



ACTIVE WELLNESS AND SPORTS



24/25 IMPACT REPORT

**UNIVERSITY
OF WARWICK**

warwick.ac.uk/sport

FOREWORD

Huge strides were made within our Active Wellness and Sport Strategy throughout the 24/25 academic year as we continued to deliver opportunities for students to engage in an active lifestyle at the University of Warwick to improve their health and sense of belonging.

Through our engagements with over 12,000 students in the last year (an increase from just under 11,000 throughout the prior year), we've seen how active wellness and sport can play a pivotal part in helping students achieve top degree classifications, progress to postgraduate study, or secure employment following graduation.

Over 12k students engaged in either sport or active wellness

We've provided regular opportunities for students to engage in active wellness and sport at Warwick, not just through participation in sport directly, but also through making opportunities available in the workforce. Our Activators have played a crucial role in facilitating core activities such as our Active Leagues and Rock Up & Play programmes, dedicating over 970 voluntary hours in the last year. Similarly, our student exec committee volunteers do a brilliant job of running student sport clubs.

By offering 60 hours of free sport per week during term time through our Rock Up & Play programme, we've attracted over 2,700 students, 70% of which were from Black, Asian and Minority Ethnic groups.

Active Leagues (intramural leagues) have gone from strength to strength over the last year. With 469 teams engaged across 39 leagues including six different sports, we've been connecting the campus community across academic departments, halls of residences and student groups.

Over 4,900 students joined Team Warwick to represent the University within one of over 60 sports clubs throughout the last academic year. A 13th place finish in the BUCS leaderboard matches our 23/24 season, and

gives us increased motivation to improve on that position throughout the 25/26 season.

Our student athletes have been representing Warwick on the global stage with competitors across events such as the 2025 FISU Summer World University Games, British Championships, and the European University Games, to name a few. Our support for scholars in 24/25 helped continue dual academic and sporting careers whilst studying at Warwick.

2,747 Rock Up and Play student participants

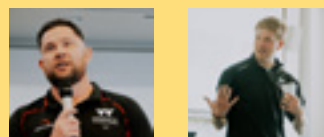
70% from Black, Asian and Minority Ethnic groups

In the last year, we've helped over 12,000 students, staff, members of the public, and juniors get active through a membership with us. We've evolved our services and products by listening to what our members want. As a result, we've partnered with Matrix Fitness and invested £1M to upgrade the environment within our gym.

We've also invested a further £610,000 across our facilities, all made feasible by generating £6.5m of revenue for the University directly through sport.

Our climb, swim and tennis programmes have thrived over the last year, engaging over 6,800 children or families.

We would like to thank those who work alongside us to enhance our offer – we would not be able to achieve what we have without our volunteers, student committees, generous partners and supporters.



Mark Hyndman, Director of Sport & Active Lifestyles
Louis Gosling, Students' Union - Vice President Sports

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A Sustainable Future

SUPPORTING STUDENT OUTCOMES

Our Active Wellness and Sports Strategy sets out ambitions to widen access, deliver more opportunities, and embed more immersive and enriching student experiences to enable everyone to reach their true potential. Helping students improve their health and building inclusive communities are core motivations for us. Last year, we engaged over 12,000 students in either sport or active wellness. Key trends have emerged over the last few years that quantify the **relationship between engagement in sport or active lifestyles, and academic achievement** for students at Warwick.

Over **12k** students engaged in either sport or active wellness

Undergraduate students who have continued to engage with our services as part of their student life in their graduating year proportionally perform better academically (First Class or Upper Second Class degree outcome) by 10% when compared to those that are not engaged.

Similarly, we have seen postgraduate taught (PGT) trends over the last three academic cycles that further validate the role that sports and active wellness services play in enhancing student outcomes at Warwick. PGT students who engaged with sport achieved distinctions or merits at a proportion that is between 5 and 15% higher than those PGT students who did not engage with sport through Warwick Sport.

Although we cannot claim that every student will achieve better academic outcomes as a result of sporting engagement, these trends do demonstrate a strong relationship between participation in sport and higher quality degree outcomes.

