GLASGOW UNIVERSITY SPORTS ASSOCIATION

WELCOME GUIDE

In association with KPMG

#GUSAFW14
What is GUSA?

Glasgow University Sports Association (GUSA) is the oldest student body on campus and is led by a Council of annually elected students. We assist with the development and promotion of University sport and represent all students involved in it. Whether you are a gym user, take part in our health & fitness programme, recreational or club sport we are here for you!

Our Executive Council is led by the President, Vice President and Secretary, who are supported by nine convenors each with a separate remit for developing sport at Glasgow. This guide introduces you to this year’s Council, the work we do, as well as various events and initiatives we have planned for the year.

If you have any feedback or suggestions for our University sport programme or would like more information about getting involved with GUSA please get in touch.

#BlackAndGold

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www.glasgow.ac.uk/sport/gusa

Photo credits: Sport & Recreation; Maria Sasso; Lucy Hems
If you have any comments/feedback on the guide or would like to contribute to future newsletters, please email gusa-publicity@glasgow.ac.uk
Views expressed are those of individuals and do not represent those of the University of Glasgow.
My role is a full time sabbatical position, overseeing the general day to day running of the Association. It’s my job to ensure a strong representation of student sport at Glasgow, and to be actively involved in the planning, development and delivery of our university sport programme. I also represent GUSA on the Sport Management Group, and represent the University to the wider sporting community across Scotland and the UK. The main role I have as President is to listen to students and make sure they are being represented strongly; ensuring that the student sporting experience is the best it can be. Furthermore, it is my responsibility to manage GUSA’s annual budget making sure that students get the most out of sport with the money provided.

President’s Welcome

Hello and welcome to the University of Glasgow! Becoming a student is an exciting time and you have made a great decision in coming to study at such a prestigious University. This will undoubtedly be an exciting new chapter to your life! After studying at this University for 4 years I can say that there are so many opportunities for you at every turn, and I am here to tell you about everything University sport has to offer.

The first thing I would recommend doing in Freshers Week is attending the Sports Fayre in the Stevenson Building on Tuesday 16th and Wednesday 17th September; an exciting and lively event which showcases the extensive range of sports and activities that are available. You will find all of GUSA’s 49 clubs here and can find out more information about the taster sessions that will be running from Thursday 18th - Sunday 21st September!

As a new student you will have access to an incredible range of sporting facilities including a swimming pool, sauna and steam room, fitness suites, strength suite, cardio suite, exercise studio, activity hall, squash courts, synthetic and grass pitches, tennis courts and a cricket oval— to name but a few. Furthermore, we are currently in the process of building an extension to the Stevenson Building which will provide even more facilities for you to make use of in the years to come. I would really recommend coming to check out the facilities and take advantage of the free access during Freshers Week!

Getting involved in University sport has been one of the best decisions of my life and I would highly recommend you get involved too! Taking part in sporting activities and regular exercise can help you lead a balanced, healthy and active lifestyle, develop many new skills and challenge yourself. It also provides fantastic social opportunities which can lead to lifelong friendships.

If you have any questions throughout Freshers Week don’t hesitate to ask one of the enthusiastic GUSA Fresher Helpers in the pink t-shirts who are happy to help, or you can pop into the GUSA Office which is opposite the Stevenson Building.

I hope you all have a fantastic Freshers Week - I look forward to meeting you over the coming year and wish you the best in your sporting futures. Here’s to another great year of sport at Glasgow!

Tom Gebbie
@GUSAPresident
**VICE PRESIDENT**

**Caitlin Kelly**

**Club:** Women’s Hockey  
**Course:** Business & Management (4th Year)  
**Email:** gusa-vicepresident@glag.ac.uk

Hello, my name is Caitlin and I am the current Vice President. I work alongside the rest of the Council to deliver fun and exciting sporting events throughout the year including Freshers Week and Glasgow Taxi’s Cup. One of my main responsibilities is to oversee all elements of the organization and planning of the GUSA Ball, our annual awards ball and dinner. It is one the highlights of the University year, celebrating outstanding commitment and performance of our very own University athletes and clubs, and this year looks set to be the biggest and best yet! This year I will also sit on the Blues Committee who conduct the interviews and oversee the decision making process regarding the annual awarding of Blues, Colours and Awards, presented at the GUSA Ball.

