SEPTEMBER 2019

GUSA FW '19

FIND OUT WHAT'S ON THIS WEEK AND BEYOND IN THE WORLD OF SPORT AT GLASGOW
1. What is GUSA?
2. Meet the council
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What is GUSA?

Funded in 1881, the Glasgow University Sports Association is the oldest student body on campus and serves to represent the interests of all University of Glasgow Sport members.

If you have any issues, suggestions or concerns with the services provided by University of Glasgow Sport, we are the people that can make your voice heard at a higher level.

GUSA provides effective opportunities for students to participate in sport by coordinating club sport, recreational leagues, health and fitness classes, specialist courses and drop-in sessions.

Being part of sport is a fun and easy way to create a healthy lifestyle for yourself that will improve your physical, mental and social well-being. GUSA is here to facilitate this lifestyle, and with more than 50 sports clubs that cater to all abilities, we make sure that there is something for everyone here at Glasgow.
GET TO KNOW THE FACES THAT WILL BE RUNNING GUSA IN THE UPCOMING YEAR
A very warm welcome to all the Glasgow Freshers of 2019. Our Association represents the voice of our 11,000 student members for all things sport. We’re the oldest student body on campus, and we welcome you with open arms.

Here at GUSA, we have something for everyone. Whether you’ve never played sport at all before Uni or you’re an elite athlete, we have something for you! Our partnership with UofG sport supports our 50+ sports clubs as well as the delivery of countless weekly fitness classes and daily activity across our facilities. Find out more about what’s on by popping into the Stevenson Building or on the Glasgow Uni Sport website.

Being active, through sport and physical activity has been proven in the literature to have a huge positive effect on mental health as well as improving academic grades! It’s a place to make friends for life and really make the most out of your UoG experience.

You’ll soon find out for yourselves but I can’t put into words how much sport can shape your Uni experience. The friends and family networks that you build through taking that first step stay with you throughout Uni and beyond! If you see someone hesitant to join in a session, be it on the pitch or in the classroom, introduce yourself and give them a little helping hand! That’s what we’re about at Glasgow and that’s what we do in GUSA.
Hello! Welcome to Glasgow and congratulations on beginning your studies in one of the best institutions in the world. You have a lot to look forward to over the next couple of years.

Over the next few pages you will meet the rest of our council, each telling you who they are and their role within the GUSA community.

You might notice a common theme in each of their blurbs; a plead for you to get involved with sport here at Glasgow. Our main role as one of the four student bodies on campus is to make sure that you have the best student experience possible, and the reason we all urge you to join the sporting community is that we firmly believe that doing so will dramatically improve your all-round university experience.

I arrived in Glasgow in 2016 as an international student not knowing a single person, and after joining the tennis club I was immediately welcomed as a member of the community and made friends that I’ve maintained through the years.

Getting involved is easy: our sport clubs welcome beginners and professionals alike, so go to the Sports Fayre and taster sessions and try something new. Aside from club sport, your gym membership grants you free access to over 100 different classes each week, and if you’re a bit hesitant to go on your own, sign up to our Gym Buddy scheme.

All the best for the coming years and hope to see you around in black and gold!
Jason McBurnie: Secretary

This will be my second year sitting on GUSA council and I’m very excited for the year ahead. As secretary I’m responsible for organising all of our meetings and outings. I award Blues and Colours to our athletes at Glasgow with the help of my Blues Committee.

I’ve also helped organise freshers week this year alongside Paddy and Shereif. I help oversee and run the council in general as an executive member and act as a mentor for the others following a busy year last as Health and Fitness Convenor.

Sport at Glasgow has absolutely made my university experience the best it could have been and I urge you all to get involved in every possible way you can regardless of whether you’re a beginner or a pro - there’s something for everyone in our clubs.
Holly Kirkpatrick: Alumni

As alumni convenor, my role involves looking after our wonderful GUSA members who have graduated, keeping them up to date with what is currently happening within GUSA, and working with clubs to strengthen their own alumni networks. My job includes organising the annual 1881 Dinner and Afterparty — this takes place in November and is an evening for past and present council members to get together for a big reunion.

I also work alongside clubs to offer advice for organising their own alumni events, as well as improve the funding they receive from ex-members.

My university experience would not have been half as incredible as it has been if it wasn’t for GUSA. As someone who comes from a very small course, joining a sports club was a super fun and easy way to meet new people and try something new.

