

STUDENT *SPORT* NEWS

APRIL ISSUE



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WELCOME

The past three months have seen a wide array of different activities related to clubsport, events and festivals. Engagement has never been higher. In this edition, we will highlight the key successes, stories and statistics from January-March 2024.

Looking ahead in the very near future, excitement is starting to build ahead of the Scottish Student Sport (SSS) College Cup Finals Day on Wednesday 24th of April at the Oriam Performance Centre in Edinburgh, with trials taking place for most of these events w/c 15th of April.

We are also pleased to announce that we have set up a clubshop open for any student to order with our new kit supplier VSN.

Lastly, make sure you block out your diary for the City Student Sport Awards evening on Monday June 10th – recognising the achievements of our members, athletes and other active participants is something that is of utmost importance, and we are very much looking forward to having both staff and students along. Scroll down to the bottom of the page for specifics!



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RECREATIONAL SPORT AND FITNESS CLASSES

View the latest timetable featuring our sports clubs and fitness classes that will run for a period of eight weeks from now taking us up to and including w/c 3rd of June.

DAY	WHAT'S ON	TIME	CITY CAMPUS
Monday	FBX High Intensity Interval Training (HIIT)	17:00 - 18:00	C.03.027 - Dance Studio
Tuesday	Mixed Volleyball	17:15 - 18:45	C.03.032 - Large Hall
Wednesday	Mixed Pickleball	12:00 - 13:00	C.03.032 - Large Hall
Thursday	Mixed Badminton	17:00 - 18:30	C.03.032 - Large Hall
Thursday	Mixed Basketball	15:15 - 16:45	C.03.032 - Large Hall
Thursday	Mixed Yoga	17:00 - 18:00	C.03.027 - Dance Studio

Here are our updates and key statistics on clubs from January to March 2024.



TUESDAY VOLLEYBALL

Coach: Adam McGregor

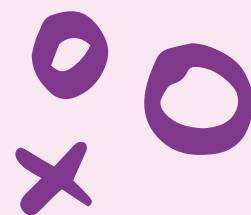
2nd year Sports Coaching and Development student at COGC

The volleyball club has continued to generate strong numbers with over 20 students on average rolling up to improve their physical and mental health on a Tuesday evening. Many members of our club have actively engaged in 4 Glasgow College Volleyball Festivals, with 2 more to come in May to round off the term. Some of our members also took part in a volleyball tournament organised by Scottish Student Sport (SSS) at Strath Sport in late January. Outwith this, the club will continue to take place on Tuesday's, 5.15 - 6.45pm in the large games hall, C.03.032!

Number of sessions delivered: 12

Number of student engagements: 252

Find out more info **HERE**



WEDNESDAY CIRCUITS

Coach: Charley Cochrane

2nd year Sport and Fitness at COGC

The Wednesday evening circuits classes continued to run from January – March 2024 with many of our students from a wide variety of courses coming together to strengthen their core, upper body and lower body. Unfortunately, these classes will now stop. A big thanks to our instructor Charley who will be moving on next academic year. Even though the classes have now finished this side of the academic year we are already looking forward to its return in September 2024!

Number of sessions delivered: 9

Number of student engagements: 38



WEDNESDAY PICKLEBALL

Coaches: Adam McGregor, Finn Milligan, Jodie Warren, Mobasel Hussain
2nd year Sports Coaching and Development students at COGC

Following an introduction to the fastest growing sport in the world and training on how to lead sessions prior to Christmas, some of our students have started a Pickleball club on Wednesday lunchtimes. After a slow start, numbers are now averaging around the 10-12 mark, holding true to our beliefs that Pickleball is a major hit with lots more to come next academic term. Thanks to our super coaching students who have successfully planned and delivered these sessions to a wide variety of abilities! Pickleball will continue to run on Wednesday's, 12 - 1pm in the large games hall, C.03.032 - never too late to give this a go and it's a simple sport to pick up and play!

Number of sessions delivered: 6
Number of student engagements: 35

Find out more info [HERE](#)



THURSDAY BASKETBALL

Coach: Kyle Maxwell
4th year Sports Coaching and Development at UWS

The basketball club has continued to give our students an opportunity to participate in a friendly, inclusive and fun environment. The club training slot moved from Tuesday evening to Thursday afternoon in January, but despite the change, this did not deter students from turning up on a weekly basis. Thank you to our coach Kyle Maxwell who is now moving on. He has been an integral part to the successful running of our recreational basketball programme over the past 3 years. The club will continue to run on Thursday's, 3.15-4.45pm in the large games hall, C.03.032.

