

Lancaster University Korfball Club

Welcome Guide 2025/26



Hello and welcome to LUKC for 2025/26! To help you settle into the year, we've created this welcome guide to explain the basics of how the club runs and what you can expect from the next 12 months.

Who's Who (Meet the Exec!)

Samuel Clark - *Chair*

Conor McKenna - *Club Captain*

Isabelle Gascoigne - *Tournament Sec*

Niamh McAuley - *Media Officer*

TBC - *Men's+ Wellbeing and Charity Officer* (to be elected soon)

Emma Bartlett - *Vice Chair*

Charlie Halliday - *Treasurer/Social Sec*

Abbie Whitcher - *Social Sec*

Megan Dewar - *Women's+ Wellbeing and Charity Officer*

Meet the Coaches

1st team - Samuel Clark

2nd team - Alex Oldknow, Charlie Halliday

3rd team - Abbie Whitcher, Conor McKenna, Emma Bartlett, Megan Dewar, Reece Griffiths

Membership

For all members, **only a FREE taster membership is required until Sunday 26th October**. This can be bought at <https://lancastersu.co.uk/groups/korfball-f900/join> and showing proof of your purchase to the sports centre reception gives you free access to training sessions in Freshers Week, Week 1, Week 2, and Week 3.

After 26th October, club membership will be needed. There are four types of annual membership:

- Social tier (£10) - access to all club socials
- Club tier (£40) - social tier + weekly club training (at least 2 hours per week) and tournaments
- 3rd team tier (£55) - club tier + weekly 3rd team training sessions (2 hours per week) and opportunities to play local Sunday league matches
- BUCS tier (£75) - club tier + weekly BUCS training sessions (2-4 hours per week), opportunities to play local Sunday league matches, and compete in BUCS competitions (BUCS stands for "British Universities and Colleges Sport" where our teams represent Lancaster in tournaments against other universities)

BUCS tier must only be bought by players selected to play in 1st or 2nd team following trials in week 3 - please only buy this if you have been told to do so. Social and club members are welcome to upgrade their membership throughout the year - just get in touch with our treasurer, Charlie.

All membership options may require small additional payments to reimburse travel for away games, tournament entry, and occasional social costs (nightclub entry, team meal costs etc.)

In addition to club membership, the sports centre charges its own membership separate from our control. Korfball is an intervarsity sport so all members must have a Student Sport RED membership which can be purchased at the sports centre reception. This membership costs £74.36 when purchased alone, but can be included as part of any 9 or 12 month gym membership (both peak, off-peak, or rock-and-racket). Students can use a Student Sport RED membership for multiple intervarsity sports in addition to korfbal. After 26th October, all players will need both a sports centre and club membership. If you have any issues, speak to Samuel, Emma, Conor or Charlie.

Training

Our regular weekly sessions are on Mondays 4:45-6:45pm and Wednesdays 7-9am. In weeks 3-9 (and for some weeks in Lent term, to be confirmed in the new year), we have additional sessions on Fridays 7-9am.

The training rota will be circulated at the start of term and reminders are put out regularly in our Messenger chat (note: training times/rotas may change before BUCS/Roses or after Christmas).

In October, our sessions up to Wednesday 15th October are beginner sessions focused on teaching the basics of korfball. In Week 3, Monday 20th (4:45-6:45pm) and Wednesday 22nd (7-9am) will be our club trials where team coaches choose which players are in each team.

Throughout the year, training varies between 'club' sessions (open to club, 3rd team, and BUCS members) which mix abilities in a fun atmosphere of game-based activities led by various coaches, and 'team' sessions (open to 3rd team and BUCS members) where two of our three teams take half a court each and focus on particular skills in sessions run by their respective coach.

If you want to find out more about how to play korfball, then this video gives an idea of the basics (do ask coaches if you have any further questions!): <https://www.youtube.com/watch?v=GUtJB5jBOis>

Teams

Following trials at the end of October, coaches allocate all players into a team where sessions build on fitness, tactics, and general play. Club members won't be allocated a team at the start of the season but can still enjoy whole club sessions and can upgrade their membership to the 3rd team tier whenever they wish to.

We have three teams who compete in the North West Korfball League against clubs from Manchester, Liverpool, Crewe, and Lancaster (our 1st team are in Division 1, 2nd team in Division 2 and 3rd team in Division 3). Matches are played on most Sundays throughout Michaelmas and Lent terms. Where possible, minibus/car transport is provided to away games at a small reimbursement of fuel costs.

