**UNIVERSITY OF ESSEX SPORTS AWARDS 2025**

**TEAM OF THE YEAR AWARD NOMINATION FORM**

**(To be returned by email** **vpexperience@essex.ac.uk** **and** **blades@essex.ac.uk** **by 12:00 Monday 24th March 2025)**

**SPORT / TEAM:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**AIM:** This award is presented to the team that has achieved outstanding results at their respective level of competition, through exceptional levels of commitment to training, preparation for competition, teamwork and good sportspersonship, in-person or virtually.

**CRITERIA:** Sporting Achievement, commitment, and organisation, good

sportspersonship.

**NOTE:** Please confine your response to the spaces provided below and certainly **no more than 300 words per section**. You may submit additional information (e.g. newspaper cuttings, pages from your web site, results tables etc.) to support your application if you so wish. **Please note that this award is scored against 8 criteria with each criterion receiving a maximum mark of 5.**

1. **PERFORMANCE OF THE TEAM** - Please give details of ALL events entered, including the level of competition, number of entrants, complete list of results, team sheets, and any relevant competition data or information . Please explain why you consider these to be outstanding performances.

**2. COMMITMENT OF THE TEAM** – Please give an idea of the schedules of training, the coaching provided, the levels of commitment required by team members (detailed evidence of attendance of all players at all training sessions and competitions would support evidence in this criteria). Please also provide evidence of team members commitment to training and preparation outside of scheduled practice sessions (e.g. additional training conducted, and strength and conditioning and fitness regimes)

**3. PREPARATION FOR COMPETITION** – Please provide evidence of any specific preparation conducted ahead of competitions in addition to the team practice and fitness training (e.g. analysis of opposition, tactical preparation, etc.). Please

also provide a detailed description of match day and pre-match routines, diet, hydration, warm ups, etc.

**4. TEAMWORK** – Please provide information about how a positive and supportive team culture has been achieved, and how this has contributed to competitive success (this may include, but should not be restricted to, reference to social activities).

**5. GOOD SPORTSPERSONSHIP** – Please attach any commitment to good sportspersonship that team members have to abide by, and provide evidence of any commendations for good sportspersonship received during the season. Please also provide details of all disciplinary offences committed and sanctions received in all competition.

**6. IMPROVEMENT** – Please provide a detailed assessment of the improvement of your team from the previous season(s). This may include competition results, attendance figures, fitness scores, disciplinary records and any other relevant information

**7. PUBLICITY** – What positive publicity has your team achieved? Links to online stories and newspaper cuttings or other supporting evidence can be submitted as an appendix.

**8. SUMMARY** – Please summarise why you feel your team deserves the team of the Year Award

Signed: Submission Date:

Position:

**NOMINATIONS MADE AFTER CLOSING DATE (12:00 MONDAY 24TH MARCH 2025) WILL NOT BE CONSIDERED**