Further to these roles I assist Tom with the management of Council members, and I will be assisting the Council through the University’s Equality and Diversity Training to ensure we are all certified as to best represent you, the students. This year I will be working to ensure that GUSA continues to provide the very best services and opportunities for all students.

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**SECRETARY**

**Sandra Perry**

**Club:** Women’s Hockey  
**Course:** Exercise Physiology (4th Year)  
**Email:** gusa-secretary@glag.ac.uk

Hey, I’m Sandra and I hold the executive position of Honorary Secretary. One of my jobs is to organise the meetings held between the Student Council, the senior members of Council and senior staff from University sport each month.

I give notice of the meetings to all members and prepare all the paper work, and take minutes to record the discussions and decisions from each meeting.

I am also in charge of Blues and Colours. These are prestigious awards that are awarded to talented athletes or extremely dedicated club members. I plan the selection process, conduct interviews and decide who will be awarded a Blue or a Colour. These are presented at our annual awards dinner in February. I also work alongside the other executive members to plan events such as Freshers Week. We also work together to ensure smooth running of the Council.

My degree is exercise physiology and so promoting exercise, a healthy lifestyle and mental health through exercise to students is a passion of mine. I believe GUSA is a fantastic student led organisation which provides the opportunities necessary for students to pursue a healthy lifestyle, and I take it as a priority to ensure this is achieved.
**WELFARE CONVENOR**

Candice Lindsay  

**Club:** Women’s Hockey  
**Course:** Psychology & French (5th Year)  
**Email:** gusa-welfare@glad.ac.uk

My main role is to raise awareness of the benefits of an active and healthy lifestyle. I’m responsible for projects which aim to ensure student wellbeing, and overseeing the production and accreditation of the Healthy Body Healthy Mind award programme. GUSA Welfare provides some incredibly supportive projects to the student community and I am so looking forward to seeing its successes grow. I look forward to meeting all of you who wish to take advantage of GUSA’s support in leading a happy, healthy and active lifestyle.

**Advice to freshers?** People make your uni experience so meet as many as you can!

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**Initiatives**

**BUDDY SYSTEM**
If you feel less comfortable exercising alone, we can pair you with a gym ‘buddy’. If you feel you could benefit from this or would like to volunteer as a buddy, please find application forms and further information about the project on the GUSA website.

**STARFISH**
Provides support and information for anyone in the University community affected by an eating disorder or excessive exercise. To find out more, please come and say hello at our awareness day on Wednesday 17th September in the Stevenson building. Our first meeting this term will take place on Friday 26th September 3-4pm and is open to all.

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**Upcoming events**

**FRESHERS FOOTBALL FRENZY** - **FRI 19th SEPTEMBER**
A fun and informal five-a-side in the Stevenson building where freshers can just have a kick about, make friends and learn more about the rec leagues.

**MONSTER DASH** – **FRI 31st OCTOBER**
A 5k charity fun run at Garscube Sports Centre. Are you running scared?

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**RECREATION CONVENOR**

Julien Harrison-Ramirez  

**Club:** Hares & Hounds; Men’s Hockey  
**Course:** Medicine (3rd Year)  
**Email:** gusa-recreation@glad.ac.uk

My job is to organise and run all the recreational leagues; such as 5 a side football, squash, rugby and hockey as well as helping with the Drop-in sessions. I also help set up the big one-off events such as Monster Dash and Superteams.

**Advice for freshers?** Get involved with GUSA whether it’s joining a club or rec league, or just going to the Stevie... but most of all make sure you have fun in your first year!
Join the team

EVENTS TEAM – NOW RECRUITING! Whatever club you’re a member of and whatever year you’re in, if you’re interested in promoting GUSA then we’d love to hear from you! Members of the Events Team help out at our events, and also promote GUSA events and initiatives on campus and on social media. Depending on your skills you can also get involved with editing content for the Results Blog and producing promo videos. More information and application forms are available on our website – applications close Monday 6th October.

