

GUSA Council Member - Nomination Form & Manifesto 2024/25

Position:	Health and Performance Convener
Name:	Lexie McDiarmid
Club:	Lacrosse and Ski



	Nominator's Name	Signature
1.	<u>Fiona Normand</u>	<u>FN</u>
2.	<u>Matthew Cliff</u>	<u>MC</u>

Hi! I'm Lexie (she/her), a third-year Product Design Engineering student and currently club captain of the Lacrosse club. Sports have always been a massive part of my life, starting with gymnastics, cycling, hockey, lacrosse, and skiing. Joining and participating in GUSA sports clubs has been invaluable to my university experience. They have given me a community to feel accepted and thrive in. I would love to be the GUSA Health and Performance Convener for the coming year and be part of the university council responsible for sports.

My involvement in competitive sports has allowed significant personal development. This includes acquiring invaluable experience during my two years on the Lacrosse club committee. Holding the position of Publicity & Fundraising Officer and Club Captain over the past two years has allowed me to acquire irreplaceable experience in leadership, communication and, most importantly, how to lead a balanced lifestyle at university.

Throughout my time working with GUSA and UofG Sport, I have been lucky to collaborate with them closely, gaining knowledge of their inner workings, as well as how to lead a committee and wider club successfully. Using the previously mentioned skills, I want to move forward and bring a positive impact on sports in Glasgow to a broader audience. I have always been a huge advocate for having a healthy lifestyle, both mentally and physically. I believe that when this is prioritised, it will be reflected positively both in individual athletes and in their wider clubs. Personally, sports at university have had a significant positive impact on my mental health and that of those around me. Seeing this correlation at a personal level has only furthered my belief in the importance in keeping active, however you choose and the importance of being healthy. I aspire to continue to inform and inspire the broader audience by being elected Health and Performance Convener. Below are some key areas that I'd like to develop during my time as Health and Performance Convener:

1. Initiatives in GUSA

I want to continue developing the foundations the previous convenors put in place. I would work to continue to advertise Empower Hour, Active Buddies, and Women in Sport Week while increasing publicity to make them more recognised within clubs as well as getting more people involved within GUSA.

2. Freshers Fayre and Welcome Week

With some of the responsibilities of the Vice-President being transferred to other positions, it will now be the Health and Performance Convenors' responsibility to organise and run both the Freshers and Refreshers Fayres. Having attended and assisted in running these for two years as part of the lacrosse committee and one year as a GUSA Freshers' Helper, I have a good understanding of what is required and have some new ideas. I want to follow similar procedures to previous years with the club's layout and offer all the additional needs each club requires, including having sports demonstrations in the cloisters. I would also like to ensure the Fayre Buddy scheme continues from last year to ensure it is as accessible to as many people as possible. As well as the fayre I would like to offer more events for sport throughout freshers week. This would include more events and fun activities to get more people involved as soon as they come to university. Using the help of GUSA fresher helpers to run these events, we could provide a fun, interactive way to engage new students with sports and clubs. This could include bubble football, volleyball and frisbee on the main campus or in Kelvingrove.

3. Give Blood Scheme on Main Campus

A new initiative I would like to introduce would be a GUSA Give Blood Scheme per semester on campus to be as accessible as possible. The hope would be to involve more current members within the community. This would raise awareness of those critically ill and how your personal health and nutrition can be tools to help others.

4. Supporting Performance Athletes

Through the sports bursar scheme, I will assist Calum Hill as performance manager to ensure support for performance athletes, as well as continue the promotion of the scheme. I want to re-invigorate the GU Performance Instagram account and use this to promote the sports bursar scheme, performance sport and athletes in GU. This performance Instagram could be a way to celebrate more of our successful athletes as well as our blues and colours winners, highlighting their well-earned achievements.

5. Publicity for Nutrition and Health

Eating healthy and looking after your body is such a huge aspect of being an athlete, whether it's a performance sport or not. During my time in the Lacrosse Club, advocating for looking after yourself and eating well has been very important to me. I introduced 'Fuel-for-Fridays', where members would send in meals they had cooked, and it would inspire others to do the same. I want to work closely with the publicity convener and introduce a similar scheme with more healthy meals on a budget through GUSA social media to promote looking after your body and yourself.

6. Catering to our Existing Members – Mental Health

I want to cater to more of our existing members by organising events from which they can benefit directly. This would be increasing the advantage to having membership, further, to being in a club and able to access the gym. I would like to ensure mental health is prioritised as much as physical health. This would involve providing more resources for members to use and ensuring they feel supported in GUSA. An example of this would be having a focus on a mental health awareness week where there are events, activities and possibly health care professionals throughout the week to provide students with increased resources and equip them with tools to keep improving their mental health.

Following on from the excellent job done by Chloe over the past year, I would love to take over as Health and Performance Convener. If elected, I would work hard in this role to ensure the aims that have been set out are reached and that every member of GUSA feels supported. Vote Lexie McDiarmid for #1 GUSA Health & Performance Convener!