

SPORT

SOCIAL SPORT
GYM FACILITIES
COMPETITIVE SPORT
SCHOLARSHIPS
TERTIARY STUDY



LU
SPORT



COME AND GROW WITH US.

Sport has always been part of studying at Lincoln University. We compete against universities and institutions and have played in local competitions for decades: in hockey, rowing, rugby, cricket and a myriad of other codes.

It has been part of how we grow students more than just academically, expanding opportunities and building a sense of pride and accomplishment among peers.

Since 1999, Lincoln has offered sports scholarships for dedicated sports people to achieve their goals on the field and court, and in the lecture theatre.

Lincoln is also a member of University and Tertiary Sport New Zealand, a not-for-profit organisation that enables competition and workforce opportunities for tertiary students in sport.

This sits alongside a dedicated commitment encouraging social sport and the benefits it brings: making friends and having fun.

If you want to play sport at Lincoln University at any level, there's a place for you.



CONTENTS

Lincoln & Canterbury Facilities	02
Social sport	03
LUSA Sporting Clubs	05
Sport in Canterbury	07
LU Gym	09
Accommodation	10
Sporting codes at Lincoln	11
Study Sport & Recreation	24
Sport Scholarship	28
The Sport Scholarship Programme	36
Contact	Back cover

LINCOLN & CANTERBURY FACILITIES

Cantabrians live and breathe sport of all kinds and this is clearly reflected in the wide range of opportunities that exist at Lincoln and throughout the region.

SOCIAL SPORT

Lincoln University offers a wide range of sporting clubs and social sport and activities for staff, students and the community.

Activities include badminton, boxing for fitness, group exercise classes, social football, ultimate frisbee, indoor football, Waikirikiri Hockey partnership, rugby, netball, squash, tennis and volleyball. You can also test your climbing ability on the bouldering wall in Whare Hākinakina LU Gym.





Photo ChristchurchNZ



LUSA SPORTING CLUBS

The Lincoln University Students' Association (LUSA) runs a range of sporting and recreational clubs, where you can take to the field or to the hills. You can find out more at www.lusa.org.nz/clubs

M8-4S Surf Club Lincoln

The Lincoln M8-4S Surf Club is about helping its members whether they are looking to learn, improve their skills or just hang out and paddle. With several good beaches within easy distance of Lincoln, there are lots of opportunities for surfing trips.

Hunting Club

The Lincoln Hunting club is all about one thing, getting likeminded hunting enthusiasts together and having a great time in the outdoors. Activities include clay shoots, waterfowl shooting, big game hunting, as well as discounts from local hunting businesses, and networking through the hunting industry.

Lincoln Snow Department

At Lincoln we have access to four ski fields within an hour's travel, and further afield. Lessons can easily be arranged for very little cost.

Recreation Society

The Lincoln University Recreation Society (LURS) is for students studying a sport and recreation related degree, and are interested in finding jobs, internships or volunteer experiences in the sector.

Lincoln Spearo Club

The Lincoln Spearo Club was created for the purpose of bringing together like-minded people who like freediving.

The group consists of a mix of experienced and inexperienced freedivers sharing experiences and helpful tips to better the diving experiences of all the members.

LU Tramping & Climbing Club

The Lincoln University Tramping and Climbing Club aims to introduce and foster passions for the outdoors.

Water Polo Club

Lincoln University Water Polo Club is an inclusive group aimed at giving anyone with an interest the opportunity to play water polo.



SPORT IN CANTERBURY

Canterbury is home to a diverse range of options for solo and group sporting activities including;

Cycling, mountain biking, and e-scooters

There are numerous mountain bike trails with a variety of grades from beginner to expert, in addition the Christchurch Adventure Park has excellent facilities. Canterbury has a wide range of cycle trails including the Little River Rail Trail, which can be joined in Lincoln township, and the Coastal Pathway, which runs from Ferrymead to Sumner beach.

Snow sports

Lincoln is located within easy reach of several ski fields with options for snowboarding, skiing, and more. These include Craigeburn, Mt Hutt, and Hanmer Springs, and many others.

Swimming, surfing, and other watersport

Canterbury is home to several excellent beaches for surfing and swimming. In addition there are excellent opportunities for jet boating, kite surfing, white water rafting, diving, jetskiing, kayaking, dragon boating, rowing, sailing, and more. There are also high quality swimming complexes.