I’ve met so many incredible people through GUSA and many of my closest friends. I simply cannot recommend joining a sports club more — whether you’re “sporty” or not, a complete beginner or a professional athlete, there really is something for everyone!
As the Club Sport convenor, I deal with all club things which essentially means looking after our 50+ clubs. I aim to be as approachable and helpful as possible so please do come chat to me or fire me an email! A lot of what I do is communicating with the great staff UofG sport and our wonderful club captains and committees.

My goal is to support the clubs in their day-to-day activities, help them grow and develop. Looking to the future to make sure our clubs can be the best they can be. I love to see as many people involved in sport as possible.

After a gap year in Thailand, I was nervous to get back into Sport again. I joined the hockey which I’ve played at school and lacrosse, a sport I’d never played before. I cannot stress enough how good club sport is for making friends and keeping fit.

Our clubs cater to all abilities, so please don’t worry about not being “sporty enough”. The Sports Fayre on the 17th & 18th of September is a fantastic way to see all our clubs, as they get to show off how great they are. You can speak to members and find out which club or clubs are right for you. Even better than that we have taster sessions running throughout the whole of Freshers Week. So why not try swimming or sailing? Maybe tennis or squash? Or the 50 others. These sessions are a must, try as many as you can!

I have made most of my closest friends through the sport and it’s really made my time at university so special. Now getting involved with GUSA, I feel I have a great opportunity to make sure people have as much fun as me so I really hope you give it a go as well!
Fraser Leslie: Events

Hi my name's Fraser, I play rugby for the GURFC and I'm the Events convenor on the Council this year. My job is to oversee the organising and running of events that GUSA puts on throughout the year such as Superteams and the Big Fat GUSA Quiz. As well as this, I am in charge of an events team who volunteer and help to keep the events running smoothly.

I'm also available to help clubs run their own events to gain more publicity and supply members of the team if needed. I think getting involved in sport is a good idea at uni as it is definitely where I have met the majority of my best friends at uni. As well as this it has also encouraged me to have a more healthy lifestyle and motivates me to keep a good routine and good habits.
Jamie McDougall: Finance

I’m Liv and going into my 5th year in Physics. As the finance convenor this year I am the main calling point between sports clubs and GUSA for them to access any funding allocated.

I will be there for any funding/ sponsorship inquiries over the whole year whilst working alongside the president to make sure all students have the opportunity to get involved in sport.

GUSA provides such a wide variety of sports and classes that are open to everyone, no matter the ability. My main advice to new freshers would be to get involved, try all the sports you can and join something new. You’re bound to find something that you love.
Catherine Holland: Fundraising and Outreach

As Fundraising & Outreach Convener, I am responsible for the awareness and support for our charity of the year. This year we have chosen to support Scottish Disability Sport, this is an amazing charity that supports and encourages the development of sport and physical recreation for disabled people throughout Scotland.

Keep an eye out for various events throughout the year in aid of this great charity and in particular the council fundraiser, which will be a massive test for us all.

I plan to aid each sport clubs in any fundraising events they put on throughout the year as fundraising is such a key part of securing some extra money to help the development of our sports clubs. Another part of my role is finding and developing different outreach opportunities for all our members to get involved in the local area.

I plan to build on the great relationship we currently have with FARE (Family Action in Rogerfield and Easterhouse) who work to improve the lives of people living in disadvantaged communities in Glasgow’s east end. Becoming involved in sport at Glasgow is easily the best thing I have done at university. It has had such a positive impact on my university life and cannot encourage enough to get involved in any way.
As Health and Fitness Convenor I aim to get as many students involved as possible in university sport as well as promoting healthy living around the university. I work with other council members and staff to ensure that our clubs’ needs for training facilities are met in order to maintain their excellence.

However, my efforts are also directed towards those who aren’t so involved in sport and to try to encourage them to give it a go. I believe that getting people to be a part of sport at university is valuable for them in so many ways and will really enrich their experience at uni. It is a perfect avenue for meeting people and making new friends, it keeps the body and the mind healthy which can in turn also improve their studies.

I organise sports events over the year with the aim of bringing people together to have fun whilst being active in sport. I also promote healthy eating around campus by suggesting easy recipe ideas, study snacks, etc.

The overall goal in my role is to make students aware of the huge range of sports opportunities that we offer for all levels and experiences to encourage a healthy active lifestyle whilst at university.
Jack Rawlinson: Publicity

Hello all, let me be one of many to offer you a warm welcome to the Glasgow University Sports Association (GUSA). My name is Jack, a 4th year Zoologist and this year’s GUSA Publicity Convenor. As Publicity Convenor, I manage all of GUSA’s promotional and social media work. I work to promote all 50+ of our sports clubs as well as our plethora of events and campaigns we run throughout the year for our members.

