

GUSA Council Member - Nomination Form & Manifesto 2025/26

Position:	Health and Performance Convenor
Name:	Grace McLoughlin
Club:	Women's Hockey



About me and my experience within GUSA:

My name is Grace McLoughlin, and I am a fourth year Economic and Social History student running for the position of GUSA Health and Performance Convenor for 2025/26. Since joining Glasgow University I have embraced the opportunities GUSA has offered me, providing me with the opportunity to participate in various sporting clubs and for the support system it has helped me build through invaluable friendships and experiences. I have been involved within GUSA all throughout my university career, from joining hockey in my first year, being on committee as social media and publicity convenor in my second year and becoming 4XI team captain in my third year. Being part of my club's committee gave me an excellent insight into the inner workings of sports management and development within the university. As well as this, I have been a GUSA Freshers Helper for the past three years and in 2023/24 I was a member of the GUSA Events Team, where we helped the Events and Fundraising Convenors organise and run events for GUSA. This crucial experience allowed me to become the Events and Fundraising Convenor for GUSA this past year, 2024/25. Holding these different positions over the past three years, has provided me with invaluable experiences in communication, leadership, organisation and the ability to work with a variety of different people. As a result of this I believe I have fully immersed myself within the association and I understand the importance of the work, requirements and expectations of what is necessary to be a successful member on GUSA Council.

Responsibilities and Understanding the Health and Performance Role:

Being part of GUSA has had an extremely positive impact on both my mental and physical health as well as on the people around me. Experiencing this correlation firsthand has strengthened my belief in the importance of staying active within an inclusive and supportive environment, one which I believe GUSA emulates. With 51 sports clubs and around 6,000 students it is crucial that we acknowledge and cater for both top-level athletes and those who are interested in trying a new sport for the first time. This is why the role of Health and Performance Convenor is fundamental to providing support to all kinds of GUSA members, whether they are experienced in sport or a novice looking to get involved for the first time. I aim to continue the fantastic work of the previous Health and Performance Convenor and continue to inspire and advise the wider community on the importance of a healthy and active lifestyle, and here is how:

1. Successful Existing Initiatives within GUSA

I aim to continue to build upon the pre-existing successful initiatives that have already been put in place by previous convenors. I would like to promote the female only gym session further by introducing more weekly sessions to cater for when classes get booked quickly. Additionally, I want to endorse the Active Buddies scheme working with the new intern, Women in Sport Week and the Give Blood scheme by increasing clubs' knowledge and understanding of the importance of these initiatives for students within sport.

2. Freshers and Refreshers Fayre

The Freshers Fayre which takes place during Freshers Week is one of the most crucial parts of the remit, as this event is where first year students are welcomed and exposed to GUSA for the first time. After having attended and supported the running of the fayre for the past three years, with my event organising experience on council last year, I will take these skills into organising a successful Sports Fayre, to make sure it runs smoothly, and every club is well represented. I will maintain the layout that has been used in previous years of using the Main Gates, Hunter Halls and the Cloisters for demonstrations and student participation and interaction. As well as continuing the Fayre Buddy scheme, making it as accessible as possible for everyone who wishes to attend. I would like to contact organisations like Lucozade or local healthy food and drink companies to have a stall at the fayre. For the Refreshers Fayre, I will offer the same support to clubs with the aims to increase memberships and run a similar format to previous years.

3. Supporting Performance Athletes

Sports Bursar scheme is another responsibility I will take on, working alongside Calum Hill, the performance manager to help support performance athletes at Glasgow University. I would like to publicise and promote the bursar scheme so that it reaches as many students as possible who are performing at that high level. Using GUSA's Instagram and the GU Performance Instagram, which has not been used since 2023 would be good ways of raising awareness with a broad range of students.

4. New Initiatives - Mental Health and Nutrition

I aim to advocate for all students, not just performance athletes, by promoting healthy eating, positive mental health, and an active lifestyle at Glasgow. I propose creating a Resource Library linked to the GUSA Instagram bio, featuring articles, videos, and tips on balanced meals, eating disorder awareness, injury recovery, and managing mental health alongside sport and studies. These resources would also be shared with club CTS's to enhance accessibility and support. Additionally, I would like to plan monthly park runs as a fun, community-driven break from university stresses, to promote keeping active and mental health. For Mental Health Awareness Week, I will endorse more on our social media and plan activities and talks from qualified professionals to provide students with practical knowledge and advice. This will foster a collaboration with Health and Performance and Inclusion and Culture to create events that support students' well-being.