



ROYAL
HOLLOWAY
— SPORT —



Sport Community Engagement, Volunteering & Development



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RH
SU

Student
Opportunities



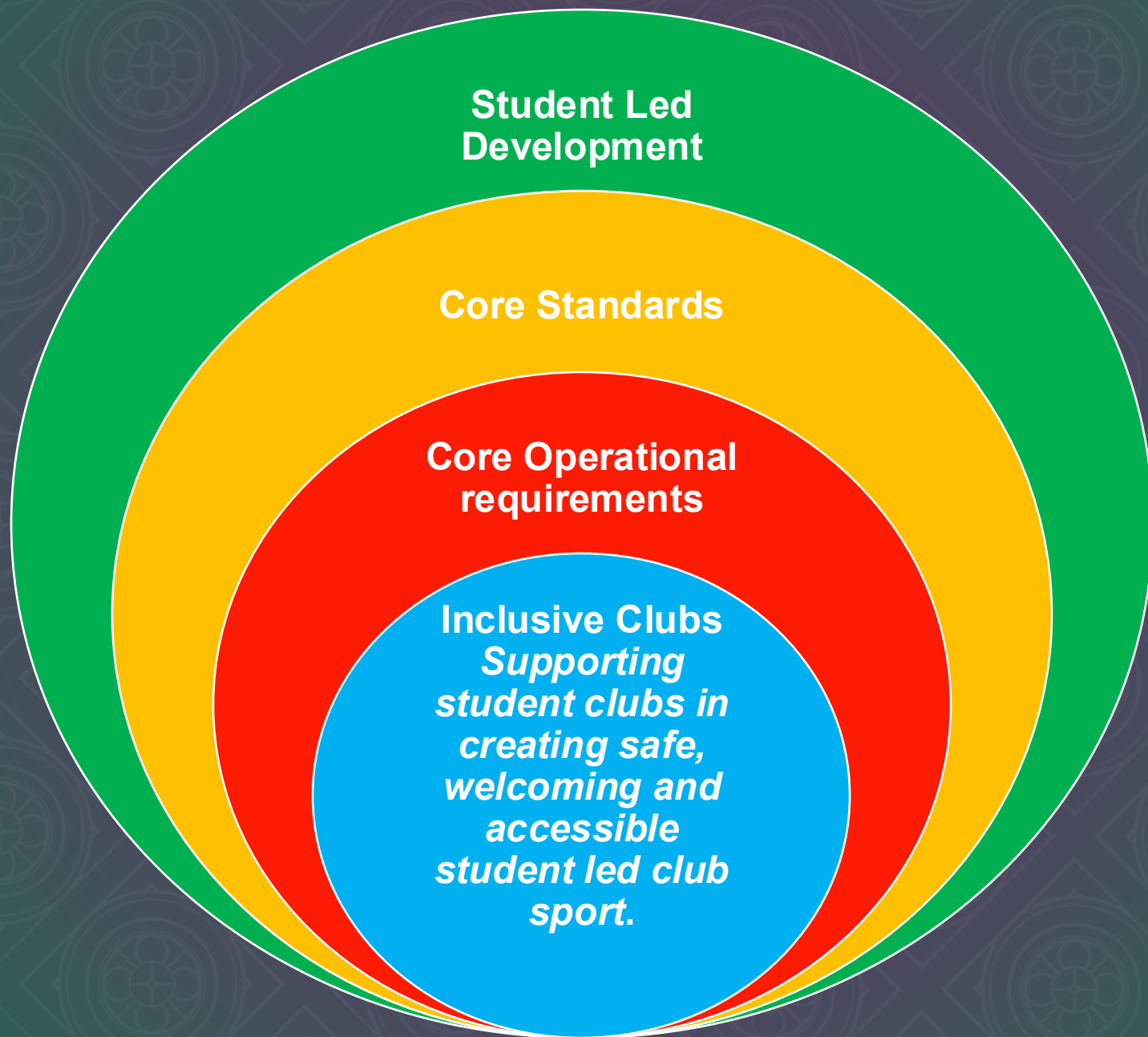
ROYAL
HOLLOWAY
UNIVERSITY
OF LONDON

Active
Lifestyle & Sport



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WHAT IS CLUB DEVELOPMENT

Performance

- ❖ Committing to athletically performing to the best of your ability

Inclusive clubs

- ❖ Creating an environment all members can enjoy and develop in, that also benefits the wider student population

