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**What is GUSA?**

Funded in 1881, the Glasgow University Sports Association is the oldest student body on campus and serves to represent the interests of all University of Glasgow Sport members.

If you have any issues, suggestions or concerns with the services provided by University of Glasgow Sport, we are the people that can make your voice heard at a higher level.

GUSA provides effective opportunities for students to participate in sport by coordinating club sport, recreational leagues, health and fitness classes, specialist courses and drop-in sessions.

Being part of sport is a fun and easy way to create a healthy lifestyle for yourself that will improve your physical, mental and social well-being. GUSA is here to facilitate this lifestyle, and with more than 53 sports clubs that cater to all abilities, we make sure that there is something for everyone here at Glasgow.
MEET THE COUNCIL

GET TO KNOW THE FACES THAT WILL BE RUNNING GUSA IN THE UPCOMING YEAR
PADDY EVERINGHAM: PRESIDENT

A very warm welcome to all the Glasgow Freshers of 2018. Our Association represents the voice of our 11,000 student members for all things sport. We’re the oldest student body on campus, and we welcome you with open arms.

Here at GUSA, we have something for everyone. Whether you’ve never played sport at all before Uni or you’re an elite athlete, we have something for you! Our partnership with UofG sport supports our 53 sports clubs as well as the delivery of countless weekly fitness classes and daily activity across our facilities. Find out more about what’s on by popping into the Stevenson Building or on the Glasgow Uni Sport website.

Being active, through sport and physical activity has been proven in the literature to have a huge positive effect on mental health as well as improving academic grades! It’s a place to make friends for life and really make the most out of your UoG experience.

You’ll soon find out for yourselves but I can’t put into words how much sport can shape your Uni experience. The friends and family networks that you build through taking that first step stay with you throughout Uni and beyond! If you see someone hesitant to join in a session, be it on the pitch or in the classroom, introduce yourself and give them a little helping hand! That’s what we’re about at Glasgow and that’s what we do in GUSA.
Shereif Kholeif: Vice-President

As the Vice President of GUSA, my role is to support the president in the running of the association and oversee the work of projects within the organisation. My main remit is the organisation of the annual sports ball in February and supporting all of our marvellous freshers helpers in gold during freshers week.

I will be around from freshers and all year to support any GUSA club and individual who would seek help from me. I am always happy to take on new projects if there is something I can do for you.

Joining a GUSA club is integral towards improving your university experience. Being fit and active as well as having a team/club throughout your university career can help you maintain a positive outlook on university when all those deadlines and exams have made you forget how to have fun. Sport is also great for your mental health. Being a part of GUSA will certainly change your university experience for the better!
Louise O'Neill: Secretary

This will be my second year sitting on GUSA council and I’m very excited for the year ahead. As secretary I’m responsible for organising all of our meetings and outings. I award Blues and Colours to our athletes at Glasgow with the help of my Blues Committee.

I’ve also helped organise freshers week this year alongside Paddy and Shereif. I help oversee and run the council in general as an executive member and act as a mentor for the others following a busy year last as Health and Fitness Convenor.

Sport at Glasgow has absolutely made my university experience the best it could have been and I urge you all to get involved in every possible way you can regardless of whether you’re a beginner or a pro - there’s something for everyone in our clubs.
Eve Cobbett: Alumni

As Alumni Convenor I am responsible for helping get all of Glasgow’s golden oldies involved in our current clubs, along with keeping GUSA Council’s alumni up to date with what current council are working on. My main jobs involve organising GUSA’s 1881 Dinner and Afterparty, an evening where ex-council members descend on Glasgow for a big reunion, and helping club convenors to liaise with their alumni and get them involved in alumni events and fundraising.

Although I might be slightly biased, I really think GUSA is the best student body on campus. When I came to university I was placed in a really small halls, whilst being on a huge course where it wasn’t that easy to make friends. Once I’d joined a GUSA club however I found loads of people I had something in common with and made friends instantly. Because of people in my club I also applied to be a GUSA freshers helper at the end of first year and the rest is history! All GUSA clubs have socials weekly and that means there’s always an opportunity to go along and get involved, even if you don’t want to compete for a club competitively.