Running and walking

Running and walking are popular activities in the region with paths for all levels of fitness. These include many popular Port Hills walks, Hagley Park pathways, and the challenging Mt Herbert hike. The local community is very active with lots of scheduled competitions throughout the year including the Christchurch Marathon, City to Surf (for running or walking), and several other local running, walking, or triathlon events.



For more information on local activities check out www.christchurchnz.com






WHARE HĀKINAKINA LU GYM

Whare Hākinakina LU Gym is the home of sport at Lincoln University, both competitive and social, offering training facilities for students, staff and the community.

As well as a sports hall for use, it features Les Mills classes, a huge workout floor space with three group exercise studios including a separate cycle studio, squash courts, bouldering room and cutting-edge equipment such as curved treadmills and ski ergs.

Gym membership is included in the compulsory Student Services Fee. It's got everything you need for a top-quality fitness experience.

 You can find out more about the Gym at www.lincoln.ac.nz/lugym



ACCOMMODATION

There's nothing like living in a friendly village atmosphere to help you thrive and that's exactly what you'll find with our on campus accommodation. The Lincoln campus is home to around 600 students during the university year and you can choose between catered Halls of Residence, self-catered flats or houses.

Students living on campus say it's a fantastic way to enjoy their time at Lincoln.

You'll make friends for life, there's always something fun going on and you're just a short walk away from lectures, gym, shops, cafés and bars.

If living off campus is more your style, regular bus services to and from central Ōtautahi Christchurch make that easy too. Lincoln, Riccarton and Rolleston are popular locations for student flats because of their convenience and buzzing student community.



Check the website for up-to-date information on our current fees and accommodation options: www.lincoln.ac.nz/accommodation



SPORTING CODES AT LINCOLN

Whatever your level of sporting goals, Lincoln provides a supportive culture to help all who take part get the most out of their participation. So whether you are just keen to play with your mates, or you want to play at a national level, you can rely on a friendly and warm crew cheering you on.





BASKETBALL

As well as entering teams into the local Christchurch competition, Lincoln has become adept at the 3x3 basketball format, with men's and women's teams both travelling to China, (as New Zealand's entrants in the competition after winning their national competitions) to take on the best players from around the world in the FISU University World Cup.

The format, a shortened street-style version, was also scheduled to feature in the 2020 Tokyo Olympics.

Our basketballers take on New Zealand universities in both 3x3 and 5x5 games, claiming national titles.

While still a sports scholar Lauren Hippolyte made the Tall Ferns, playing as far afield as Jordan.

Basketball alumni include members of the Canterbury Rams, Canterbury Wildcats and Wellington Saints, as well as age-group national reps.



James Cawthorn

Former LU basketball scholar James Cawthorn graduated in 2017 with a Bachelor of Sport and Recreation Management, and sport has definitely forged his career path.

He is now part of the event management team at Basketball New Zealand in Wellington and has just won a national title with the Saints.

He has also played for the Canterbury Rams and made the NZ 3x3 Men's side, as well as playing for the Canterbury Men's U23 team for four years while at LU (2014-17).

"The scholarship gave me the opportunity to go to China in 2017 to play for Lincoln in the World University 3x3 games.

"You will make lifelong friends and a ton of memories."



I really enjoyed the sports scholarship programme and culture at Lincoln.





CRICKET

This programme has produced a host of Black Caps and White Ferns as well as provincial and age group players, and Lincoln is home to the New Zealand Cricket High Performance Centre as well as the top-class venue, the Bert Sutcliffe Oval.

We host many age-group tournaments and international warm-up matches, and on one occasion a Sheffield Shield game, when the Australian competition wanted to cross the Tasman.

Alumni include Black Caps Tom Latham, Kyle Jamieson and Andrew Ellis, as well as White Fern Amy Satterthwaite.



Amy Satterthwaite

Black Fern Amy Satterthwaite attended Lincoln University on a cricket scholarship, graduating in 2010 with a Bachelor of Science. She made her international debut in 2007 and has played 119 ODIs and 99 T20Is, becoming the first woman to score a century in four consecutive one-day innings in 2017.



Kyle Jamieson

Kyle moved to Christchurch from Auckland for the scholarship, studying for a Bachelor of Commerce. He made the Black Caps in 2019, with his first-class debut for Canterbury against Wellington in 2014. He has quickly become one of the stars of the New Zealand bowling attack.



ELITE SPORTS

Elite covers a range of sports – from track and field to martial arts, to ice hockey.