PUBLICITY CONVENOR
Olivia Collison-Owen

Club: Lacrosse
Course: Business & Management (3rd Year)
Email: gusa-publicity@gla.ac.uk

As GUSA Publicity Convenor, I help to coordinate and oversee the publicity for sport at the University. I plan campaigns for GUSA events and initiatives, as well as keeping our members up to date with news and information through our newsletters and social media.

You can follow everything that is going on through Facebook, Twitter and Instagram. This year we have also launched GUSA sportify, a results blog where you can submit fixtures, results and photos through Twitter and Instagram by using the hashtags #GUSAfixtures #GUSAresults and #BlackAndGold.

Advice for freshers? Run for your club’s committee at the end of the year – being on a club committee is a fantastic way of gaining skills and experience which will really come in useful when applying for jobs and internships!

HEALTH & FITNESS CONVENOR
Simon Brownlee

Club: Men’s Hockey
Course: Physiology & Sports Science (4th Year)
Email: gusa-health@gla.ac.uk

As the Health and Fitness convenor I work with the Service Development Team to deliver the health and fitness programme, including exercise class programmes and campaigns. I also coordinate two gym challenges aimed at involving a variety of students, and support the planning and delivery of health and fitness associated events and initiatives at Sport & Wellbeing Week.

Advice for freshers? Get involved in as many gym classes/clubs/societies as possible - it is not only great from a health and fitness perspective but it will never be as easy to access or as cheap to do outside university.

FRESHERS CYCLE CHALLENGE

This will test our new freshers to see how far they can cycle during the Sports Fair (Tues 16th-Wed 17th September)
FUNDRAISING & OUTREACH CONVENOR 
Brogan Sinclair

Club: Women’s Hockey, Ski & Snowboard, Surf 
Course: Physics (2nd Year, but really my 3rd) 
Email: gusa-fundraising@ gla.ac.uk

Hello, I’m your GUSA Fundraising convenor, and my role entails arranging GUSA’s charity and fundraising events, along with supporting our chosen charity of the year – Reachout! Scotland.

Also, feel free to approach me with queries about your club’s sponsorship or fundraising set-up, and I can guide you in the right direction. Keep an eye out for the annual Big GUSA Quiz, Monster Dash and Fun Run, and applications to our fantastic Events Team that will be available shortly. Being part of the Events Team is a great way to get involved in the broader work that GUSA does, and you’ll meet countless new friends whilst promoting and helping run our amazing calendar of events. You’ll often see me around the Stevie, or in the GUSA office, so feel free to pop by and say hello, or drop me an email anytime you have a question.

Advice for freshers? Get out of bed and down to campus - there is so much going on, with endless freebies and opportunities to join clubs or societies, it’s not to be missed!

REACHOUT! SCOTLAND is a mentoring charity working with children and young adults, to help them reach their potential by providing them with role models and participating in sport and other activities. GUSA clubs can get involved by volunteering or organising a visit to one of ReachOut!’s local groups, which is a fantastic way for GUSA to contribute to the local community.

ALUMNI CONVENOR 
Katherine Paines

Club: Boxing 
Course: Classics (4th Year) 
Email: gusa-alumni@ gla.ac.uk

As Alumni Convenor, I help keep the alumni database up to date so that when you graduate you can keep in touch with us and get updates on sport at the University of Glasgow. I also support any GUSA clubs hosting alumni related events and reunions. This year I have already helped to organise the first Sport Alumni Ball, which was a huge success with over 150 past and present members coming together to celebrate sport at the University.