Freshers week is easily one of the most fun weeks of your life, but it can be a little overwhelming knowing where to go and what to do. My one piece of advice is whether you’re an Olympic standard athlete or have never played sport before in your life and just want to get involved for the laugh, come down to the sports fayre and seeing what GUSA has to offer (spoiler alert we offer a lot!) You won’t regret getting involved with sport at uni!
Nelli Vanninen: Club Sport

Hiya all, I’m Nelli, the Club Sport convenor for 18/19 and I’m in charge of the 53 sports clubs we have here at Glasgow. I want to support the clubs in their day-to-day activities, help them grow and get as many people involved with sport as possible. I’m wanting to be as approachable and helpful as possible so fear not to come chat to me or fire me an email if you have any questions.

Originally being from Finland and moving to Glasgow having never even visited beforehand, I want to highlight how good club sport is for creating your own friendships and connections at uni.

During my first year I joined four sports clubs and I have gotten most of my closest friends through sport and somehow during the next year I ended up getting involved with GUSA. ‘But I’m not sporty’ I hear you say. No worries at all - all of our clubs cater for various different abilities from beginner all the way to pro athletes. Now is the perfect time to get involved with a new sports since it’s a great way to make friends, affordable and easy.

Take a stroll through the Sports Fayre on Tuesday and Wednesday at the Stevie where you can chat to the committees of our clubs to find out more about your possibilities of getting involved. Taster sessions also run throughout the week - grab a couple of your newly made friends and have a go at cricket, sailing or maybe judo? I would say getting involved with sport has been one of the best decisions I have made in University so I will hope you give it a go as well!
James Topping: Events

As Events Convenor it is my job to organise and run all the GUSA events throughout the year, such as Monster Dash and Colour Run.

In my role I will be working closely with UofG Sport’s Jamie Taylor, meeting regularly as GUSA and UofG Sport collaborate for some events.

I will also be working closely with our Publicity Convenor Sami as we work together to promote our events and utilise our Events and Publicity Team. This an important aspect to our jobs as we aim to attract as many people to our events as possible and also need to organise volunteers to help at our events.
Liv Turner: Finance

I’m Liv and going into my 5th year in Physics. As the finance convenor this year I am the main calling point between sports clubs and GUSA for them to access any funding allocated.

I will be there for any funding / sponsorship inquiries over the whole year whilst working alongside the president to make sure all students have the opportunity to get involved in sport.

GUSA provides such a wide variety of sports and classes that are open to everyone, no matter the ability. My main advice to new freshers would be to get involved, try all the sports you can and join something new. You’re bound to find something that you love.
As fundraising and outreach convenor, I’m concerned with focusing efforts on both an annual charity, Alzheimer’s Scotland this year, and opportunities for GUSA’s involvement with the wider community. I plan to build upon Rebecca’s previous outreach work with both FARE (Family Action in Rogerfield and Easterhouse) and CHAS (Children’s Hospices Across Scotland).

I’m planning to have several drop-in sessions throughout the year and visit all sports clubs to promote the prospects of fundraising. My appreciation for the wealth of choices that Glasgow Sport offers to its student population encouraged me to run for this role and I can’t wait to utilise it for the communities of Scotland.

I have numerous ideas for GUSA events and fundraisers for this upcoming year. I would strongly recommend applying for either the GUSA events, publicity or welfare teams if you are interested in engaging with the work behind the scenes of an event or campaign. Becoming a GUSA Freshers’ Helper has created a wide social network for me outside of my academic studies and I have formed so many life-long friendships. My top tip is to sign up and attend everything that’s available to you; taster sessions and society sign-ups can escalate to being the best decisions you make whilst attending university.
Kieran Dowling: Health and Fitness

As Health and Fitness Convenor I aim to get as many students involved as possible in university sport as well as promoting healthy living around the university. I work with other council members and staff to ensure that our clubs’ needs for training facilities are met in order to maintain their excellence.