We also asked 199 Warwick Scholars what impact their free Warwick Sport membership had on their academic experience. Results from the 23/24 survey showed that

nearly four in five students agreed or strongly agreed that the membership had positively affected their academic performance, and 80.4% highlighted that the membership helped them manage academic pressures.

From looking at the latest data available for **academic progression** (22/23 and 23/24 academic years), we were able to determine trends between Warwick undergraduate students who engage in sport and go on to progress to postgraduate degrees at Warwick. An average of 8% of students who engaged with sport in their final year of undergraduate study progressed to postgraduate study, versus an average of 5% for those who did not engage.

Sport and active wellness plays a huge role in catalysing a students' personal development, bolstering their **employability** skills, and preparing them for life after Warwick. In addition to strengthening academic success, the latest HESA Graduate Outcomes Survey data from 2021/22 shows that more students were in full-time further study (13.17%) or employment and further study (11.2%) having engaged with sport in their final year at Warwick. This is compared with 9.39% and 8.07% respectively for those who did not engage with sport, and this was true of our students regardless of gender or socio-economic and ethnic backgrounds.

Furthermore, when assessing employment opportunities for our students after graduation, we've found that the students who engaged with sport were more often employed on fixed-term contracts lasting longer than 12 months when compared with those who did not engage.

The HESA data also shows that students who have a mental disability and are from lower socio-economic backgrounds were more likely to be in full-time employment (71.43%) having engaged with sport, versus those who did not (53.7%). Alongside this, students who stated a physical disability were just under 5% more likely to achieve a permanent or open-ended employment contract if they engaged with sport at Warwick.

We've also seen an appetite from students to embark on **voluntary opportunities** within our team throughout the 24/25 cycle. Supporting casual, inclusive, and beginner-friendly sports and activities on campus, our volunteer student **Activators** have been underpinning our Rock Up & Play programme and Active Leagues delivery, contributing over 970 voluntary hours throughout the 24/25 cycle, as well as supporting pop-up sports activations and events across campus.

Over
970 voluntary hours

Throughout the 24/25 cycle, 103 student Activators received designated Activator training with sessions led by StreetGames, an organisation harnessing the power of sport to drive positive change and make young people and their communities healthier, safer and more successful.

From the 122 volunteer Activators attracted to support the Active Leagues or Rock Up & Play programmes (84% students, 16% staff), 69 of our student Activators registered for the Warwick Award in 24/25 which acknowledges the skills students build through not only academic modules, but extra-curricular activities such as volunteering, societies, sports teams, internships or placements.

“

Being an Activator means creating a welcoming space where people, no matter their ability, can enjoy sport, and unwind. It's about giving back to a community that's given so much to me and helping others experience the same joy I found through 5-a-side.

I got involved because 5-a-side became such a meaningful part of my first year, it was somewhere I could forget everything else going on and just enjoy football with friends. Becoming an Activator felt like a natural way to stay involved and give back. It gives me a break from academic stress and helps me manage my time better.

Kyle Ramkissoon,
5-a-side football Activator

”



As well as offering volunteering opportunities for students to bolster employability skills, we have also dialled up **paid opportunities** for students throughout 24/25, having offered over 60 different types of student roles throughout the last year covering disciplines across sports and active wellness delivery. This has ranged from customer service roles and swim teachers through to strength and conditioning coaches, climbing route setters, assistant sports coaches and many more, providing a way for students at varying stages of their degree to earn while they learn, upskill and build on their existing experiences.

Over £150k invested in our student workforce

Throughout the 24/25 academic year, we employed 80 students, investing over £150,000 in the student workforce.

Our **Climbing Centre** alone employed 10 students. All students employed are undergraduates and mostly employed as climbing instructors, with some developing into more senior roles.