Advice for freshers? Enjoy Freshers Week – it’s the start of the best 4 years of sport you will have had so far! I’d also encourage you to sign up for something you’ve never tried before, as you never know what you might enjoy!
**CLUB SPORT CONVENOR**

Richard Yianni

*Club:* Men’s Hockey  
*Course:* Philosophy (3rd Year)  
*Email:* gusa-clubsport@glad.ac.uk

My name is Rich and I am the GUSA Club Sport Convenor. Basically, my job is to be the middle man between clubs and GUSA, and liaise with the Club Sport Manager in the delivery of club sport across all 49 affiliated clubs. I also help the Publicity Convenor in publicising club sport across the University. Being part of a club within GUSA is the best decision to make at University.

**Advice for freshers?** I urge all of you to attend the Sports Fayre in Freshers Week and try to get involved, you will not regret it!

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**TRAVEL CONVENOR**

Paddy Knaggs

*Club:* Men’s Rugby  
*Course:* Music (3rd Year)  
*Email:* gusa-travel@glad.ac.uk

As Travel Convenor, my main responsibilities are the upkeep of log information, liaising with University security staff, and ensuring that the highest driving standards are maintained by all GUSA drivers. I also ensure vehicles are cleaned monthly by GUSA clubs. During Freshers Week I’m responsible for delivering transport to and from all of the 49 clubs’ taster sessions.

**Advice for freshers?** Get involved in as many events and opportunities as possible. There is so much on offer such as the Buddy System, Big GUSA Quiz, Events Team and Council elections. So immerse yourself!

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**FINANCE CONVENOR**

Charlotte Howard

*Club:* Cheerleading  
*Course:* Law (3rd Year)  
*Email:* gusa-finance@glad.ac.uk

My role involves helping to distribute GUSA’s Annual Grant to all 49 clubs, and liaising closely with club treasurers and the GUSA Finance Committee to solve any funding problems.

**Advice for freshers?** Don’t be afraid to come and chat to anyone on Council if it’s something you’re interested in getting involved with! We’re all really friendly and love to see new faces in GUSA!

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**GUSA sportify**

THE NEW CLUB SPORT BLOG allows you to keep up to date with all of the results from Glasgow Uni sports teams. You can submit fixtures and results using #GUSAFixtures and #GUSAResults on Twitter, or email reports to the Club Sport or Publicity Convenors. We will then publish weekly round-ups highlighting clubs’ achievements on gusasportify.wordpress.com

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**Chancellor’s Fund for Sport**

OPEN SOON FOR NEW APPLICATIONS! This is a grant which we offer to students wishing to pursue sporting adventures! You can read more about this on page 11.
Join the team...

Applications close 6th October!

Members of the Events Team are responsible for promoting GUSA within their club, on campus and on social media, as well as assisting at GUSA events and University Open Days. There are also opportunities to get involved with photography, video editing and contributing to the GUSA sportify blog.

Application forms are available at [www.glasgow.ac.uk/sport/gusa/opportunities](http://www.glasgow.ac.uk/sport/gusa/opportunities) and should be emailed to the Publicity Convenor and Fundraising & Outreach Convenor by 5pm on Monday 6th October.

MONSTER DASH

Friday 31st October
Garscube Sports Complex

Are you running scared?

More details soon...

GUSAsportify

GUSA sportify is our new blog where you can get all GUSA clubs’ fixtures, results and match reports all in one place. Clubs can submit these via Twitter using #GUSAResults and #GUSAFixtures, or email gusa-publicity@glu.ac.uk and gusa-clubsport@glu.ac.uk, and we will share these in regular round-ups on the blog!

[www.gusasportify.wordpress.com](http://www.gusasportify.wordpress.com)
One team, one dream, one love

With support from the Chancellor’s Fund for Sport, Lacrosse Club Captain Charlotte Toms spent the summer in Jamaica, volunteering with the charity Fields Of Growth.

Hi, I am Charlotte Toms and I have just spent the most incredible summer in Kingston, Jamaica as an intern with the non-profit charity Fields of Growth (FoG). This organisation uses the sport of lacrosse to promote positive social impact and educational programmes across the globe.