However, my efforts are also directed towards those who aren’t so involved in sport and to try to encourage them to give it a go. I believe that getting people to be a part of sport at university is valuable for them in so many ways and will really enrich their experience at uni. It is a perfect avenue for meeting people and making new friends, it keeps the body and the mind healthy which can in turn also improve their studies.

I organise sports events over the year with the aim of bringing people together to have fun whilst being active in sport. I also promote healthy eating around campus by suggesting easy recipe ideas, study snacks, etc.

The overall goal in my role is to make students aware of the huge range of sports opportunities that we offer for all levels and experiences to encourage a healthy active lifestyle whilst at university.
Sami Mustapha: Publicity

Hello! I’m Sami, 3rd year Economics student and this year’s GUSA publicity convenor. My role involves everything to do with the promotion of sport and GUSA events – in short, I make sure that everyone knows what GUSA has to offer and what’s on at the moment.

I work with my publicity team to create videos and graphics used by GUSA, take photos at events, and run the GUSA social media accounts.

I joined the tennis club in my first year and it’s been one of the best decisions I’ve made at uni. Not only was I doing exercise but I met way more friends through sport than I did through my course.

With 53 sport clubs, fitness classes, drop-in sessions and more, you will definitely find some form of sport that you can get involved in and I couldn’t recommend doing it more. It will improve all aspects of your life at uni while keeping you healthy both physically and mentally.
Jenny McGregor: Travel

Hi, my name is Jenny and I’m a 4th year English Literature and Theatre student. As GUSA Travel convenor, I work closely with the sport Travel Administrator, University Garage and University Security to provide minibuses for training and matches.

One of my main roles is to organise the transport to all sport taster sessions during freshers week, allowing you to try out all the great clubs that GUSA has to offer.

Joining GUSA was honestly one of the best decisions I’ve made at University. Although I wasn’t particularly sporty at school, GUSA helped me to try out a range of new sports and to find one that I really enjoyed.

GUSA is like one big family, bringing together people of all abilities. Whether you’re Olympic standard or have never played sport before in your life, GUSA has something for you.

I would definitely recommend attending as many sport taster sessions as you can during freshers week. There will never be an easier time to try something new! You never know, you might just surprise yourself!
Christina Thomson: Welfare

My role as welfare convenor involves working together with GUSA clubs, the gym and student bodies on campus to provide welfare support and welfare initiative for all members of the university.

Supporting staff and student’s emotional and psychological wellbeing through exam de-stress initiatives and publicity of welfare campaigns such as Eating Disorder Awareness Week are two big parts of this role.

We also run projects with clubs and the gym to improve access to sport and fitness for all people regardless of ability or confidence such as our Gym Buddy scheme.

An active and healthy lifestyle at university can really help with psychological wellbeing as well as academic success so as welfare convenor I aim to encourage and support students and staff wanting to lead a health and active lifestyle.

If you have any questions or want to talk about any welfare related issues please feel free to email me at gusa-welfare@glasgow.ac.uk.
Contact the council

Paddy, President: gusa-president@glu.ac.uk

Shereif, VP: gusa-vicepresident@glu.ac.uk

Louise, Secretary: gusa-secretary@glu.ac.uk

Eve, Alumni: gusa-alumni@glu.ac.uk

Nelli, Club Sport: gusa-clubsport@glu.ac.uk

James, Events: gusa-events@glu.ac.uk

Liv, Finance: gusa-finance@glu.ac.uk

Jason, Fundraising & Outreach: gusa-fundraising@glu.ac.uk

Kieran, Health & Fitness: gusa-health@glu.ac.uk

Sami, Publicity: gusa-publicity@glu.ac.uk

Jenny, Travel: gusa-travel@glu.ac.uk

Christina, Welfare: gusa-welfare@glu.ac.uk
WHAT'S ON THIS WEEK?

FIND OUT WHAT GUSA HAS IN STORE FOR YOU THIS FRESHERS' WEEK
**Sports Fayre**

The Sports Fayre is your chance to have a look at every sport club we have to offer! Have a chat to current members, sign up to the taster session and get involved! Representatives from each club will be there to answer any questions you might have.