It has produced world championship medallists, as well as national title holders, and New Zealand and provincial representatives, all benefiting from the skills and conditioning offered in the scholarship programme.



Calum Woodill

Lincoln University sports scholar Calum Woodill who brought home two bronzes from the ITF Tae Kwon Do World Championships in Germany and was Lincoln University Sportsperson of the year in 2019, said the programme at Lincoln was a big part of his success. He was able to work with conditioning coaches on a specialised martial arts gym programme three times a week, and he enjoyed the use of the top facilities at Lincoln.



The mindspace and nutrition coaching aspects of the sports programme were a huge help in getting ready for a competition. Also the programme was able to accommodate my academic priorities.



Kristy Havill

Elite scholar Kristy is a clay-target shooting world silver medallist with the New Zealand women's team, and a national champion in the sport, and also a Canterbury representative cricketer. In 2018 Kristy was selected to be New Zealand's sole representative at the International University Sports Federation (FISU) Volunteer Leader's Academy in Russia.



HOCKEY

The Hockey programme has produced a number of Black Sticks, as well as Canterbury senior and age-group reps, with scholars playing for local teams, but donning Lincoln colours for tournaments.



Olivia Merry

Olivia Merry played for the Black Sticks at the Tokyo Olympics, and also won gold with the team at the 2018 Gold Coast Commonwealth Games.



ROWING

Lincoln University Rowing Club was re-established on campus in 2010 when a small squad of rowers headed to Dunedin and the NZ Universities Rowing Champs at Lake Waihola. From here the club has grown over the years to around 40 members who compete annually at the Aon University Rowing Champs.

The New Zealand university trials are held concurrently with the regatta and rowers have the opportunity of selection into the trans-Tasman university squad as well as the New Zealand Universities team.



Sam Bosworth

Sam won a gold medal at the Tokyo Olympics coxing the men's eight. This added to the his bronze with the women's eight he won in 2017, when he became the first male to cox a women's crew to a medal at the event, and a silver with the same crew in 2018.



NETBALL

The Lincoln University netball club play competitive netball through the CNC netball centre with Premier grades played indoor and the other grades being played outdoors at Hagley Park CNC centre. Our players and alumni grace the Mainland Tactix and Silver Ferns squads, as well as playing in the NNL League.

Silver Fern, and Mainland Tactix captain, Jane Watson attended Lincoln University on a netball scholarship, completing a Bachelor of Sport and Recreation Management in 2010.



Natasha Ryan

Sports Scholar and landscape architecture student Natasha Ryan had a great 2019 season on the netball court.

The Mainland Beko Players' Player of the Year chose the Sports Scholarship at Lincoln University as it would provide a great opportunity for her to train and push herself while having expert trainers to provide their services and facilities.

"I also chose Lincoln as I wanted to grow as a person, moving cities to experience university life away from home.

"I would recommend taking part in the scholarship programme as it is a great group culture and a little family."



I enjoy taking part in the occasional house challenges and sharing training times with other competitive people.





RUGBY

Black Ferns and All Blacks top the long Rugby Roll of Honour. Lincoln University is prolific at producing top-class athletes.

Both the Premier Men and Women teams have finished in the top end of the Christchurch Metro Competition in recent years. Lincoln University also field men's teams in the Premier Reserve and Colts grades.

There is a strong pathway from the blue and yellow to representative rugby teams for Crusaders, Matatu, Canterbury, NZU and to the black jersey. Past/present players include Sam Whitelock, Scott and Jordie Barrett, Fletcher Newell, Alana and Chelsea Bremner.



Kendra Cocksedge

Originally from Taranaki, Kendra moved to Canterbury to study at Lincoln University, and was the 2015 World Rugby Women's Player of the Year. She plays for the New Zealand Women's National Rugby Union side, the Black Ferns and for Canterbury provincially. She was a member of the 2010 and 2017 Women's Rugby World Cup winning squads. She's working in Christchurch as the Women's Rugby Development Manager for the Crusader region.



I took the first step to reach my goals by thinking about my education. If you want to grow and become who you want to be, you have to work for it.



STUDY SPORT AND RECREATION



SPORT AND RECREATION

Do you want to turn your love of sport and recreation into a career? We stand out from other universities due to our practical course content, friendly lecturers and connections with various organisations, which will give you a foot in the door before you complete your studies.

