

STUDENT ***SPORT*** NEWS

APRIL ISSUE



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WELCOME

Welcome back to the Student Sport Newsletter. This edition is a slightly shorter version than usual with a particular focus on the SSS College Cup which is fast approaching on April 26th. Students should use [THIS FORM](#) to apply to join a team and/or confirm their attendance at a try-out

Additionally, we also have some updates on recreational sport and have included the current timetable that will take us up to and including week commencing June 5th. We also have some news regarding inclusive sport and an event that is running on May 2nd.

Finally, our recreational basketball coach Kyle Maxwell has produced a workout for staff and students to try out which can be done at home or in the gym!



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RECREATIONAL SPORTS

Our sports clubs are continuing to enjoy healthy numbers and there has been a notable improvement in our student members' mental and physical health and wellbeing. All clubs will continue to run up to and including week commencing 5th of June. Members should remember

to ensure they stay informed about their club via SLACK. Email Andrew.Kirk@cityofglasgowcollege.ac.uk to gain access. Our key statistic for this newsletter will be focusing on the total number of student attendance engagements from September through to March!

TOTAL NUMBER OF STUDENT ATTENDANCE ENGAGEMENTS



Monday Women's Basketball

114



Tuesday Basketball

702



Tuesday Volleyball

734



Wednesday Futsal

97



Thursday Running

37



Thursday Badminton

364



You can view our most updated timetable here.

DAY	WHAT'S ON	TIME	LOCATION
Monday	Women's Basketball	17:00 – 18:30	City, C.03.030, Small Hall
Tuesday	Mixed Volleyball	17:30 – 19:00	City, C.03.032, Large Hall
Tuesday	Mixed Basketball (1) Mixed Basketball (2)	16:00 – 17:15 17:15 – 18:45	City, C.03.032, Large Hall City, C.03.030, Small Hall
Wednesday	Mixed Futsal	17:15 – 18:45	City, C.03.030, Small Hall
Thursday	Mixed Running	16:00 – 16:45	City Campus, Café Zero
Thursday	Mixed Badminton	17:00 – 18:30	City, C.03.032, Large Hall

For more detailed information about each of our clubs, please visit the **CitySA website**. This is accessible via a laptop or mobile phone.



INCLUSIVE SPORT



In other news, we are pleased to announce that we have recently formed a partnership with Scottish Student Sport (SSS) and Scottish Disability Sport (SDS) to deliver boccia activity. [CLICK HERE TO READ MORE.](#)

With the support from SDS, we will be delivering a taster session on May 2nd as part of the inclusive sport event taking place 12 – 2pm on campus. There will also be several other tasters for students to get involved in.

As part of this partnership, we are also pleased to announce that we will be looking to set up a disability sports forum which will aim to improve the visibility and opportunities for students on campus. If any students or staff members are interested in being a part of this forum, please email Andrew.Kirk@cityofglasgowcollege.ac.uk





BOCCIA CLUB



City of Glasgow College
190 Cathedral Street
Glasgow
G4 0RF

Wednesday 7-9pm
Commencing 24 August
2022

Open to all disabilities

16 Years +



For more details, contact:

nancypeters@disabilitysport-glasgow.org

07497241076



Did you know that we play host to a bocchia club at City of Glasgow College on Wednesday's?

See flyer for more details

SSS COLLEGE CUP FINALS



The College Cup is one of the biggest student sport events on the calendar! Similar to last year, we are pleased to confirm the event will be running on Wednesday April 26th at the Oriam Performance Centre in Edinburgh. City are looking to defend their title after bringing home the cup for the first time last year, winning 3 golds, 2 silvers and 1 bronze across 6 events.

This year, there are 7 events running with the exact timings still to be confirmed. Please see information below on the try-out dates.

SIGN UP HERE

Men's Football

No try-out date available due to existing squad in BUCS

Men's Basketball

No try-out date available due to existing squad in BUCS

Women's Football

Wed 19th April 5.00-6.00pm - location TBC

Women's Basketball

Mon 17th/24th April 5.00-6.30pm - small games hall, city campus

Men's Volleyball

Tue 18th April 5.30-7.00pm - large games hall, city campus

Women's Volleyball

Tue 18th April 5.30-7.00pm - large games hall, city campus

Mixed Badminton

Thur 20th April 5.00-6.30pm - large games hall, city campus

Whilst attendance at the trial is highly recommended should you want to be a part of a team, it should be noted that you can still put in an application to be a part of the team should you not be able to attend the try-out date. Students who are successful from their application or from attending a trial will receive an email from Andrew Kirk no later than Thursday 20th of April. This email will include more 'on the day' information and you will be asked to confirm attendance no later than 4pm on Friday 21st of April.

SIGN UP HERE

Any queries about the College Cup should be emailed to Andrew.Kirk@cityofglasgowcollege.ac.uk



CITY COACH CHALLENGE 3

Kyle Maxwell has been our recreational basketball coach for the past couple of academic terms and we are pleased to confirm that Kyle will be staying on with us for the 2023/2024 term. The club has had such demand that we have had to open up two separate sessions on Tuesday, with average numbers at both sessions higher than previous years. [CLICK HERE](#) for more information about Kyle and his basketball sessions.



STUDENT SPORT

JOIN OUR BASKETBALL CLUB

Tue, 4.00pm - 5.15pm, Large Hall
Tue, 5.15pm - 6.45pm, Small Hall
City Campus

FREE MEMBERSHIP

This workout challenge is a bit of a step up in comparison to the coach challenge in the December edition. For exercises 1 – 4, we are looking for 45 seconds of work at a moderate intensity and then rest for 25 seconds. For exercise 5, try and push for 60 seconds of work. Once you have completed all 5 exercises, take a full 60 seconds to recover and repeat again in the same order. If you are fit enough to add on another set or 2 then feel free! All you need is the appropriate space to carry out the activity, and please ensure you warm up and cool down prior to doing this.

➔ **Exercise 1 – Hip External Rotation**

A great stretch that targets your inner thighs, hips and glutes. Hold for 45 seconds on the right and then 45 seconds on the left

➔ **Exercise 2 – Alternating Superman**

Whilst face down on the floor, lift one arm and one leg at the same time on alternate sides

➔ **Exercise 3 – Ankle Hops**

Stand straight with feet hip width apart and bounce off the floor in a quick repetitive motion

➔ **Exercise 4 – Basketball Shots**

A great whole body exercise that mimics reaching down, grabbing a basketball and then shooting

➔ **Exercise 5 – Bicycle Crunch**

On your back, you are bringing one knee and one elbow on opposing sides close to each other by crunching to one side, whilst fully extending the other leg. Remember to take a full 60 seconds to recover before beginning the next set

Let us know how you get on by tagging us at @COGCSports and/or using the hashtag #citycoachchallenge3!

CLICK
TO SEE
EXAMPLE

CLUB

FOR 2022/2023



NEXT TIME

Thanks for reading our April Issue! Good luck to our students at the College Cup try-outs and all the best to our competitors who will then compete at the College Cup on April 26th. Here's hoping for a similar success story to last year! Make sure you follow our own student sport social media pages (referenced in our front page) as well as Scottish Student Sport for regular updates throughout the day.

The final newsletter for 2022/2023 will be produced and distributed around the end of May/early June. Until then, have a great spring and stay safe, healthy and active!



*Ability is what you
are capable of doing.
Motivation determines
what you do.
Attitude determines
how well you do it.*

Lou Holtz, former American
Football player/coach