Dates: Tuesday 11th, 11am-5pm  
       Wednesday 12th, 11am-4pm

Location: Stevenson Building

**GUSA Party**

The GUSA Party is always a highlight of Freshers’ Week! The themed night is a great chance to chuck on your fancy dress and dance the night away as well as enjoying the extra treats we’ll put on for you.

Dates: Wednesday 12th

Location: GUU

**Taster Sessions**

Our clubs have loads of taster sessions that you can go along to at the end of the week. Taster sessions are fantastic opportunities to see what a club is all about before joining, or to try a sport you’ve not been able to before. Make the most of it because you might just fall in love with a sport you’ve never even heard of before!
Join us at the University of Glasgow Sports Association for

ONCE
UPON A
FRESHERS’ WEEK

2018

Freshers’ Sports Fayre,
Club Taster Sessions, Glasgow Gladiators Varsity Rugby Match,
Once Upon a Freshers’ Week Party and more is in store!

Turn over for details and follow us to keep up to date.

#GUSAfw18
WELCOME TO THE STEVIE

GET TO KNOW THE HOME OF SOME OF OUR MOST EXCITING SPORTING FACILITIES
The Stevenson Building

The Stevenson Building is the university gym and the home to some of our most exciting sporting facilities, some of which include:

- 6 lane swimming pool
- Sauna
- Steam room
- Strength suite
- Cardio suite
- 2 sport halls (basketball, 5 a side, netball, volleyball and more)
- 3 studios
- 2 squash courts

Membership to the gym is free if you are staying in halls, or £125 for the year for anyone else. Membership also includes access to over 100 fitness classes per week. From high interval training to yoga, there really is something to everyone.

Alongside the Stevie, we also have our Garscube Sports Complex. Garscube is home to our synthetic and Astroturf pitches as well as the rugby playing fields. It also has its own gym – perfect for any vet students that want a midday workout!
The Stevenson Building
Look at all the clubs we offer and find the right one for you.
At Glasgow we have 53 different sports clubs that cater to all abilities. From Aikido to Wakeboarding you'll definitely be able to find the right one for you:

A
Aikido  American Football  Athletics

B
Badminton  Basketball (Men’s)  Basketball (Women's)  Boxing

C
Canoe  Cheerleading  Cricket  Curling  Cycling

F
Fencing  Football (Men’s)  Football (Women’s)

G
Gaelic Football  Golf  Gymnastics

H
Hares and Hounds  Hockey (Men’s)  Hockey (Women’s)

J
Judo

K
Karate  Kendo

L
Lacrosse
Club Sport

M
Mountaineering  Muay Thai

N
Netball

P
Potholing

R
Riding  Rifle & Sporting Gun  Rugby (Men's)  Rugby (Women's)

S
Sailing  Shinty  Shorinji Kempo  Ski & Snowboard  Skydive  Squash  Sub Aqua  Surf  Swimming & Waterpolo

T
Taekwondo  Tennis  Trampoline  Triathlon

U
Ultimate Frisbee

V
Volleyball (Men's)  Volleyball (Women's)

W
Wakeboarding  Weightlifting

Y
Yoga
Club Sport
Find out what services GUSA has in place to make sport more accessible and inclusive.
Welfare at GUSA

GUSA wants to make sure that sport at Glasgow is as inclusive and accessible as possible, and our welfare convenor Christina is here to run programs that make this happen.

The GUSA Buddy System

The GUSA Buddy System aims to encourage people who may not be comfortable exercising themselves, to do so with the help of a Buddy. Each buddy pairing will last for four weeks. If you are not already a member of the University Gym, throughout this four week period you are granted access to the University Sport facilities only when accompanied by your Buddy.

Why is the GUSA Buddy System in place?

The GUSA Buddy System aims to aid those who are not already exercising for any reason. We pair each student up with a volunteer Buddy with similar availability for a four week period. We hope that during this time you will become more comfortable exercising and will have made a friend out of the experience.