A degree in this area can open up a world of career opportunities in an exciting and fast-moving industry. The sector desperately needs more graduates and we offer a wider range of sport and recreation subjects than any other New Zealand university. The career opportunities are diverse, from working in non-profit or professional sporting organisations to forging a career in outdoor recreation, public health, or the management of sports events and facilities.

The market value of the sector in New Zealand is estimated at more than \$5 billion, with gains in productivity and health benefits valued at over \$1 billion.

We'll supplement your practical experiences with a theoretical knowledge of sport and society, governance, event and people management, and issues associated with managing community parks and sport and recreation services. Our industry partners are well aware of the value of our programmes. Many organisations have hired Lincoln graduates and found them to be immediately work-ready, a quality that is supremely attractive to employers.



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There may be an opportunity to add an additional major to your degree in:

- Accounting
- Economics
- Environmental Management
- Event Management
- Facilities Management
- Finance
- Global Business
- Marketing
- Parks and Outdoor Recreation
- Supply Chain Management
- Tourism Management
- Water Management.

Qualifications

Bachelor of Sport
& Recreation Management

Bachelor of Sport
& Recreation Management
with Honours

Graduate Certificate in
Recreation Management

Graduate Diploma in
Recreation Management

Postgraduate Certificate in
Parks, Recreation & Tourism

Postgraduate Diploma in Parks,
Recreation & Tourism

Master of Sport
& Recreation Management

Master of Applied Science
(Parks, Recreation & Tourism)

Master of Applied Science
(Land & Society)

PhD



Sam Blackmore **Bachelor of Sport & Recreation** **Management**

Sport is a huge part of Sam Blackmore's life, so Lincoln's Bachelor of Sport and Recreation Management was the obvious choice when he began considering degree options.

"I've been a coach in several sports, such as swimming and surf lifesaving, and I am now a coach in sprint kayaking," he says. "I want to manage high performance teams going to major international events and one day be a CEO of a sport in New Zealand."

Sam chose Lincoln due to the combination of smaller class sizes and the management focus of the sport and recreation degree.

"The university's size allows for great relationships with lecturers, who really make the theoretical content of the degree applicable to the real world," he says. "They bring a huge wealth of knowledge and have strong connections with the sector."



**The Bachelor of
Sport and Recreation
Management degree will
open me up to be able to
work in sport, whether or
not I progress further
in rugby.**

Karla Akeri
Sports Scholarship
Bachelor of Sport and Recreation
Management



SPORT SCHOLARSHIP



EDUCATING ATHLETES

If you're serious about both sport and academic study, consider applying for the Lincoln University Sports Scholarship programme.

Lincoln University established the Sports Scholarship programme in 1999. It was the first of its kind in New Zealand and has produced some of the country's most well-known athletes.

This comprehensive sporting programme combines academic study with the extension and development of your sporting ability.

You will receive a maximum of \$6,000 towards your tuition fees or accommodation costs in the Halls of Residence.

Lincoln University offers sports scholarships in the following codes:

- Basketball
- Cricket
- Elite sports (other sports e.g. Athletic – track and field, football, cycling)
- Hockey
- Netball
- Rowing
- Rugby.

Athletic performance

The scholarship athletic performance programme aspires to produce highly-skilled athletes through assisting in the development of intellectual, personal and physical performance.

Balancing sporting success with academic achievement and developing lifelong skills through experiences is the priority in this programme. The athletic performance programme will challenge you in areas such as physical ability, communication, intergrity, grit, accountability, consistency and attitude. The well-rounded student athletes graduating from this programme will have the attributes necessary to succeed at the highest level.



Consultants

We work with the best consultants in New Zealand as part of our team, to help our sports scholars continue to improve their athletic performance. Consultants are available to support sports scholars in:

- Mental conditioning
- Nutrition coaching
- Physiotherapy and sports medicine
- Strength and conditioning
- Specialist sports skill acquisition, technical and tactical development
- Individual performance planning
- Coaching education to give back to the community
- Leadership development opportunities.

Academic performance

Sports scholars need to show high level sporting capability, and have the commitment to complete a Lincoln University qualification. Balancing your time to achieve both academic targets and agreed sporting standards can be challenging, which is why we have a dedicated academic coordinator at Lincoln to assist with your study selection, course planning and time management. In order to be considered for a continuing scholarship the following year, you are expected to pass all your courses.