Kevin Dugan, founder of FoG, informally introduced lacrosse to Jamaica in 2009 and it has been growing steadily ever since. This summer two female interns were appointed to coach and develop the women’s side of the game. I was lucky enough to be selected alongside Molly Parker, a graduate from Wheeling Jesuit University in the States. Together, we set up and ran a six week summer lacrosse camp for primary and secondary schoolgirls across the city. Our aim was to empower the girls we were working with, through the opportunities that sport can provide. We began to see real positive progress when our girls realised how capable and talented they were. They took immense pride in being part of the first U19 Women’s National Squad, and I was so honoured to be alongside them as their coach. Part of my responsibility as an intern was to go out into local communities and to encourage all – young and old – to take part in the game of lacrosse. One of my favourite activities was visiting the remote and rural community of 9 Mile.

It made me so happy to see even the smallest of children having so much fun playing lacrosse for the very first time. When I left for Jamaica in June, I had absolutely no expectations and no idea the impact that this experience would have on me. I have had the most amazing two months coaching the sport that I love, meeting some truly inspiring individuals and spending time in a beautiful country.

– Charlotte Toms

If you’re interested in undertaking a sport-related project or adventure and think you could be eligible for funding or support, please email gusa-finance@gla.ac.uk or visit www.glasgow.ac.uk/sport/gusa/opportunities for more information.
Glasgow 2014

For two weeks over the summer, almost 5000 athletes from 71 nations descended on Glasgow for the Commonwealth Games, making this the largest multisport event ever held in Scotland.

With so much sporting action taking place right on our doorstep, many GUSA members were involved, whether volunteering, working or getting tickets for as many events as possible. Former GUSA Alumni Convenor, Olivia Edgar, was one of many who volunteered, while GUTC member Flora Elliot-Johnston spent the Games working at the Athletes’ Village.

“For the duration of the Commonwealth Games, I was working in the Athletes’ Village in a small café for a catering company. Serving the athletes every day and getting to know them was an amazing experience. It was nice to see the same faces coming in every single day, and being able to chat to them and wish them good luck just before they were competing made you feel like you were really involved in the Games. A few of them even gave me their country’s pin badge, so I ended up with quite a collection! Everyone seemed to be really enjoying their time in Glasgow, with quite a few people commenting that they didn’t want to go back home. For me, bumping into Usain Bolt when taking the bins out one night has to be a highlight, along with the incredible atmosphere in the Village on the nights of the opening and closing ceremonies, when the athletes were all dressed up and excited for the events to start.

Although at times it was tiring work, it was definitely worth the sore feet and it’s great to be able to say that I was a part of the Games.”

- Flora Elliot-Johnston, GUTC

Senior GUSA Council Member, Dr. Desmond Gilmore, was selected to carry the Queen’s Baton in recognition of his involvement with athletics both as an athlete and official.

The Australian Men’s Hockey Team even made use of the Stevenson building, visiting for a recovery session.

GUSA members and alumni also represented Team Scotland in a range of sports. Many of these have received support from the Sports Bursary Fund or have been recognised through GUSA Blues, Colours and Awards, including Laura Muir (Athletics) and Camilla Hattersley (Swimming) who won the Justin Langham Memorial Trophy for most outstanding First Year in 2013 and 2014 respectively.

Now that the Games have come to an end, there has been a lot of talk about the legacy for Glasgow. Certainly, students returning after the holidays will notice changes around
the city, whether it’s the continuing presence of the “People Make Glasgow” campaign or the new “Boris-bike” stations on campus and at various locations throughout Glasgow. But, more specifically, what impact might the Games have on student sport?

With 13 of Team Scotland’s medals won by student athletes, student sport in Scotland is clearly going from strength to strength. The performances of Glasgow Uni’s own athletes, as well as those of students from across Scotland, goes to show that it is possible for athletes to combine competing at a top level with their studies. There is now also so much support available to elite student athletes to make this possible.