	Total	Undergraduate	Postgraduate - Taught Masters	Postgraduate - Research PhD	Other	Prefer not to say
Number of Warwick students	80	67	3	2	1	7
Total Student Pay	£150,838.94	£128,495.73	£8,641.97	£1,617.98	£59.65	£12,023.61

Areas of most impact:

Area	Impact	Why It Matters
Academic Achievement (UG & PGT)	Up to 10% increase in top degree classifications for sport-engaged students	Strong correlation shows sport supports academic success across all demographics
Progression to PGR	Sport-engaged students nearly twice as likely to progress to postgraduate research	Indicates sport supports long-term academic engagement and ambition
Graduate Outcomes & Employability	Higher rates of employment/study after graduation - Longer-term job contracts	Demonstrates sport helps build valuable career-readiness skills
Support for Underrepresented Groups	Significant gains in employment for students with disabilities or from low socio-economic backgrounds	Highlights sport's role in levelling the playing field and promoting equality
Student Activator Programme	Over 100 trained volunteers receiving CPD and career-building benefits	Builds a pipeline of peer leaders, enhances community and contributes to student wellbeing and skills



I started working at the Climbing Centre in my first year at Warwick. It has taught me so much and spurred my passion for the sport. During my first academic year, I primarily worked as a Bear Cubs instructor. This year, however, I have expanded my role, working a lot with school groups, which has enabled me to pick up more shifts and really get to know the regular climbing community.

The role has enhanced my university experience in several ways. Firstly, earning an income and being able to climb freely has made university significantly more

financially accessible for me. Secondly, having something to do outside of the academic sphere has been crucial to my mental wellbeing, especially in second year. The job has provided enjoyable and necessary breaks from writing essays, helping me maintain a balance.

Balancing work and study has occasionally been challenging, especially during periods with significant academic deadlines. However, the team has been brilliant at giving me work that fits around my schedule.

Sophie Savage,
3rd year student and Climbing Instructor



GETTING CAMPUS MOVING

During 24/25, we rapidly expanded our Active Leagues (intramural leagues), our Rock Up & Play programme, Active Health programme, and our Health and Fitness community to widen participation. Whilst delivering access, inclusive opportunities and experiences for Warwick students, we've also engaged our staff and the local community through participation in sports and active wellness.

Our **Rock Up & Play** programme is a key enabler for engaging our students at Warwick, and creating a thriving and flourishing community. Rock Up & Play offers the opportunity for Warwick students to keep fit, learn new skills and make new friends. Throughout the 24/25 academic year, we've delivered over **60 hours of free** sport or physical activity every week during term time across **20 different activities**.

3,893 Rock Up & Play participants

From the introduction of Muay Thai, to the continuation of mixed hockey, trampolining, tennis, and so much more, we engaged 3,893 participants since August 2024. This is an uplift from 2,420 participants during 23/24 (+60%). From this, 2,747 Warwick students were attracted, of which **70% were from Black, Asian and Minority Ethnic (BAME) groups**, 10% were disabled participants, and 46% identified as female. This is an uplift of 10% following the introduction of more women-only sessions over the last year.

In response to staff and student feedback, we introduced a 'wellness' strand to our Rock Up & Play programme, offering 300 hours of wellness activity each term (60 each week). This initiative was in response to feedback from our campus community, who asked for more mindful activities. This feedback also led to the creation of our 'Mindful Monday', 'Wellbeing Wednesday' and 'Feel Good Friday' sessions (activities included Yoga, Pilates, Zumba and wellbeing runs).

Working with the Enabler's Society at Warwick, we launched 'Project Adapted', giving wheelchair users the opportunity to design sessions such as wheelchair basketball and Boccia. To date, 267 disabled students have been engaged in the programme.

“

I attend the volleyball Rock Up mostly and I love it as it allows me to do casual volleyball, build a community, and build my skills. It's actually a lovely thing to also be doing sports for free which I'm so grateful for. I love this whole Rock Up idea.

Alteha Nur,
Chemistry

”

“

Rock Up and Play was one of the biggest reasons I love and enjoy going to University. I love it so much that I stay on campus longer just so I can attend the Rock Up sessions, like volleyball. It has provided me with the opportunity and encouragement to be physically active at uni, which keeps my mind open and keeps me fit and healthy.

Fitsum Gondallo,
Accounting & Finance, WBS

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“

I've attended a few Rock Up and Play badminton and swimming sessions. I think it's a great opportunity, especially with the cost of living making it harder to afford sports activities. It's also been really good for my wellbeing. Thanks for offering this programme!

