

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.

Free Padel sessions for Students & Staff
Introduction to Padel

Location: Padel Courts at Avery Hill
Time: 11am - 5pm
Tour Padel will be launching brand new Padel Courts at Avery Hill. Come along for free Padel coaching, sessions and a beginner's guide!

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 Team Medway
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.

Team Greenwich vs Charlton Athletic Community Trust
(Men's Football)

Location: 3G Pitch **Time:** 1pm
Charlton Athletic Community Trust bring along a 1st XI to take on 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.

Team Greenwich vs Burnt Ash Hockey Club
(Mixed)

Location: Hockey Astro **Time:** 2pm
Team Greenwich will take on Burnt Ash Hockey Club in a friendly fixture to showcase our relationship with local hockey club that provides a pathway for the sport outside of University of Greenwich for students.

Team Greenwich vs Team Medway
(Women's Basketball)

Location: David Fussey Sports Hall
Time: 2:30pm
Tip off at 2:30pm as our Women's Basketball Teams play for bragging rights as Team Greenwich take on Team Medway!



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Team Greenwich vs External Club
(Women's Football)

Location: 3G Pitch

Time: 2:30pm

TBC

Team Greenwich
Dance &
Cheerleading
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



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