Our 1st and 2nd team also compete in BUCS against other UK universities in three weekend tournaments between November and April. Due to BUCS regulations, both our 1s and 2s teams are capped at a maximum of 14 players each (7 male, 7 female). There is no limit to the number of 3rd team members and players can move up/down throughout the season as and when coaches require.

Finally, in spring, we play in a one-day cup competition against other teams in the north-west, and Roses, our varsity match against York, at the start of the summer term. Plus, all three teams have the opportunity to socialise together throughout the year after matches, during tournaments, and within team-specific socials.

Tournaments

Across the year, club, 3rd team, and BUCS members have the opportunity to play in multiple tournaments. These range from Leeds to Liverpool and St Andrews to the Netherlands, and provide a laid back playing opportunity where players largely mix as one club rather than splitting into divisions based on ability.

Many tournaments have a social afterwards, and accommodation is often supplied for free by the host university. For this reason, a sleeping bag and roll mat is always a good investment for the year. Each UK tournament has a small cost per player (ranging between £10-25), organised by Isabelle and Charlie. International tournaments are more expensive but well worth the experience!

If that wasn't enough, on Saturday 25th October, we are hosting our own fun, freshers-friendly tournament to welcome new players to korfball! For more info, have a chat with Isabelle.

Kit and Merchandise

Our club kit is worn for all matches and tournaments (unless stated otherwise). This will be available to purchase during Michaelmas term, along with club merchandise. Info will be circulated in late October to confirm prices and available squad numbers. Members who don't wish to buy their own kit can borrow spare club kit for free throughout the season.

The rest of the outfit for matches, tournaments, and training is basic sportswear with suitable indoor footwear. We ask players to keep nails short, hair tied back and piercings covered to comply with our health and safety requirements.

Communication

Information is shared on our Facebook Group with important announcements reiterated at the start of training sessions, in our Facebook Messenger chat and on our Instagram: @lancsunikorfball. Speak to an exec member if you would like to be added to either the Messenger chat or Facebook Group.

You can also contact the club via our email: korfball.su@groups.lancaster.ac.uk or through our Facebook page: Lancaster University Korfball Club. Plus, take a look at our long-term [club calendar](#) to plan ahead for key dates and events.

Socials

Each term, our social secs, Abbie and Charlie, organise 'club' socials which are open to all members and cover a range of activities such as nights out, games nights, and club meals. Plus, we're working on a sponsorship deal with a Lancaster social venue to provide members with discounts and special offers.

Coaches and captains organise 'team' socials each term where players socialise ahead of major matches and tournaments. We also have multiple 'unofficial' korf nights-out that are much more relaxed in the organisation but just as enjoyable!

Plus, if you're into football, we have a group chat, FPL league, and regularly watch matches at the pub, whilst a new netball group is being created to play regular friendlies against other recreational teams.

Wellbeing

Our priority is to make LUKC a safe, welcoming and inclusive space for all members to come together, have fun, stay fit, and compete if they wish. To ensure this, all players are expected to play safely and abide by club rules. More information about this can be found in our [code of conduct](#).

Furthermore, if you have any pre-existing medical condition(s) which may impact your participation, please discuss this in confidence with our health and safety officer, Emma Bartlett, who may request you inform the relevant coaches.

Our club has two wellbeing officers - Megan, our women's+ officer, and a men's+ officer who will be elected soon. If you have any welfare concerns or questions you'd like to raise, do speak to them, or any other member you feel comfortable talking to. Our wellbeing officers are also responsible for organising a variety of charity and wellbeing events throughout the year - keep an eye out for more info later this term!

Get Involved

If you have a passion for sport, bringing people together and making a difference then LUKC is the perfect place to do so. If you want to get involved with coaching, refereeing or joining the exec (either now or in the future) then speak to the relevant exec member for more information.

For a detailed description of the club's activities and role responsibilities, check out our [club constitution](#).

Feedback

Ultimately, this is your club, so if you ever have any questions, suggestions or ideas, get in touch with exec members either through their individual Facebooks, the club Instagram or find them in training sessions where they will be happy to help.

We look forward to seeing you soon and hope you enjoy korfball as much as we do!