Yazhen Cleaver,
Immigration Services Co-ordinator,
Education (Directors Office)

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Our **Active Leagues** included 39 leagues delivered across 6 sports including football (5-a-side and 11-a-side), badminton, basketball, mixed netball and volleyball. Designed for Warwick students and staff, our Active Leagues offer a social yet competitive environment across campus including a range of sports for all levels and abilities. Last season, 469 teams took part, comprising staff and students from academic departments, halls of residences and student groups.

Our Friday 5-a-side Active League has grown exponentially over the last year, tripling the number of teams to 24 and filling to capacity every term. As part of our commitment to enable students to reach their true potential through a quality sports experience at

Warwick, our 24/25 leagues also included extended opening hours during term time, providing students with more opportunities to compete in leagues and balance demanding academic commitments.

We've also worked more closely with the Students' Union, enabling society budgets to be spent on Active League entries. As a result, we've seen an increase from 27 societies to 35 engaged with Active Leagues.

469

**Active League
teams across
39 leagues**



“

WMG FC originally started as a small group of colleagues who shared a passion for football and wanted a casual way to stay active. Over time, it's grown into a diverse and welcoming squad made up of staff and PGR students from across WMG. We have a mix of players – different skill levels, backgrounds, and genders – all coming together for the love of the game. It's become much more than just a weekly match; it's a fun and inclusive way to connect with people across the department.

Whether you're an experienced player or just looking for a casual kickabout, the league is welcoming to all abilities, and you can either join with friends as a team or sign up as an individual and get placed with others. It's a brilliant way to stay active, meet new people, and have fun along the way.

Jordi Smith,
Project Engineer, WMG

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“

I joined the Warwick Active League to get a sense of competition in the sport that I love most and to be more productive in general. The Active League has been instrumental in relieving my exam stress and at the same time keeping my body healthy. It's also a good stepping stone to those who want to start joining competitive tournaments in the future.

Rizzqy Nor Faiz,
Project Engineer, WMG

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Our ambition to establish Warwick as an international leader in active wellness and sport has been supported through our delivery of **health and wellness events** throughout the past year.

Our annual Warwick Women's Night In provided the opportunity for female students and staff across Warwick to participate in 26 free activities and wellness sessions. In total, 357 attendees were welcomed. Of those participants, 87% were students, 47% were from BAME communities and, indicating further progress around our strategic intention to broaden the horizons of our students, 88% of participants agreed or strongly agreed that the event enhanced their sense of belonging at the institution.

Similarly, our **This Girl Can** campaign challenged the conventional idea of what exercise looks like across the student community at Warwick, and reached out to women of all backgrounds and ethnicities who feel left behind by traditional exercise, proving that judgement, time, money and energy were all barriers that could be overcome. Across the week-long programme, over 39 beginner-friendly sessions were delivered and attracted 330 attendees. This shows a clear appetite for beginner-friendly events that remove all judgement from engaging in active wellness.

“

The Zumba classes for This Girl Can on Fridays at 17:30 were absolutely exceptional. Being from Spain her moves were exactly like classes back there and she incorporated different styles like salsa into the Zumba. The classes helped ease my homesickness and it was great to introduce my new friends to cultural dance and music.

Mansi,
undergraduate student

”

“

I loved the initiative; I did the climbing session after a very stressful day, and the relief feeling was absolutely great! I would have loved to join more sessions, but it was a difficult week for me as tutor.

Adriana,
staff

”

Our month-long **DeStressstival** free cross-campus event for Warwick students offered the perfect opportunity for students to relieve exam stresses during term 3. Focusing on mindfulness, relaxation, and de-stressing, the festival delivered events such as a petting zoo, climbing, Pilates and much more to help over 2,300 students find a release during an intense exam period.

2,300

**students helped
to de-stress
during exams**

Celebrating our thriving global community at Warwick, we welcomed over 100 students including eight different nationalities from across three departments as part of our **One World Cup** 5-a-side football tournament. The tournament supported the University's 'One World Warwick' campaign in November.

Delivered in partnership with Warwick Medical School, we also introduced **free pop-up health checks** for staff and students. 158 students and staff took advantage of the health checks (which covered blood pressure, glucose levels, body mass index and cholesterol levels) and received health and lifestyle advice.