Finding your Buddy:

If you are a student looking for a volunteer Buddy, applications will open at the end of September.
Welfare at GUSA

**Starfish**

Our relationship with food and our bodies often changes – sometimes we feel secure in our bodies, other times we may feel insecure, we also may go through phases of trying to eat more healthily, or we might eat too much and lose touch with our appetite. Troubles with eating and our bodies are incredibly common, but they can become a problem when we feel like they are taking over.

There are great benefits from talking to others with the same problem. Starfish is a peer-support group which we run in conjunction with the Glasgow-based eating disorder charity, GEDS. Starfish runs once a month on campus but GEDS also run a session in town, so there is a meeting once a fortnight. You can go to as many or few and go as often or little as you feel you need/want to – the sessions are anonymous (and no one from the GUSA council sits in on them).
WHAT'S ON THIS YEAR?

HAVE A LOOK AT ALL THE GUSA EVENTS FOR THE UPCOMING YEAR
Monster Dash

Are you running scared? This October sees the return of the one and only Monster Dash.

There is no better way to kick start the Halloween celebrations than this terrifyingly fun annual 3k/5k fun run and obstacle course... in the pitch dark. So, don on your head torches and finest Halloween attire and join us on the 26th of October.

Oh, we forget to mention, if this all doesn’t sound fun enough then get ready for the giant slip and slide finisher! Keep your eyes peeled on our Facebook page, website and posters appearing around campus to make sure you don’t miss out on what is going to be a creepily good event.
Superteams

Superteams is coming! Think you are fit? Then Superteams is for you! On the 27th of January, teams of four will battle it out to be crowned the University of Glasgow’s fittest and most skillful students.

A range of activities will push you to your limits and test your skill, speed, endurance and strength. Activities will include; Rowing, Cycling, Sprinting, Jumping, Swimming, Agility Tests and other surprise activities…Run like a cheetah? Jump like a ‘roo? Swim like a shark? You may be eligible to be crowned GU’s FITTEST STUDENT.

Colour Run

One of our most popular events is returning this year for the second time and its none other than the 5k colour run. In association wit LGBTQ+ History month, GUSA will be hosting this unmissable event at the end of February.

So don of the official race t-shirt and be prepared to leave this event looking a little more colourful than when you arrived. You don’t want to miss out on one of our favourite events of the year so keep your eyes peeled on all our social media for information regarding sign ups, we cant wait to see you there!
HOW CAN I BE A PART OF GUSA?

GET INVOLVED WITH GUSA AND JOIN THE BEST COMMUNITY ON CAMPUS
GET INVOLVED

GUSA is one big family and something that being a part of will make your time at Glasgow oh so sweet. Be sure to follow our social media accounts to keep up to date on all things GUSA.

CLUB SPORT

First things first, find a club that you want to throw yourself into. There are so many sports that are part of GUSA that we can confidently there is something for everything (see the list under ‘Club Sport’). Whether you want to be part of a team or go it solo, representing your university on a BUCS Wednesday is an absolute must (as are the #LFW celebrations afterwards, no matter the outcome).

PUBLICITY, EVENTS AND WELFARE TEAMS

Something you will see appear on the GUSA Facebook page in the coming weeks is advertisements for the applications to our various teams: these include the Events team; the Publicity team; and the Welfare team. By applying for one of these positions you will be putting yourself forward to support the GUSA Council in their roles.
**Get Involved**

Being part of the Events team, you will help put on some of the most exciting events such as Monster Dash and Superteams. These events could not go ahead without the Events team and it is a great way to meet more people and find out more about what goes on behind the scenes.

The Publicity team is new this year and is looking for people that have the right skills and knowledge to publicise the GUSA events and various clubs. If you’re good with a camera or have a knack for making films, this is what you want to apply for.

The Welfare team does some amazing work alongside the Welfare Convenor. Throughout the year GUSA puts on a number of campaigns to support and better the welfare of students at Glasgow University and the Welfare team are behind them.

**Freshers’ Helping**

Finally, apply to become a Freshers’ Helper 2019. Freshers’ Helping is one of the most fun things you can do at uni. Have a chat with the helpers in gold tees around campus this week and you’ll see why.