We also hope that seeing our fellow students competing on an international stage will inspire GUSA members to get involved in competitive sport, and to balance their studies with participating in sport and exercise. As a number of recent studies have shown, participation in sport at university benefits not only students’ health but also mental wellbeing. It has also been suggested that being involved in sport at university can have a positive impact on students’ employment prospects, as university sport gives them opportunities to develop teamwork, communication and leadership skills.

If you have been inspired to take up a new sport, or to train towards competing at a higher level in your sport, there are many ways to do so during your time here at the University of Glasgow, as detailed in this guide. Or you can speak to a Council Member or Fresher Helper and we will point you in the right direction!

“Through my involvement with GUSA I was motivated to volunteer this summer at the Commonwealth Games. As a team leader in the Spectator Services division at Hampden Park stadium, my job involved ushering spectators in and out of the stadium and answering any questions. However, we soon became the enthusiastic Clydesiders shouting through megaphones, dancing and waving oversized foam fingers!

It certainly wasn’t easy with 6am starts, late finishes and the great Scottish weather doing its worst, however, the morale of my fellow volunteers was rarely dampened making the experience enjoyable both for us and the spectators.

It wasn’t all work though – lunch breaks allowed us to see great athletes such as Eilidh Child and Glasgow Uni’s very own Laura Muir run incredible races! I was also lucky enough to meet Scotland’s medal-winning swimmer Michael Jamieson.

I think above everything else it was the atmosphere of the stadium that made the Games for me, the crowd roared regardless of nationality or standing in the competition, living up to the slogan “People Make Glasgow”.”

- Olivia Edgar, former GUSA Alumni Convenor

-Olivia Collison-Owen
Glasgow University Sports Association Major Events

Tuesday 16th 10am-5pm & Wednesday 17th 10am-4pm – Sports Fayre
@ The Stevenson Building
GUSA’s 49 sports clubs descend upon the Stevenson Building to showcase themselves and provide students with more information about how to get involved and get active. With live demos, goody bags and all the taster session information you do not want to miss this!

Wednesday 17th 8pm-2am – GUSA ‘Wild Party’
@ GUU Dining Room and Debates Chamber
GUSA takes over the GUU Dining Room and Debates Chamber for the Official GUSA Sports Party! Come and see the GUU be transformed into wild landscapes and observe all kinds of wild animals descend upon the dance floor! There will be a live DJ set, performers and entertainers, GUSA games and prizes as well as brilliant costumes, demonstrating the beneficial social side to sport!

Thursday 18th- Sunday 21st – Club Taster Sessions (Various times and locations)
Want to try something new and meet like minded people? All 49 sports clubs have free taster sessions for you to get involved in. More information can be found by speaking to clubs at the Sports Fayre or speaking to a GUSA Fresher Helper.

Friday 19th – Friday Football Frenzy @Activity Hall in Stevenson Building
4-a-side football, quick, fast and fun paced football for anyone who wants to get involved. The goal is to get as many goals as possible in each 4 minute match.

Every day there are various sporting activities going on with disability tasters, GUSA games, activities and lots more!

Visit the Sports Fayre, check the ‘What’s On’ guide or ask a GUSA Fresher helper (the fun ones in pink!) for more information!

Have a great week!

#GUSAFW14
GUSA WILD PARTY!
Wednesday 17th September

LIVE DJ, WILD ENTERTAINMENT,
AMAZING DECORATIONS...
GET YOUR FANCY DRESS ON AND HEAD
TO THE PARTY OF FW14!

#GUSAFW14

GUU DINING HALL & DEBATES CHAMBER
8PM-2AM
My KPMG

“As you can see, it’s made up of a lot of people. Some I see every day. Some maybe less so. But each and every connection I’ve made here has taught me something. And I know many of them will last for life.

I’d recommend KPMG to any graduate because, no matter which path you take, you’ll be working with some of the brightest brains in business with access to the best professional development around.”

Katharine, Graduate Trainee

Visit www.kpmgcareers.co.uk/graduates to find out about careers for graduates from all degree disciplines in Audit, Tax, Advisory, Technology, Marketing and HR.