Such work can include producing promotional videos, organising photography and creating engaging graphics and social media posts. I also manage a small tight knit Publicity/Creative team, consisting of photographers and event promoters, something I myself was a part of for the last 2 years. If you see or hear things about GUSA, then I’m glad and I’m doing my job right!

Since beginning University at Glasgow, I have predominately been a part of the Badminton club, as well as other clubs such as Ski and Snowboard. Joining a club (and subsequently GUSA) has been my best decision at University by far. It opens up a world of opportunity, from meeting and making new friends with similar interests, to creating your gateway into the amazing GUSA and sport community we have here at Glasgow. I look forward to meeting all your new faces!
Hello! I’m Jess, a 4th year Russian and Classics student and this year’s GUSA Travel Convenor. In my role I work alongside the Glasgow University Travel Administrator, University Garage and Security to ensure the transport needs of all GUSA’s clubs are met. This includes the allocation of buses for matches and trainings, continually ensuring the maintenance of the bus fleet is kept at a high standard and recruiting new drivers for GUSA.

One of my main jobs is to organise all the transport to sports taster sessions in Fresher’s Week, to allow you the opportunity to try out all the super clubs that GUSA has to offer!

Joining GUSA was the best decision I’ve made at University. Even though I wasn’t originally particularly sporty, I found so many wonderful people I had things in common with and I’ve truly made friends for life through GUSA. Because of all the people I’ve met, I decided to apply to be a GUSA Fresher’s Helper at the end of my first year, which allowed me to meet and make even more friends outside of my academic studies and really enhanced my overall experience at University.

Fresher’s Week will by far be one of the most exciting and fun weeks of your life, at times it may be daunting and a little scary, but if there is one thing you do — I strongly recommend coming down to our Sports Fayre at the Stevie and seeing what GUSA have to offer! There really is something for everyone, regardless of if you’re a world pro or a beginner looking for some fun! You’re bound to find something you love!
Phoebe Reilly: Welfare

My role as welfare convenor involves working together with GUSA clubs, the gym and student bodies on campus to provide welfare support and welfare initiative for all members of the university.

Supporting staff and student’s emotional and psychological wellbeing through exam de-stress initiatives and publicity of welfare campaigns such as Eating Disorder Awareness Week are two big parts of this role.

We also run projects with clubs and the gym to improve access to sport and fitness for all people regardless of ability or confidence such as our Gym Buddy scheme.

An active and healthy lifestyle at university can really help with psychological wellbeing as well as academic success so as welfare convenor I aim to encourage and support students and staff wanting to lead a health and active lifestyle.

If you have any questions or want to talk about any welfare related issues please feel free to email me at gusa-welfare@glasgow.ac.uk.
Contact the council

Paddy, President: gusa-president@gla.ac.uk
Sami, VP: gusa-vicepresident@gla.ac.uk
Jason, Secretary: gusa-secretary@gla.ac.uk
Holly, Alumni: gusa-alumni@gla.ac.uk
Charlie, Club Sport: gusa-clubsport@gla.ac.uk
Fraser, Events: gusa-events@gla.ac.uk
Jamie, Finance: gusa-finance@gla.ac.uk
Catherine, Fundraising & Outreach: gusa-fundraising@gla.ac.uk
Roza, Health & Fitness: gusa-health@gla.ac.uk
Jack, Publicity: gusa-publicity@gla.ac.uk
Jessica, Travel: gusa-travel@gla.ac.uk
Phoebe, Welfare: gusa-welfare@gla.ac.uk
WHAT'S ON THIS WEEK?

FIND OUT WHAT GUSA HAS IN STORE FOR YOU THIS FRESHERS' WEEK
Sports Fayre

The Sports Fayre is your chance to have a look at every sport club we have to offer!

Have a chat to current members, sign up to taster sessions and get involved!

Representatives from all of our 50+ clubs will be there to answer any questions you might have.

Dates: Tuesday 17th, 11am-5pm
       Wednesday 18th, 11am-4pm

Location: Stevenson Building
GUSA Party

The GUSA Party is always a highlight of Freshers' Week! The themed night is a great chance to chuck on your fancy dress and dance the night away as well as enjoying the extra treats we'll put on for you.

Dates: Wednesday 12th

Location: GUU
Taster Sessions

Our clubs have loads of taster sessions that you can go along to at the end of the week.