AKUMA

WARICK
THE UNIVERSITY

MA

STUDENT CLUBS AND ATHLETES

Throughout the 24/25 season, over **4,980 students** joined Team Warwick to represent the University within one of over 60 sports clubs. Over the last year, we've proudly continued to support and develop high performing student athletes to reach their full potential while studying at Warwick.

BUCS RANKING

Our BUCS performance throughout the 24/25 season equalled that of our 23/24 season, with Warwick finishing 13th out of 142 institutions.

Team Warwick's 89 teams played 942 fixtures and achieved 11 league wins, 9 promotions, 1 cup win and 38 podium finishes. Our athletes also played at 50 individual events/competitions, winning 33 medals.



TEAM WARWICK SUCCESS



AMERICAN FOOTBALL

won the Premier North division in their first season promoted.



MEN'S FUTSAL

finished 2nd in the Premier division in their first season promoted.



MEN'S BADMINTON

finished 3rd in the Premier North division.



MEN'S AND WOMEN'S LACROSSE AND TABLE TENNIS TEAMS

reached the play offs for the Premier division.



ARCHERY

finished 3rd overall in BUCS indoors, winning 3 medals.

4,980

students joined Team Warwick

13th

out of 142 institutions in BUCS

60+

sports clubs

11

League wins

9

promotions



FOCUS SPORTS

Badminton and squash are Warwick's 'focus sports', which means they receive the highest level of investment from the University. This investment funds full-time head coaches to lead and develop each sport's programme.

SQUASH

Overall Squash finished 6th out of 55 institutions on BUCS points.

Women's teams

The 1st team finished 8th in the Premier division. The 2nd team retained their position in the division for the 25/26 season.

Men's teams

The 1st team finished 6th in the Premier division and reached the semi-finals of the Championship Cup. The 2nd team finished 1st in Tier 2, gaining promotion to Tier 1.

BADMINTON

Overall Badminton finished 5th out of 98 institutions on BUCS points. This year marks the third consecutive BUCS Nationals in which Warwick had medalled.

Women's teams

The 1st team finished 4th in Tier 1 and retained their position for the 25/26 season. The 2nd team finished at the top of Tier 2 with a perfect 30 points, gaining promotion to Tier 1.

In cup competitions, the 1st team progressed to round 2 of the National Trophy. The 2nd team were runners-up in the Midlands Conference Cup.

Men's teams

The 1st team secured 3rd place in Premier North. The 2nd team finished the season with an unbeaten 9 wins and 1 draw.

In cup competitions, the 1st team reached the semi-finals of the National Championship, while the 2nd team reached the quarter-finals of the Midlands Conference Cup.

TEAM WARWICK ON A GLOBAL STAGE

Samuel Ricketts, MSc Business Administration, Badminton

A graduate in 2025, Sam represented Jamaica throughout his studies. He competed at several major tournaments, including Commonwealth Games, Pan American Games, Central American and Caribbean Games.

Sam made history at BUCS Nationals by winning the Men's Doubles in 2023 (the University's first ever gold medal in badminton). Since then, Sam has medalled in BUCS Nationals in 2024 and most recently the 2025 competition where he won a bronze medal in the men's doubles.

Nathan Masset, BA History and Politics, Squash

During his time at Warwick, Nathan rose to the top of the squash 1st team. He is a former Number 1 Under 19 in Belgium (now ranked Number 4 in the Belgian senior national team) and currently ranked 483 in the world.

In the 24/25 season, he finished in his highest ever position in the BUCS individuals (9th) and represented Belgium at the European Championships.

Nathan graduated in 2025.

Gabriel Foo, BSc Management with Finance, Swimming

Gabriel represented Singapore at the 2025 FISU Summer World University Games in 50m Butterfly and 50m Breaststroke.

Lucas Stolle, PhD in Medical Sciences, Powerlifting

Lucas represented Team England in Powerlifting in the Commonwealth Games in 2024. He won bronze in Squats, gold in Bench Press, and silver in Deadlift. His combined score resulted in a silver medal overall.

