

# Sports & Active Life Day

22 April at Avery Hill Campus, University of Greenwich

**Careers in Sport**  
Meet & Greet  
Information Zone

**Location:** Mary Seacole Forecourt **Time:** 11am  
Join our interactive zone to meet industry professional and discuss potential opportunities.

**Team Greenwich vs UoG Staff**  
Badminton  
Extravaganza

**Location:** David Fussey Sports Hall **Time:** 11am  
University of Greenwich staff will take on Team Greenwich students in a fun, friendly showcase of Badminton and its impact at UoG.

**Padel at Greenwich:**  
Information and  
Insights

**Location:** Padel Courts at Avery Hill  
**Time:** 11am - 5pm  
Tour Padel will be launching brand new Padel Courts at Avery Hill next month. Come and speak to Tour Padel about the game!

**Inclusive Cricket**  
Taster Session for  
Students and Staff

**Location:** Hockey Astro **Time:** 12pm  
Kent County Cricket will be hosting a taster session to allow everyone an opportunity to have a try at cricket.

**AV Greenwich**  
Gymnastics Taster  
Session for Students  
& Staff

**Location:** David Fussey Sports Hall  
**Time:** 12pm  
AV Greenwich will be collaborating with Sport & Active Life for a taster to gymnastics for students and staff

**London FA Coaching Workshop**  
Taster Session for  
Students & Staff

**Location:** 3G Pitch **Time:** 12pm  
Guest FA Coach Developers will be hosting an interactive workshop to provide an insight into the opportunities through Football and how you can enter the pathway of coaching.



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**Team Greenwich vs Queen Mary's Men's Basketball**

**Location:** David Fussey Sports Hall **Time:** 1pm  
Join us for the Battle of UoG as Team Greenwich take on Team Medway in this end of year showcase fixture.

**Greenwich Giants Baseball**  
Taster Session for Staff & Students

**Location:** Hockey Astro **Time:** 1pm  
MLB comes to Avery Hill Campus with our community club, Greenwich Giants, who will be giving staff, students and guests the opportunity to learn about the game and their club.

**Men's Football Sport & Active Life Competition**

**Location:** 3G Pitch **Time:** Various KOs from 1pm  
Charlton Athletic Community Trust and Next Level FC take on each other and Team Greenwich in this "local derby" as we determine the dominant footballing force in SE10.

**Mental Fitness Workshop**  
by TWO SEVEN SEVEN

**Location:** Wren Building 1st Floor **Time:** 1pm  
Join this workshop to get support with performance in everyday life. You'll also get an insight into TWO SEVEN SEVEN's unique model that helps high-performing business leaders across various industries.



UNIVERSITY OF  
GREENWICH

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**Team Greenwich vs External Club**  
(Women's Football)

**Location:** 3G Pitch  
**Time:** 2:30pm  
TBC

**Team Greenwich Dance Performances**

**Location:** David Fussey Sports Hall  
**Time:** 3:30pm  
TBC

**Guest Speaker Panel Session**  
Career Development & Working in Sport  
**Featuring:**  
Ryan Raghoo  
Benson Miyoba  
Dee Williamson  
Rachael Coombs  
Nayim Ahmed  
Deanna Minnott

**Location:** Lecture Theatre, David Fussey Sports Hall  
**Time:** 4.15pm  
Join our panel of guest speakers from a range of industries and sporting backgrounds as we host an exciting event to discuss:

- Women in Sport
- Careers in Sport
- Mental Health & Performance for Life
- Accessibility & Disability in Sport
  - Sport Development in the UK
  - Charitable work within Sport

**Networking BBQ & Drinks**

**Location:** The Dome **Time:** 5pm - 6:30pm  
TBC