Taster sessions are fantastic opportunities to see what a club is all about before joining, or to try a sport you've not been able to before.

Make the most of it because you might just fall in love with a sport you've never even heard of before!

Dates: Thursday 19th - Sunday 29th

Location: Various (check taster session timetable)
**Monday 16th September**

- Freshers Week Starts

**Tuesday 17th September**

- Freshers Sport Fayre 10:00 - 17:00 Stevenson Building - Activity Hall & Sports Hall

**Wednesday 18th September**

- Freshers Sport Fayre 10:00 - 16:00 Stevenson Building - Activity Hall & Sports Hall
- GUSA Night 19:00 - 02:00 Glasgow University Union

**Thursday 19th September**

- Wakeboarding 12:00 - 15:00 Glasgow Wake Park
- Canoe 12:00 - 17:00 Pinkston
- Sailing 12:00 - 18:00 Bardowie Loch
- Shinby 12:00 - 14:00 Garscube Sports Complex - Grass Pitch
- Women’s Football 13:00 - 14:30 Garscube Sports Complex - Synthetic Pitch
- Men’s Rugby 14:00 - 16:00 Garscube Sports Complex - Grass Pitch
- Cricket 14:00 - 16:00 West of Scotland Cricket Club
- Cycling 14:00 - 15:00 Revolve
- Kendo 15:15 - 16:45 Stevenson Building - Activity Hall
- Athletics 15:00 - 17:00 Scotstoun Leisure Centre, Track
- Men’s Football 16:00 - 19:00 Garscube Sports Complex Synthetic Pitch 2
- Aikido 15:00 - 17:00 Stevenson Building - Exercise Studio 2
- Fencing 17:00 - 20:00 Stevenson Building - Exercise Studio 2
- Hares & Hounds 17:30 Stevenson Building (Meet outside reception)
- Swimming 19:00 - 21:00 Stevenson Building - Swimming Pool
- Shorinji Kempo 19:00 - 21:00 Stevenson Building - Exercise Studio 3
- Taekwondo 20:00 - 21:00 Stevenson Building - Exercise Studio 2

**Friday 20th September**

- Riding 09:00 - 14:00 Inglisston Country Club
- Ultimate Frisbee 10:30 - 12:00 Stevenson Building - Activity Hall
- Squash 12:00 - 16:00 Stevenson Building - Squash Courts
- Boxing 13:00 - 14:30 Stevenson Building - Activity Hall
- Mountaineering 11:00 - 16:30 Glasgow Climbing Centre
- Men’s Hockey 13:00 - 14:30 Garscube Sports Complex - Synthetic Pitch 1
- Men’s Volleyball 13:00 - 15:00 Stevenson Building - Sports Hall
- Tennis 13:00 - 16:00 Kelvingrove Tennis Courts
- Swimming 14:00 - 15:30 Stevenson Building - Swimming Pool
- Women’s Hockey 14:30 - 16:00 Garscube Sports Complex - Synthetic Pitch 1
- Trampoline 15:00 - 17:00 Stevenson Building - Sports Hall
- Triathlon 14:30 - 15:30 Stevenson Building - Exercise Studio 3
- Waterpolo 15:30 - 16:30 Stevenson Building - Swimming Pool
- Women’s Rugby 16:00 - 17:30 Garscube Sports Complex - Grass Pitch
- Gymnastics 16:00 - 18:00 Stevenson Building - Exercise Studio 2
- Women’s Basketball 17:00 - 19:00 Stevenson Building - Sports Hall
- Men’s Basketball 19:00 - 21:00 Stevenson Building - Sports Hall