Number of sessions delivered: 12
Number of student engagements: 239

Find out more info [HERE](#)



THURSDAY BADMINTON

Coach: Maria Leith

4th year Sports Coaching and Development at UWS

Badminton has continued to be a successful club in terms of engaging students from a wide variety of backgrounds and courses across both our City and Riverside campuses. Maria, who has been with us as coach for 3 years, will be moving on next year. Shout out to Maria for her stellar efforts representing COGC as player and then coach of our recreational club and finally achieving a well deserved gold medal with the club at the Scottish Student Sport (SSS) College Cup last year – same again for 2024 hopefully! The club will continue to run on Thursday's, 5.00-6.30pm in the large games hall, C.03.032

Number of sessions delivered: 11

Number of student engagements: 153

Find out more info [HERE](#)



FRIDAY PILATES

Coach: Ishbel Fraser

1st year Sports Therapy student at COGC

Starting on Friday 16th February, 4pm-5pm in C.03.027 (Dance Studio), these weekly Pilates sessions were available to students of all backgrounds and fitness levels. The classes took a gentle, low-impact approach to exercise with the intention of improving posture, flexibility and core strength. The sessions were suitable for both complete beginners to Pilates and those looking for an extra challenge. Unfortunately, due to unforeseen circumstances, these Pilates sessions are currently no longer available but keep your eyes peeled for their potential return in the new academic year!

Number of sessions delivered: 4

Number of student engagements: 10



SCOTTISH STUDENT SPORT COLLEGE CUP

The Scottish Student Sport (SSS) College Cup will be taking place on Wednesday 24th of April at the Oriam Performance Centre in Edinburgh. As winners of the College Cup in **2022** and **2023**, all eyes are now on making it three in a row. As defending champions, let's embrace the extra pressure that comes with this and retain the cup once more! As always, we are asking students to get involved and for staff to publicise our trial dates below to anyone they are aware of that currently compete or play the sports mentioned below.



TRIAL DATES ARE AS FOLLOWS FOR STUDENTS

SIGN UP HERE

Men's and women's volleyball,
Tuesday 16th April, 5.15-6.45pm,
City Campus Large Games Hall

Men's and women's football,
Wednesday 17th April, 2.00-4.00pm,
Toryglen Football Centre

Men's and women's badminton,
Thursday 18th April, 5.00-6.30pm,
City Campus Large Games Hall

Please note, the exact timings and the schedule for the event is not yet confirmed. Typically, events and matches can be in the morning and afternoon depending on the number of colleges entered per event. As a student, you should look to make yourself available for the full day on Wednesday 24th of April if possible, especially if you require transport to and from the venue with us. If you have any scheduled classes or assessments, you **MUST** speak to your lecturer to request permission to attend this asap.

Any enquires or questions from staff or student about the College Cup should be directed to our Sport Co-ordinator
Andrew.Kirk@cityofglasgowcollege.ac.uk



SCOTTISH
STUDENT SPORT

BRITISH UNIVERSITIES AND COLLEGES

BUCS TEAMS

The season has now concluded for our BUCS teams as eyes now turn to the Scottish Student Sport (SSS) College Cup. This year has been an incredibly successful year for all our sports teams and following on from the last update in January regarding October – December 2023, you can now read all about their successes and statistics overall from October 2023 – March 2024!

A massive thank you must also go out to our sports therapy and fitness students for their work in helping our student teams achieve their potential at training and on match days! The foundations have been laid on helping to shape a top class programme where students can access a variety of areas ranging from massage, pitch/court side first aid to Friday morning strength and conditioning sessions on campus, delivered by our skilled students!

MEN'S BASKETBALL

Ross Mathison – Sport and Fitness Lecturer

SEMESTER 1 RESULTS: 2/5 league wins, BUCS league. 2/2 wins, BUCS Conference Cup.

SEMESTER 2 RESULTS: 4/5 league wins, BUCS league. 1/2 wins, BUCS Conference Cup.

Coming off 4 wins from 7 games in semester 1, it was a solid start to the BUCS Season for the men's basketball team especially after losing their first 2 games. With lots to play for in semester 2, City continued to have success, winning three consecutive league games followed by a very impressive BUCS Conference Cup QF away win to Herriot Watt Uni 2s in February, cementing their place in the SF away to Robert Gordon University 1s, becoming the first college team in history to reach this stage of the event! Unfortunately, City lost out by an excruciating 1 point on a 3 point buzzer beater, denying them a place in the BUCS Conference Finals at St Andrew's. Despite another away loss to follow against eventual league winners Edinburgh University 3s in the league, they bounced back 7 days later in the return fixture, winning at home 86-78, remarkably ending Edinburgh Uni's unbeaten run of 9 consecutive league games. What a way to round off the BUCS season – we have no doubt the team will strive go 1 better in 2024/2025!

**FINAL LEAGUE POSITION:
2ND PLACE FROM 6 TEAMS – NEW RECORD**





WOMEN'S BASKETBALL

Aaron Chapman – 2nd year Sports Coaching and Development Student

SEMESTER 1 RESULTS: 1/2 league wins in the BUCS league and 0/1 cup wins in the Scottish Student Sport (SSS) Trophy.

SEMESTER 2 RESULTS: 2/5 league wins in the BUCS league.