Community & Impact

- ❖ Improving sense of belonging on campus and local community through events, campaigns and volunteering

**What does being
inclusive mean to
you?**



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BEING AN INCLUSIVE CLUB

When creating events and campaigns:

- ❖ Think about the wider student population!
- ❖ We love skill swaps, but what does your club do to engage with students outside of sports clubs?
- ❖ Engage with initiatives and campaigns run by the university and students' union



**What would you like to develop or
improve within your club this
year?**



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Opportunities



Sports workshops



Community & Impact



NGB Development
days and
Programmes



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WORKSHOPS



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2026-27 Workshops



Psychology	Oct
Injury prevention & Sports taping	Oct
Project management	Oct
CV Workshop	Nov
Sports Performance	Nov
Sports Media Panel	Feb
Psychology: Varsity prep	Feb

- ❖ Build knowledge to help you excel in sport.
- ❖ Career development, through networking
- ❖ Inclusive clubs- Team cohesion

Request a workshop!

This year we helped facilitate 3 workshops for specific clubs

2026-27 Workshops



Psychology	Oct
Injury prevention & Sports taping	Oct
Project management	Oct
CV Workshop	Nov
Sports Performance	Nov
Sports Media Panel	Feb
Psychology: Varsity prep	Feb

❖ Core offering open to all students

❖ Mixture of practical and classroom-based workshops

❖ Content appropriately targeted

NGB DEVELOPMENT



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NGB Programmes & Funding opportunities



National governing bodies and organisations will frequently run development days and programmes.

- ❖ Chance to meet students from other universities
- ❖ Gain support with events and campaigns
- ❖ Personal and professional development



NGB Programmes & Funding opportunities



Funding through BUCS and NGBs is sometimes available for specific projects within specific sports for a set amount of time, eg 1 year.



- ❖ ALS will contact you if there is funding available for your sport
- ❖ Make sure to maximise the opportunity!
- ❖ Funding has to spent in a specific way



COMMUNITY AND IMPACT



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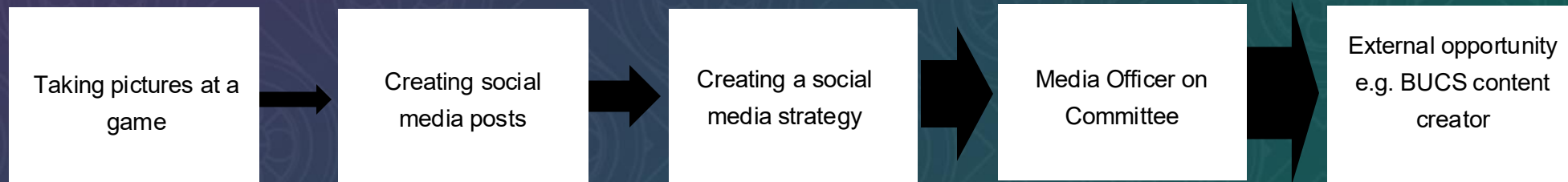


WHAT IS VOLUNTEERING

Volunteering is the act of offering your time and services to help others without expecting any financial compensation.

You are all volunteers

Volunteering doesn't have to be a huge weekly commitment!



SPORTS VOLUNTEERING

What have clubs been up to this year?