For more information go to: glasgow.ac.uk/sport/whatson
### Saturday 21st September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycling</td>
<td>12:00</td>
<td>Mountain Bike Ride (Speak to Club at Sports Fayre)</td>
</tr>
<tr>
<td>Judo</td>
<td>10:30 - 12:30</td>
<td>Stevenson Building - Exercise Studio 2</td>
</tr>
<tr>
<td>Badminton</td>
<td>11:00 - 13:00</td>
<td>Stevenson Building - Sports Hall</td>
</tr>
<tr>
<td>Boats</td>
<td>11:30 - 14:30</td>
<td>Glasgow Green - Boat House</td>
</tr>
<tr>
<td>Gaelic Football</td>
<td>12:00 - 14:00</td>
<td>Garscube Sports Complex Synthetic Pitch 2</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>12:00 - 14:00</td>
<td>Garscube Sports Complex - Synthetic Pitch 1</td>
</tr>
<tr>
<td>Golf</td>
<td>13:00 - 15:30</td>
<td>Great Western Golf</td>
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<tr>
<td>Women's Volleyball</td>
<td>13:15 - 15:15</td>
<td>Stevenson Building - Sports Hall</td>
</tr>
<tr>
<td>American Football</td>
<td>14:00 - 17:00</td>
<td>Garscube Sports Complex Synthetic Pitch 1</td>
</tr>
<tr>
<td>Muay Thai</td>
<td>14:45 - 16:15</td>
<td>Stevenson Building - Activity Hall</td>
</tr>
<tr>
<td>Fencing</td>
<td>15:30 - 17:30</td>
<td>Stevenson Building - Sports Hall</td>
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### Sunday 22nd September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycling</td>
<td>Daytime</td>
<td>Mountain Bike Ride (Speak to Club at Sports Fayre)</td>
</tr>
<tr>
<td>Mountaineering</td>
<td>Daytime</td>
<td>Walk - (Speak to Club at Sports Fayre)</td>
</tr>
<tr>
<td>Netball</td>
<td>11:00 - 13:00</td>
<td>Stevenson Building - Sports Hall</td>
</tr>
<tr>
<td>Men's Football</td>
<td>11:00 - 13:30</td>
<td>Garscube Sports Complex - Synthetic Pitch 2</td>
</tr>
<tr>
<td>Karate</td>
<td>12:30 - 14:30</td>
<td>Stevenson Building - Exercise Studio 3</td>
</tr>
<tr>
<td>Women's Hockey</td>
<td>15:00 - 16:30</td>
<td>Garscube Sports Complex - Synthetic Pitch 1</td>
</tr>
<tr>
<td>Yoga</td>
<td>15:00 - 17:00</td>
<td>Stevenson Building - Exercise Studio 3</td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>15:30 - 17:30</td>
<td>Garscube Sports Complex - Synthetic Pitch 2</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>13:30 - 15:30</td>
<td>Stevenson Building - Sports Hall</td>
</tr>
</tbody>
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### Monday 23rd September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo</td>
<td>20:30 - 21:30</td>
<td>Stevenson Building - Exercise Studio 3</td>
</tr>
</tbody>
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### Wednesday 25th September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curling</td>
<td>14:20 - 16:30</td>
<td>Braehead</td>
</tr>
<tr>
<td>Ski and Snowboard</td>
<td>12:15</td>
<td>Glasgow Ski Centre (Bellahouston)</td>
</tr>
<tr>
<td>Judo</td>
<td>10:00-21:00</td>
<td>Stevenson Building - Exercise Studio 2</td>
</tr>
</tbody>
</table>

### Thursday 26th September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potholing</td>
<td>20:00</td>
<td>Please speak to Club at the Sports Fayre</td>
</tr>
</tbody>
</table>

### Friday 27th September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Potholing</td>
<td>20:00</td>
<td>Please speak to Club at the Sports Fayre</td>
</tr>
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</table>

### Saturday 28th & Sunday 29th September

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Surfing</td>
<td>All Day</td>
<td>Please speak to Club at the Sports Fayre</td>
</tr>
<tr>
<td>Potholing</td>
<td>All Day</td>
<td>Please speak to Club at the Sports Fayre</td>
</tr>
</tbody>
</table>

For more information go to: [glasgow.ac.uk/sport/whatson](glasgow.ac.uk/sport/whatson)
Welcome to the Stevie

Get to know the home of some of our most exciting sporting facilities
The Stevenson Building

The Stevenson Building (more commonly known as the Stevie) is the university gym and the home to some of our most exciting sporting facilities, some of which include:

- 6 lane swimming pool
- Sauna
- Steam room
- Strength suite
- Cardio suite
- 2 sport halls (basketball, 5 a side, netball, volleyball and more)
- 3 studios
- 2 squash courts

Membership to the gym is free if you are staying in halls, or £132 for the year for anyone else. Membership also includes access to over 100 fitness classes per week. From high intensity interval training to yoga, there really is something to everyone.