Lucas competed at the British Bench Press Championships, where he won the national title and was selected for the World and European teams, finishing 6th in the world.

Tori Fisher, BSc Health and Medical Sciences, Netball

Netball scholar Tori was selected for the National NXT Gen league squad at Loughborough Lightning. The team went on to win the league in its inaugural year.

Sophie Tsang, Global Sustainable Development, Fencing

Sophie was selected for the GB Senior Fencing Foil Squad. She won a Bronze medal in the BUCS Individual Fencing Championships 2025, a Gold medal in the Warwick Open and a Bronze medal in the British Open Championships.



Student sport scholarships

We provided support for 49 scholars (representing 24 sports) in 24/25 to help underpin their dual academic and sporting careers. Our sport scholarships provide professional support to our student athletes and includes physiotherapy, sport psychology, sports nutrition, lifestyle coaching and strength and conditioning coaching.

10 **GOLD**
International
Representation

7 **SILVER**
Senior National
Representation

12 **BRONZE**
NGB Performance
Pathway

20 **SUPPORT**
Regional





Team Warwick sport club events

In 24/25, we supported 38 sports club events, including 20 charity events.

Team Warwick fundraising

£17k

raised through
charity activity

£38k

raised for
Movember 2024

Varsity 2025

16

Varsity fixtures
in 2025

Warwick's
35th
consecutive
Varsity win

Welcome Week (2024) sports club activities

2,472

students in club
led sessions

17

sports club
taster events

98%

positive rating
from attendees

BUCS & FA Football Development Project

The University of Warwick received a grant of £2,500 to develop its football programmes with Warwick's Women's Football Club, led by two student volunteers, Aimee Corr and Ella Cowell.

As President and Vice President of the Women's Football Club, Aimee and Ella recognised the lack of workforce opportunities for women in football. They successfully developed and led a programme that upskilled 21 female players to coaches. They also co-led a 'Women in Male-Dominated Sports' committee with cricket and rugby representatives, driving gender equality, raising money for 'Her Game Too' and opening doors for women across university sport.

National Universities Lead and Speed Climbing Championship 2025

Working in collaboration with Warwick's Climbing Club, we were delighted, once again, to host this competition (the largest university lead and speed competition in the UK), with 170 competitors representing 20 universities.

OUR INCLUSIVE WELLNESS AND FITNESS OFFER

Our customers are at the heart of everything we do.

Our facilities are designed to inspire healthier, more active lifestyles. With passionate staff and welcoming spaces, we bring communities together, forging friendships and lasting memories.

In the last year, our Health and Fitness community has grown by over 800 members. We've helped over

5,800 students, over 940 staff, over 2,700 members of the public, and over 2,900 junior and youth users get moving with a Warwick Sport membership. But we're never content to stand still. By listening to our community, and looking at industry trends, we're continually evolving our services and products to offer a unique and personal experience for all our customers.



STATE OF THE ART HEALTH AND FITNESS SPACE

In response to customer feedback, we commissioned an independent review of our Sports and Wellness Hub gym. Partnering with Matrix Fitness, we invested £1M to install the latest equipment, increase availability of popular machines, and reconfigure the space with new flooring and lighting.

Since reopening, 9,270 customers have used the gym.

GROUP EXERCISE

We introduced a new fitness class timetable, which was shaped by extensive customer feedback. The new programme, which includes additional classes, now delivers over 100 classes a week. These changes have seen our NPS score improve from 25 to 43 (the industry standard is 35).

Last year we saw 58,770 group exercise class bookings, with 44,724 (76%) attendances.

HEALTH PROGRAMME

Our **Active Health programme** received 41 referrals engaging 40 students and one staff member in our 12-week tailored intervention, supporting students and staff experiencing difficulties with mental health and wellbeing. By providing guidance and resources to help programme participants to adopt a more active lifestyle, including assigning a mentor for the individual, a gym instructor, access to the gym for 12 weeks free of charge, and access to our Rock Up & Play, climbing and wellness sessions, we were delighted to see a 13% decrease in 'low wellbeing' from participants in the last year. Should participants want to continue after the programme, they then qualify for a discounted membership.