University and Tertiary Sport New Zealand (UTSNZ)

University and Tertiary Sport New Zealand is a not-for-profit organisation that enables competition and workforce opportunities for tertiary students in sport. It runs the National Tertiary Championship in a variety of sports such as rowing and basketball, in which Lincoln takes on New Zealand's other universities and tertiary providers, and also competes for an overall shield.

Blues and Golds Awards

The annual Blues and Golds Awards are a celebration of Lincoln University students who have shown determination to succeed, willingness to embrace personal growth and generosity in their contributions to society.

Blues are awarded for athletic and sporting excellence while Golds are awarded for cultural and community service excellence.

Lincoln University has been awarding Blues since the 1940s. Blues winners include national and provincial representatives in their sporting codes, as well as those performing on an international stage.



- 1 Blues and Golds awards lined-up ready to be given to our outstanding sportspeople.
- 2 Blues and Golds awards Sportsperson of the Year 2022 Ella Harris, Karate. NZ representative. NZ Open Female 16/17yrs Kumite National Champion 2021 and the Kata Female U21yrs Canterbury Champion 2021.

Additional support

Lincoln offers;

- Careers Advice
- Study skills and learning support
- Time management skills development
- An open athletic development programme that is flexible and prioritises academic success



- 1 Environmental Planning student and Hockey scholar, Andrew Ross presenting the results of his dissertation at Tūranga Central Library.
- 2 Training at Burnham Military Camp
- 3 Basketball teams helping with planting for Terracostosa Limited.





Karla Akeli
Sports Scholar
Bachelor of Sport & Recreation
Management

Rugby player Karla Akeli travelled south from Auckland to become a Sports Scholar.

“It’s great to be able to play rugby and study at the same time,” she says.

As part of the scholarship programme, she receives training from Canterbury Rugby Skills and can access specialist programmes and facilities.

She’s doing a Bachelor of Sport and Recreation, as would love to have the opportunity to work in the sporting sector, “even without playing if I don’t go further with my rugby”.

“The lecturers are really helpful and I like the friendships you make at Lincoln,” she says. “It’s such a small uni, everyone’s so friendly and you get to know people quickly.”

Apply now

Sports scholarships are open to current and new students who already play, or have the potential to play, at representative level in their chosen sport.

We’ll also consider applications from those who are referees, umpires, coaches and administrators in each of the sports codes.

If you are offered a conditional scholarship, you must achieve NCEA Level 3, plus University Entrance, or the equivalent, to accept the scholarship.

Value: \$6,000 towards tuition fees

Tenure: One year with the opportunity to reapply in subsequent years of study

→ Applications close **15 August**

→ Find out more at www.lincoln.ac.nz/scholarships

Sporting partnerships



Athlete Friendly Network
www.hpsnz.org.nz



Crusaders
www.crusaders.co.nz



Canterbury Basketball Association
www.canterburybasketball.co.nz



Christchurch Netball Centre
www.netballchristchurch.org.nz



Canterbury Cricket Association
www.canterburycricket.org.nz



New Zealand Cricket
www.nzc.nz/corporate/high-performance-centre



Canterbury Hockey Association
www.canterburyhockey.org.nz



University and Tertiary Sport New Zealand
www.utsnz.co.nz



Canterbury Rowing Association
www.canterburyrowingclub.org.nz



Women in Sport Aotearoa
Ngā Wāhine Hākinakina o Aotearoa (WISPA)
www.womeninsport.org.nz

THE SPORT SCHOLARSHIP PROGRAMME

ACADEMIC

Average academic hours per week

9.3
Classes,
Labs, Tutorials

6.1
Study,
Group projects

2.7
Part-time
work

Student Resources and Support Services



Socialising
and wellbeing



Individual
course planning



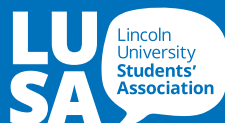
Student health and
counselling services



Individual academic
and career support



Flexible study, learning
and exam support



Lincoln University is part of the
HPSNZ Athlete Friendly Tertiary Network

ATHLETIC

Average activity hours per week

10.6
Practice,
Training,
Competition

9.7
Social,
Relaxing,
Family

3.6
Coach meetings,
Game analysis

Athletic Programme Support Services



Individual Performance
Plans



Technical-Tactical
development



Game
analysis



Educational
workshops



Individual nutrition
consultations



Individual mind-coach
consultations



Leadership development
opportunities



Coach education and
community service



Injury management
support



Club training
support



Competition



Specialised strength
and conditioning

For further information contact:

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