Alongside the Stevie, we also have our Garscube Sports Complex. Garscube is home to our synthetic and Astroturf pitches as well as the rugby playing fields. It also has its own gym – perfect for any vet students that want a midday workout!
LOOK AT ALL THE CLUBS
WE OFFER AND FIND THE
RIGHT ONE FOR YOU

CLUB

SPORT

AT

GLASGOW
At Glasgow we have over 50 different sports clubs that cater to all abilities. From Aikido to Wakeboarding you'll definitely be able to find the right one for you:

**A**
- Aikido
- American Football
- Athletics

**B**
- Badminton
- Basketball (Men's)
- Basketball (Women's)
- Boxing

**C**
- Canoe
- Cheerleading
- Cricket
- Curling
- Cycling

**F**
- Fencing
- Football (Men's)
- Football (Women's)

**G**
- Gaelic Football
- Golf
- Gymnastics

**H**
- Hares and Hounds
- Hockey (Men's)
- Hockey (Women's)

**J**
- Judo

**K**
- Karate
- Kendo

**L**
- Lacrosse
Club Sport

M
Mountaineering  Muay Thai

N
Netball

P
Potholing

R
Riding  Rugby (Men's)  Rugby (Women's)

S
Sailing  Shinty  Shorinji Kempo  Ski & Snowboard  Skydive  Squash  Surf  Swimming & Waterpolo

T
Taekwondo  Tennis  Trampoline  Triathlon

U
Ultimate Frisbee

V
Volleyball (Men's)  Volleyball (Women's)

W
Wakeboarding  Weightlifting

Y
Yoga
Club Sport
WELFARE AT GUSA

FIND OUT WHAT SERVICES GUSA HAS IN PLACE TO MAKE SPORT MORE ACCESSIBLE AND INCLUSIVE
Welfare at GUSA

GUSA wants to make sure that sport at Glasgow is as inclusive and accessible as possible, and our welfare convenor Phoebe is here to facilitate programs and initiatives that make this happen.

The GUSA Buddy System

The GUSA Buddy System aims to encourage people who may not be comfortable exercising themselves, to do so with the help of a Buddy. Buddies are volunteers who are trained by gym staff to help promote healthy exercise habits. Each buddy pairing will last for four weeks, and will jumpstart an active lifestyle. If you are not already a member of the University Gym, access to the University Sport facilities is free when accompanied by your Buddy.

Why is the GUSA Buddy System in place?

The GUSA Buddy System aims to aid those who are not already exercising for any reason. We pair each student with a volunteer Buddy with similar availability for a four week period. We hope that during this time you will become more comfortable exercising and might even make a friend out of the experience.

Finding your Buddy:

If you are a student looking for a volunteer Buddy, email gusa-welfare@glasgow.ac.uk
Welfare at GUSA

Starfish

Our relationship with food and our bodies often changes – sometimes we feel secure in our bodies, other times we may feel insecure, we also may go through phases of trying to eat more healthily, or we might eat too much and lose touch with our appetite. Troubles with eating and our bodies are incredibly common, but they can become a problem when we feel like they are taking over.

There are great benefits from talking to others with the same problem. Starfish is a peer-support group which we run in conjunction with the Glasgow-based eating disorder charity, the Linda Tremble Foundation. Starfish runs once a month on campus but LTF also run a session in town, so there is a meeting once a fortnight. You can go to as many or few and go as often or little as you feel you need/want to – the sessions are anonymous (and no one from the GUSA council sits in on them).
Get involved with GUSA and join the best community on campus.
Get involved

GUSA is one big family and something that being a part of will make your time at Glasgow oh so sweet. Be sure to follow our social media accounts to keep up to date on all things GUSA.

Club Sport

First things first, find a club that you want to throw yourself into. There are so many sports that are part of GUSA that we can confidently there is something for everything (see the list under ‘Club Sport’). Whether you want to be part of a team or go it solo, representing your university on a BUCS Wednesday is an absolute must (as are the #LFW celebrations afterwards, no matter the outcome).

Events and welfare teams

Something you will see appear on the GUSA Facebook page in the coming weeks is advertisements for the applications to our various teams: these include the Events team; the Publicity team; and the Welfare team. By applying for one of these positions you will be putting yourself forward to support the GUSA Council in their roles.
Get involved

Being part of the Events team, you will help put on some of the most exciting events such as Monster Dash and Superteams. These events could not go ahead without the Events team and it is a great way to meet more people and find out more about what goes on behind the scenes.

The Welfare team does some amazing work alongside the Welfare Convenor. Throughout the year GUSA puts on a number of campaigns to support and better the welfare of students at Glasgow University and the Welfare team are behind them.

Freshers' Helping

Finally, apply to become a Freshers' Helper 2019. Freshers' Helping is one of the most fun things you can do at uni. Have a chat with the helpers in gold tees around campus this week and you'll see why.