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## Portal

Please ensure new members are signed up through the portal and that they've got the correct memberships as we start the second semester of sport!

2

## Superteams 2020- Who is the fittest team in Glasgow?!

Our Superteams event is taking place on **Sunday 26th of January!** For those of you who don't know what it is, it's a team competition where you'll complete 11 different fitness stations including amongst others: rowing, cycling, deadlifts, tug of war and will now include an archery station, and the team with the best overall score wins. Team can have a maximum of 2 males in them.

Entries are £40 per team and every participant will get a t shirt. In the past we've had a lot of clubs enter as a team or join up with a another club to enter.

If anyone wants to muster a team and enter, you can do so here: [www.gla.ac.uk/superteams](http://www.gla.ac.uk/superteams) or at reception Entries close on Thursday 23rd January

3

## Coppafeel Collab

CoppaFeel! is a breast cancer awareness charity whose mission is to get everyone checking their boobs and pecs for signs of breast cancer! We do raise money but for us, the most important thing is getting folks clued up on the signs and symptoms to check for and signed up to our text reminder service! **By texting UBT GLA to 70500, CoppaFeel! will send you a text every month reminding you to check your boobs.** For this year's refreshers week, we'd like to collab with as many GUSA clubs as possible and get you guys spreading the boob love with us! We'll supply you with some boobie goodies and get you posing for a coppa-feeling team photo for us to share on our insta! GUSA is the face of sports on campus and you guys have such a massive influence - so imagine how many folks we could get checking with your help... We'd be happy to come along to one of your practices, refreshers events or meet you on campus to give you all the bits you need for the photo and (if you want) spend two minutes chatting with you about checking your boobs!

## Contact Council:

[gusa-president@glasgow.ac.uk](mailto:gusa-president@glasgow.ac.uk), [gusa-vicepresident@glasgow.ac.uk](mailto:gusa-vicepresident@glasgow.ac.uk), [gusasec@admin.gla.ac.uk](mailto:gusasec@admin.gla.ac.uk),  
[gusa-alumni@glasgow.ac.uk](mailto:gusa-alumni@glasgow.ac.uk), [gusa-clubsport@glasgow.ac.uk](mailto:gusa-clubsport@glasgow.ac.uk), [gusa-events@glasgow.ac.uk](mailto:gusa-events@glasgow.ac.uk),  
[gusafincon@admin.gla.ac.uk](mailto:gusafincon@admin.gla.ac.uk), [gusa-fundraising@glasgow.ac.uk](mailto:gusa-fundraising@glasgow.ac.uk), [gusahealth@glasgow.ac.uk](mailto:gusahealth@glasgow.ac.uk),  
[gusapubcon@admin.gla.ac.uk](mailto:gusapubcon@admin.gla.ac.uk), [gusatravel@glasgow.ac.uk](mailto:gusatravel@glasgow.ac.uk), [gusa-welfare@glasgow.ac.uk](mailto:gusa-welfare@glasgow.ac.uk)



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## Club Alumni

Our Alumni Convenor is looking to find out the years that each club was founded! Can you please drop holly a message if you know when your club was established.

5

## Red January Team Relay Challenge

With everyone trying to get back to fitness after the break, why not get your sweat on for a good cause. Red January is an initiative that aims to open up the conversation about mental health issues and promote the positive impact that exercise can have on your mind and wellbeing.

We have decided to set a challenge for all GUSA clubs to run, swim, or cycle as much as they can during the month while fundraising for charity. This is a team relay so get as many of your members involved as possible!

Please keep an eye out for an email with further details on how to get involved. In the meantime if you have any questions or even ideas about the fundraiser please feel free to contact me at [gusa-health@glasgow.ac.uk](mailto:gusa-health@glasgow.ac.uk).

6

## Please Read Helpful Finance Portal Guide (Attached in same email)

### Contact Council:

[gusa-president@glasgow.ac.uk](mailto:gusa-president@glasgow.ac.uk), [gusa-vicepresident@glasgow.ac.uk](mailto:gusa-vicepresident@glasgow.ac.uk), [gusasec@admin.gla.ac.uk](mailto:gusasec@admin.gla.ac.uk),  
[gusa-alumni@glasgow.ac.uk](mailto:gusa-alumni@glasgow.ac.uk), [gusa-clubsport@glasgow.ac.uk](mailto:gusa-clubsport@glasgow.ac.uk), [gusa-events@glasgow.ac.uk](mailto:gusa-events@glasgow.ac.uk),  
[gusafincon@admin.gla.ac.uk](mailto:gusafincon@admin.gla.ac.uk), [gusa-fundraising@glasgow.ac.uk](mailto:gusa-fundraising@glasgow.ac.uk), [gusahealth@glasgow.ac.uk](mailto:gusahealth@glasgow.ac.uk),  
[gusapubcon@admin.gla.ac.uk](mailto:gusapubcon@admin.gla.ac.uk), [gusatravel@glasgow.ac.uk](mailto:gusatravel@glasgow.ac.uk), [gusa-welfare@glasgow.ac.uk](mailto:gusa-welfare@glasgow.ac.uk)