CLIMBING CENTRE

We continue to invest in our Climbing Centre to provide a first in class climbing environment for our customers and partners. In 2025, we delivered a new climbing wall and hosted the National Universities Lead and Speed Climbing Championship.

New climbing wall

In partnership with EP Climbing (provider of cutting-edge climbing infrastructures globally), we built a new climbing wall in August 2025. The new wall has significantly enhanced the current climbing offering, giving customers a thrilling climbing experience:

- 10 new lines and 30 new routes.
- 10 new auto-belays.
- Variety of wall angles to challenge climbers of all abilities and more route setting options.
- Replacement of outdated rock effect feature wall with new Mozaik panels.



THE DIGITAL EXPERIENCE

We're always looking for ways to improve our digital customer experience. Having listened to feedback, we launched our new UoW Sport app in 2024, enabling more streamlined ways for customers to get moving with us.

We now have over 25,000 users, with nearly 8,000 active users every month.

REWARDS PLATFORM

To boost engagement, we launched a new rewards platform within the UoW Sport app, powered by Endurance Zone. The new platform offers exclusive discounts across global and lifestyle products and incentivises regular activity among our community. We're looking to grow our users throughout 25/26 to encourage as many people as possible to reap the benefits from engaging in an active lifestyle with us.

SPORTS INJURY AND PHYSIOTHERAPY

Our on-site physio partner, Physio + Health Matters, offers expert diagnosis and treatment for an extensive range of problems to restore function, fitness and promote an active lifestyle. They also provide physiotherapy as part of the scholarship programme. Throughout the last year, 4,371 Physio + Health Matters appointments were completed.

INCLUSIVE SERVICE DELIVERY

To help broaden students' horizons, and engage as many students as possible into active wellness, we introduced a series of new **inclusion-focused initiatives** throughout 24/25. A great example of this was the launch of our Quiet Hours, creating a low sensory environment between 9am – 11am every Thursday throughout the year to support members of the community who prefer a calmer environment. This included practical changes such as turning music off around the Sports and Wellness Hub. 62% of customers who fed back on Quiet Hours rated this either 'Good' or 'Exceptional'.

To recognise our diverse community, we extended our gym opening hours to midnight on Tuesdays and Thursdays during Ramadan to enable customers to workout around their fasting schedule.

We also rolled out staff training across the department to become a 'Hidden Disabilities Sunflower' recognised facility. This raised awareness throughout our workforce of the sunflower being used as a discreet sign that the wearer has a hidden disability and may need additional support.

As part of our inclusivity initiatives, we expanded our female-only Rock Up & Play sessions, beginner-friendly Rock Up & Play sessions and our sensory-friendly table tennis sessions (working with 'Autism at Warwick').

INSPIRING FAMILIES AND CHILDREN TO GET ACTIVE



Our amazing facilities provide enjoyable spaces for children and parents to take part in activities as a family. Engaging in activities as a family is a wonderful way to be healthy and active, while creating shared experiences and lasting memories.

INCLUSIVE CLIMBING COMMUNITY

Climbing provides a unique environment and wonderful opportunities for families to have fun together. We're particularly proud of our inclusive and accessible environment, where elite climbers on the world stage and beginners share the same space and support each other.

Our Climbing Centre provides auto belays, top rope, lead and bouldering and a diverse range of offers to get people climbing. From family taster sessions, to our dedicated NICAS Bear Cubs programme and school holiday climbing camps, we have something for everyone.

Our Bear Cubs programme continues to be a shining example of supporting children on their climbing journey, with many children now competing in the Midlands Youth series and progressing to our Squad programme.

200

**children
took part in a
climbing camp**

300

**Bear Cub
members**

SWIMMING FOR EVERYONE

We understand - and recognise - that swimming isn't just about swimming lessons. Every swimmer is on a different swimming journey.

From pre-school children to family fun swim sessions, our swimming team are passionate about getting children, their parents and families in the water and helping them discover a lifetime love for swimming.

We're really proud of our swimming programme and how it has evolved over the last 12 months.

Our family fun swim sessions provide a safe, welcoming and fun environment, where families can enjoy a fun and immersive experience with floats of different shapes and sizes.