Primary sports day

Athletics
Rounders
Womens Football
Womens Rugby
Netball



Widening Access

Rounders



School Clubs

Women's Football
Netball



Event Referee

Womens Football



RH Sport events

Athletics
Womens Rugby
Men's Football



Rec Sport

Badminton
Volleyball
Basketball
Womens Football
Mens Football



Give-it-a-go

Badminton	Rounders
Volleyball	Womens Rugby
Rounders	Archery
Karate	Ultimate Frisbee
Mens Football	Dance
Table Tennis	Cheer and dance
Boxing	Tennis



SPORTS VOLUNTEERING

What have clubs been up to this year?



Primary school 'Inspire sports day'

- ❖ Hosted in March 2026
- ❖ 49 Students volunteered from 5 different Sports Clubs
- ❖ 100 year 5&6 students from 8 different schools enjoyed a day of sport



Widening Access

Rounders led a rounders session for Royal Holloway University Widening Access Department spring residential, which enables children experience what it is like to be a university student.

SPORTS VOLUNTEERING

What have clubs been up to this year?



School Clubs

After school and lunch time sport sessions with local schools.



Tournaments on Campus

Three primary school tournaments were held on campus, members from Women's Football refereed matches



RH Sport events

Movember 60 for 60 back for its second year, with volunteers from Womens Rugby and Athletics marshalling and Mens football selling moustaches

SPORTS VOLUNTEERING

What have clubs been up to this year?



Rec Sport Programme

Just Play

- ❖ Weekly recreational sessions for any student to enjoy.
- ❖ Can be led by anyone including non-club members.

Learn to Play

- ❖ Led by a student coach
- ❖ Designed for students new to the sport.
- ❖ Newbie to being able to play a match in 6-weeks.
- ❖ Introduce new students to your sport



Give-it-a-go

- ❖ GIAG Festival during Freshers week
- ❖ Taster sessions
- ❖ Each sport gets 2 weeks in a row!
- ❖ Club get free access to space
- ❖ Encourage new members to try their sport & join your club

2026-27 On Campus community events

GIAG Festival

Sep 26

Movember Walk

Nov 26

Winter community
sports day

Nov 26

Inspire Sports Day

Feb 27

Widening Access
Spring Residential

Easter 27





WHAT DO ALL OF THESE OPPORTUNITIES HAVE IN COMMON

Sports Leadership

but what if you or your club members don't want
to lead or coach sports?

SPORTS OPPORTUNITIES

Emerging club leaders- RH sport & BUCS

- ❖ 5 different roles: Media & Marketing, Fundraising and Sponsorship, Community Engagement, Volunteering Co-Ordinator, and Grounds
- ❖ Placement within local football club
- ❖ Expenses paid

Sports Media Programme- RH Sport

- ❖ Photography, Videography, Commentary, & Journalism
- ❖ Frequent newsletter including local and national opportunities

LUSL, BUCS & LUCA

- ❖ Volunteer at events in variety of roles-Content creation, Sport Assistant
- ❖ Sport Advisory Groups (SAG), Management Group, Student Reps

Community projects & events-RH volunteering, Local Authority

- ❖ Love in a box, Thames21, Runnymede foodbank

EMERGING CLUB LEADERS



ACCREDITED
UNIVERSITIES
PART OF ENGLAND FOOTBALL



BUCS
British Universities
and Colleges Sport



WHY GET INVOLVED

- ❖ Club development
- ❖ Personal & career development- Demonstrate skills employers love on your CV
- ❖ RH2030 University of Social Purpose
- ❖ Awards and Recognition- Colours Ball, Volunteering awards, Student Life

Community is a part of the criteria for:

FUNDRAISING & IMPACT
MOST IMPROVED CLUB
SMALL GROUP, BIG IMPACT AWARD
CLUB OF THE YEAR
CRESTS
VICE PRESIDENT'S CUP

Extremely beneficial for:

SOPHIE CHRISTIANSEN SHIELD
SUSTAINABILITY AWARD
FRESHMAN AWARD



WHY GET INVOLVED

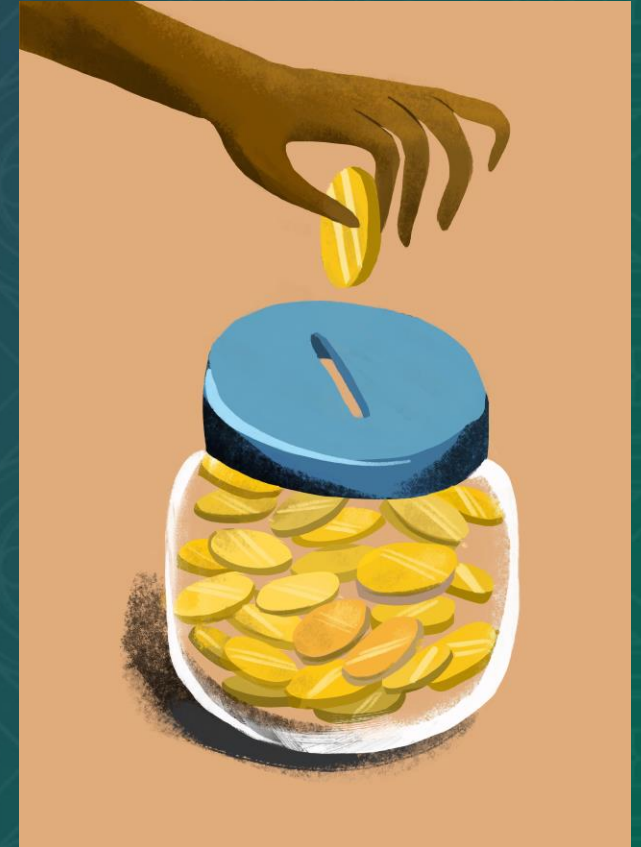
- ❖ Some external opportunities offer a donation in return for group volunteering (Run Fest, Tough Mudder, London Marathon)
- ❖ This can be added to ANY of your financial pots, including socials
- ❖ Donations range from £100s- £1000s

Example:

Group size - minimum of 4 people, up to 10 people.

Time - average of 4 - 6 hours

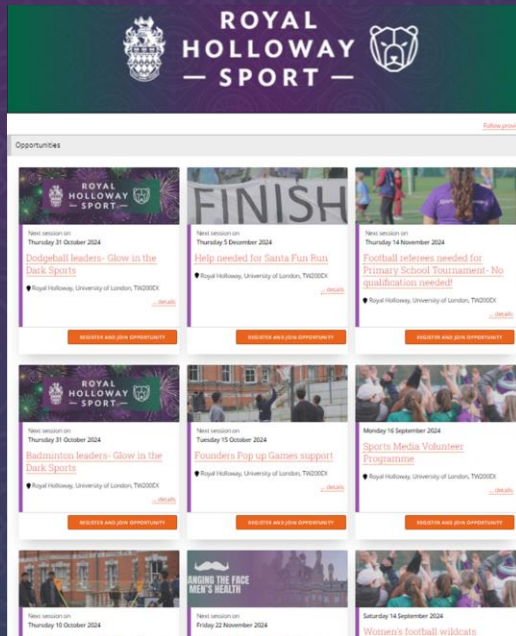
Donation - £10 per hour, per person **up to £600** (10 people for 6 hours)



VOLUNTEERING AND COMMUNITY

How to get involved?

Website



Email



emily.moyes@rhul.ac.uk
Sportsvolunteering@rhul.ac.uk

Instagram



[@rhulsport](https://www.instagram.com/rhulsport)

Volunteering Hub



2026-27

Active Lifestyle & sport

We will be running events in support these awareness months.

If you're hosting an event or would like to host an event in collaboration- reach out!

We can help with reaching the wider student population

Black History

OCT 26

Disability Awareness

OCT 26

Movember

NOV 26

LGBT History

FEB 27

Women's History

MAR 27

**Week campaigns
& events**

**Throughout
the year**



What would you like to develop or improve within your club this year?

Can any opportunities mentioned help you achieve this?

What next?

Club development meetings
25th June & 1st July



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You hold the power & information

DONT BE A GATEKEEPER



THANK YOU

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