



University of
St Andrews | FOUNDED
1413



SAINTS

ULTIMATE

PERFORMANCE PROGRAMME

Our vision is to be the best and most successful student Ultimate club in Europe, and to develop the potential of all our players while prioritising the spirit of the game.



OUR

This vision focuses on creating the very best environment and utmost enjoyment for our club members. As a Performance Sport at the University, we provide unmatched coaching and logistical support, abundant access to sector-leading facilities, and a team atmosphere that both pushes and supports every player.

The University of St Andrews has developed the most advanced and best funded Ultimate programme in the UK. We will never stop

innovating and will continue to shoot for the very highest levels of performance and personal development.

We want to win, but above all we want each of our players to leave with better skills, better knowledge, and as better people on and off the field – and to feel part of our family forever.

This vision will push our club members to be the best they possibly can be and make our club one of the premier destinations for aspiring student athletes globally.

VISION





OUR

Founded in 1992, the University of St Andrews Ultimate Club has a rich history, with UK National titles in both Men's and Women's divisions and a host of Scottish Championship wins.

HISTORY

Many St Andrews players and alumni have represented Great Britain in each of Men's, Women's and Mixed Ultimate, and at every level – U20s, U24s, Senior, Masters and Grandmasters.

From a few hardy souls forging a new club back in the early 90s, Flatball has consistently grown in size and in competitiveness. Despite being one of the smallest universities playing BUCS Ultimate, we are one of only two clubs to have qualified for every single Nationals over the past 15 years.

Our graduates have gone on to form some of Europe's top club teams, including 2017 and 2018 UKU Mixed Tour Champions, Black Eagles, and the utterly dominant Icen women's team from London, now with ten UK and seven European titles.

Today's Saints Ultimate, with its four established competitive teams, would be unrecognisable to the handful of players who started out in the early nineties. Where might we be in another 25 years?

Saints Ultimate is one of 12 performance sports at St Andrews, benefiting from increased support and a dedicated sport-specific Director. The programme is on a par with other mainstream sports at St Andrews, and leading the way in the university sector in the UK.

We aim to provide the very best support and a comprehensive programme of training and competition to enable our students to harness their full potential and gain the very best experience whilst at St Andrews. Being part of the programme results in access to:

PROGRAMME HIGHLIGHTS

- Three coached training sessions per week for each squad plus a competitive mixed session
- Recreational mixed sessions for the whole club for more social play
- Individual skills coaching
- Sport-specific Strength & Conditioning
- Fitness testing
- Video analysis
- Team and individual feedback and mentoring
- Comprehensive pre-season and mid-season training camps, with internationally renowned guest coaches
- Sports science support (nutrition, hydration, psychology, recovery)
- Physiotherapy
- Leadership and personal development programme

THE

PROGRAMME



CREATING

The University continues to invest in making sport central to the student experience, providing the infrastructure and opportunities for everyone to participate and tailored support for those who strive for excellence.

WINNERS

We pride ourselves on our students' ability to excel both in their academic and sporting endeavours and encourage and support high performance athletes, both on a team and individual basis.

PRE-SEASON TRAINING

Pre-season camp takes place annually in late August/early September to prepare our student athletes and teams for the upcoming year of Ultimate. The training camp is a fantastic chance to concentrate on detail, and to take our time working on skills without the pressure of a short training session.

During the week, our players attend seminars on many aspects of the sport, and sports science topics such as nutrition, hydration, psychology and recovery. Top guest Ultimate coaches, like Felix Shardlow and Melissa Witmer, are also brought in to aid our training, as well as experts on Strength & Conditioning, agility, and much more.

"The professional aspect that Saints Sport brings to each club helps change the mindset of players and being part of Saints Sport and Ultimate has built my confidence hugely. Without the support from Saints Sport through the incredible facilities and the fantastic coaching from Benji Heywood, I would not be on the Ireland U24 squad today."

– Jack Lynch, 2017 Men's MVP (Most Valuable Player)

THE SQUADS

With four competitive teams and recreational mixed sessions, the Ultimate programme at St Andrews is able to cater for all levels of experience and welcomes all those who wish to get involved.

STRIVING FOR

The club currently consists of two Men's teams and two Women's teams, as well as training and playing opportunities for developing players. Endeavouring to take every interested player to a tournament where possible, the club sometimes enters as many as seven separate squads into BUCS events.

The Men's 1st Team are as strong as any in the UK, with 2017 bringing a BUCS Indoor National title, and 2018 a runner-up finish at BUCS Outdoor Nationals, along with consistent semi-final appearances over recent years. The Women's 1st Team also compete in the very highest BUCS divisions, but have been unfortunate not to get

past quarter-finals in the last couple of years. Both the Men's and Women's second teams finished the 2018/19 season as the highest ranked 2nd teams in the UK, and the Mixed 1st team also made the national quarter-finals once again. These successes have contributed to Ultimate being consistently among the top performing BUCS sports at St Andrews in recent years.

"The Ultimate Club has something for everyone. Whether you have played before or are a complete beginner, whether you want to push competitively or just play for fun, the nature of the team structure we have allows for it all."

– Robbie Jones, Committee Member 2017-2018



EXCELLENCE

The University encourages individual sporting excellence by providing support to talented athletes who are studying at St Andrews and who represent their country at an international level.

SUPPORTING

In 2018, seven current or recently graduated members of Saints Ultimate competed in the WFDF World U24 Ultimate Championships in Perth, Australia for Great Britain or Ireland.

In 2019, we did it again, with five players representing at World U24s in Heidelberg and two more at European U20s in Wroclaw. In total, more than 30 of our graduates have played at World Championships around the world over recent years.

The University's Supported Athletes Programme is student-athlete focused and comprises a bespoke combination of:

- Complimentary Sports Centre membership
- Sports specific Strength & Conditioning support
- Physiotherapy support for rehabilitation and injury prevention advice
- Academic lifestyle support
- Access to funding streams to help support the costs incurred through training, competition, travel, affiliation fees, kit and equipment

EXCELLENCE





SPORTING

The University Sports Centre has recently undergone a major £14 million refurbishment and now provides some of the best sports facilities in Scotland.

FACILITIES

The grass pitches at University Park are renowned across the country as amongst the finest in Scotland and in 1999 were the venue for the World Ultimate Club Championships. The programme benefits from a dedicated grass Ultimate pitch, which is played on all year round and maintained by full-time ground staff. Regular access to a floodlit 3G synthetic pitch also guarantees that our teams can train in all weather, any time of the year.

The refurbished Sports Centre now boasts an eight-court arena, offering ample space for two matches to take place at once, and a perfect preparation venue for the BUCS Indoor tournaments that dominate Semester 1.

As a Performance Sport, the Ultimate Club also receives full strength and conditioning support, including supervised lifting sessions twice a week in the dedicated strength and conditioning suite. Accredited coaches, who develop sport specific programmes for our athletes, lead the sessions.

For more than 600 years, the University of St Andrews has established a reputation as one of the world's leading research and teaching centres.

Today, the University offers a flexible degree structure based on your choice of subject specialism or research, creating an environment which nurtures inquisitive minds and a culture of sharing.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient and modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

Programmes are available at undergraduate and postgraduate level; there are currently over 900 undergraduate degree programmes and over 100 Masters opportunities across our academic Schools. Each School offers supervised PhD and MPhil research with input from leading academic staff.

OUR

UNIVERSITY



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