As part of our Learn to Swim programme, we introduced pre-school lessons for children aged 3-4 years old as well as Rookie Lifeguard, Intensive Swimming and 'Drowning Prevention Week' courses. These courses teach vital swimming skills through play discovery.

Our Learn to Swim programme continues to go from strength to strength with over 1,800 swimmers enrolled on the Swim England programme. Our dedicated teachers are the best in class. Their standard of teaching, passion and commitment enables every child on the programme to excel, progress and, most importantly, ensure their swimming pathway is an enjoyable experience.



1,881

Learn to Swim members
(1,807 juniors | 74 adults)

207

new members
since 31 July 2024

331

lessons a week
16,550 lessons a year

1,900

swimmers moved
to next stage in Learn to Swim programme

2,684

Family swim sessions

GRASSROOTS TENNIS AND BEYOND

Our Junior Tennis Programme, delivered in partnership with leading tennis provider inspire2coach, offers a comprehensive pathway for young players of all abilities. Starting with Development (Grassroots) Tennis, we introduce children to the game in a fun and supportive environment, building foundational skills and a love for the sport.

For those looking to advance, our Performance Academy provides tailored training for aspiring competitive players. Throughout the school holidays, we also run exciting camps that combine coaching with games and activities, as well as regular match play sessions to develop tactical awareness and match experience. All sessions are led by our team of LTA accredited coaches, all of whom are experts in their field, ensuring the highest standard of instruction and player development.

243

**Junior Academy
players**

358

camp bookings
August 2024 - July 2025

36

**grassroots
development
level players**



PROFILE AND INFLUENCE



Over the 24/25 period, we brought our communities together with exciting campaigns designed to inspire, energise, and support everyone on campus.

Movember is the global movement championing men's health. Throughout November, staff and students could get involved in a range of free wellbeing events, making it easy to connect, stay active, and support a great cause.

This Girl Can - a vibrant national campaign that celebrates women getting active. From fun taster sessions to beginner-friendly activities, it was all about moving, feeling good, and cheering each other on.

Our campus then transformed for **DeStressstival**, a feel-good festival designed to help students relax, recharge, and have fun. With plenty of free activities, it was the perfect way to unwind during a busy term.

To top it all off, our athletes shone at **BUCS Nationals**, where Warwick proudly finished **13th out of 142 institutions** - an incredible achievement that reflects the dedication and talent of our student athletes.

FLAGSHIP CAMPAIGNS RANKED BY ENGAGEMENT

DeStressstival:

65.4k
impressions

644
engagements

BUCS Nationals:

41.7k
impressions

465
engagements

This Girl Can:

14.2k
impressions

226
engagements

Movember:

14.1K
impressions

75
engagements

WEB

8.7m
organic
impressions

230k
new users to
the website

APP

8k
active users
every month

Over **1.5m**
notifications or
pop-ups delivered

SOCIAL MEDIA

Video views:
770k
+792.7% YoY

Accounts reached:
2.1m
+227.7% YoY

A SUSTAINABLE FUTURE



REDUCING OUR CARBON FOOTPRINT

Warwick Sport plays a significant part in reducing energy consumption and achieving energy and carbon savings.

The Sports and Wellness Hub has seen a 5.4% reduction in electricity usage over the past year. Our refurbished gym now uses 1,100kWh less energy. The installation of 509 solar panels produces 207.9kW, while two new pool covers achieve energy savings of £500 per month.

Following recent lighting upgrades at the Tennis Centre, the system is predicted to reduce lighting energy consumption by 80%, saving over 34 tonnes of CO₂ each year. The Centre has also seen a 40% drop in electricity usage in 2025.

At Westwood Games Hall, energy consumption has reduced by 15tCO₂e/year, saving £4,500, while electricity usage is 9% less year to date.

Energy performance

We're working hard to improve energy efficiency across all our buildings, achieving the following Energy Performance Certificate ratings: Tennis Centre (A), the Sports and Wellness Hub (B), Cryfield Sports Pavilion (B) and Westwood Games Hall (C).

**This is University of Warwick.
This is Beyond.**

warwick.ac.uk/sport

Sports and Wellness Hub,
University of Warwick, Coventry, CV4 7EU

