from two mainline railway stations and the Underground to help you get around the city.

Accommodation

So that it is convenient for athletes to attend early morning training sessions, Halls of Residence are situated just a short 5-minute walk from Strathclyde Sport Facility and all students in University accommodation receive free membership to Strathclyde Sport.

Arrange a Visit

If you are an ambitious student-athlete with aspirations of maximising your academic and Sporting potential simultaneously then we would love to hear from you. Please contact Anne-Marie Hughes (Assistant Head of Department) or Gary Strain (Director of Rugby) for more information.

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