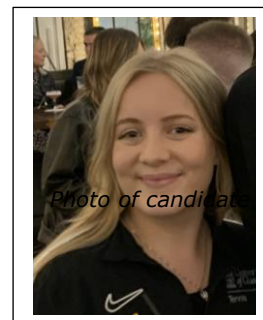


## GUSA Council Member - Nomination Form & Manifesto 2024/25

Position:	Health and Performance Convenor	
Name:	Olivia Lalieu	
Club:	Tennis	
	Nominator's Name	Signature
1.	<u>James Waller</u>	<u>JW</u>
2.	<u>Jessica Wilkinson</u>	<u>JW</u>



Hey, I'm Liv, a third-year business and philosophy student, running for the position of GUSA health and performance convenor.

For me, like many others, sport has been an important part of my life. I have been a member of the tennis club since my first week at uni and am now the women's team captain organising the teams who represent Glasgow at BUCS and Cup matches. I have played tennis since the age of 10, it is, like so many sports, a fantastic way to reduce stress and a great way to make friends. Being involved in uni sport is important, not only through the facilitation of an active lifestyle, and physical health but also because of the positive impact sport can have on our mental health. This year I have had the opportunity to get more involved with GUSA by being a member of the Events Team, supporting the Events and Fundraising co-ordinators.

It is my belief all students at the university of Glasgow should feel confident, empowered and supported to pursue an active lifestyle. I feel my ideas may help make this the reality for all the students at UofG.

### Key Points: Health

- **'Give it a Go' campaign** – building on 'lean to lift' initiative, 'give it a go' would see an increased push for sport clubs to offer beginner sessions to students throughout the year with the aim of widening access and the opportunity to try new sports.
- **Increase and continuation of initiatives** such as 'this girl can', body confidence in sport, Inspiring woman at UofG and exam de-stress, focusing on the relationship between a healthy lifestyle and mental health. I would work with the inclusion and culture convenor to achieve this, with the aim to support and empower students to get enjoy an active lifestyle for the benefit of their physical and mental health.
- **Increased promotion of the Active Buddies scheme** – promotional material such as 'meet the buddies' to put a face to the name encouraging more people to sign up for a buddy, and make the gym and sports clubs less intimidating.

### Key Points: Performance

- **Setting up of an office hour at the start of every month** – The health and performance convenor is a voice for performance athletes at UofG. This office hour would be an opportunity for athletes to seek support and share their views and experiences with the health and performance convenor, strengthening the relationship between the convenor and the performance athletes they represent.
- **Increased promotion of performance athletes of social media** – we are proud of our student athletes. Working with the publicity convenor I would highlight the incredible achievements of these athletes on GUSA social media platforms.

This year the health and performance convenor will take on the additional responsibility of organising the freshers and refreshers sport fayre. My previous experience as a fresher helper, on GUSA Events & as a committee member of the Glasgow Charity Fashion Show provides me with the knowledge and skills to plan and run events. Specifically, the time commitment and organisation behind the scenes so that events run smoothly. I feel this experience would prepare me well for the responsibility, if elected, of the annual sport fayres.

Thx so much for taking the time to read through my manifesto!

Liv ☺