With only 3 competitive games in semester 1, it was all to play for in semester 2 with 5 league games left for our women's team! After a tough couple of losses in close games vs Stirling University 2s and Glasgow University 2s in late January and early February, City displayed the resilience needed to record 2 very impressive

wins against Dundee University 2s and UWS 1s back to back. City were close to ending the BUCS season with 3 consecutive wins and on a high note, but this was not to be with a close 4 point loss away to Queen Margaret University in late February. City are currently the only women's college basketball team to compete in BUCS, and as such it is no easy task coming up against student teams made up from Universities up and down the country. Congratulations must go to the team for securing 5th place, their highest finishing position on record and hopefully a good building block for next term!

**FINAL LEAGUE POSITION:
5th PLACE FROM 9 TEAMS – NEW RECORD**

MEN'S FOOTBALL

Alan Simpson – Sport and Fitness Lecturer

SEMESTER 1 RESULTS: 0/4 league wins in the BUCS league.

SEMESTER 2 RESULTS: 2/3 league wins in the BUCS league.

With only 3 league games left in semester 2, City came out firing with a point to prove with a tense 4-3 win vs UWS 1s on January 24th at Toryglen. HNC Civil Engineering student Sharo Abdullah scored the goal to bring the tie level at 3-3 with a well worked goal from a corner kick

- watch on X [HERE](#). Following on from this, City lost out to Glasgow Caledonian University 2s 2-0 before bouncing back the week after in a local college clash against Glasgow Kelvin College. In a frantic game with lots of chances for either side, City took the win 5-3, ending the BUCS season with confidence high and momentum as the College Cup now looms. Congratulations to the team for their efforts and resilience on show, in what was a BUCS season of two halves!

**FINAL LEAGUE POSITION:
7TH PLACE FROM 8 TEAMS**





MEN'S FUTSAL

Declan Hehir – 1st year Football Performance Student

SEMESTER 1 RESULTS: 2/5 league wins in the BUCS league and 0/1 cup wins the BUCS Conference Cup.

SEMESTER 2 RESULTS: 4/5 league wins in the BUCS league.

Following on from a tough BUCS Conference Cup loss in December 2023, the men's futsal team got stuck back into training in January and February, before completing their remaining fixtures in Ayr and Dundee on the 25th of February and 3rd of March respectively. City only lost 1 game to eventual league winners Herriot Watt University 2s, winning their other 4 games convincingly – conceding only 1 goal! Coach

Declan and the team should be given enormous credit for their hard work in training that has led to things coming together for these remaining fixtures. The team will be looking to host a couple of friendly fixtures before the end of the academic year.

A special mention must also be given to captain and ESOL student Andres Moya, who after featuring in our futsal team as captain and player since 2018, will be moving on. Andres has made a positive impact on the development of the club and his fellow players, and his role within the club over the past 6 years will not be forgotten – thank you from all at COGC and good luck for the future!

**FINAL LEAGUE POSITION:
3RD PLACE FROM 6 TEAMS – NEW RECORD**

STUDENT SPORT EVENTS AND ACTIVE CAMPUS ACTIVITIES



GLASGOW COLLEGES VOLLEYBALL FESTIVALS

The Glasgow Colleges Volleyball Festivals continue to be a great success between COGC, Glasgow Clyde College and Glasgow Kelvin College. The 3 institutions are now well-underway with the second round of a three-part-series games which sees students from the respective volleyball recreational clubs travel to each other's venue to compete in a friendly round robin tournament with mixed gendered teams. This has proved to be a great opportunity for our club members to meet other like-minded students from other colleges, and benefit from playing competitive matches against each other ahead of more tournaments and opportunities being organised internally or externally. In addition, our most recent festival at City Campus on March 27th saw our NQ sports coaching students gain experience planning, organising and delivering a cross college event!

**COGC (CITY CAMPUS) - 24TH JANUARY
STUDENT ENGAGEMENTS: 8**



**GLASGOW CLYDE COLLEGE
(LANGSIDE) - 21ST FEBRUARY
STUDENT ENGAGEMENTS: 5**



**COGC (CITY CAMPUS) - 27TH MARCH
STUDENT ENGAGEMENTS: 14**



ADDITIONAL SUPPORT NEEDS (ASN) STUDENTS COLLABORATION

Collaborative working which is embedded into curricular activity continues to thrive within sport at COGC, meaning multiple groups of students continue to benefit from joint initiatives. For example, some of the least active groups and individuals within the college are benefiting from more sport and physical activities which are led by our coaching and development students. A recent example of this was 4 weeks' worth (22nd/29th January and 5th/12th February) of sport coaching opportunities delivered by 1st year coaching students to students within the college with additional support needs. This has allowed our students to practice their knowledge and skills to create a fun and inclusive environment which is suitable for all. Look out for more examples of this collaborative working in the community in the next edition of the student sport newsletter!



INTERNATIONAL WOMEN'S DAY EVENT – 5TH MARCH

The theme for International Women's Day 2024 was to 'Inspire Inclusion'. A big thank you to our Students Association who organised a panel discussion event at City Campus in the lecture theatre on the 5th of March, which saw guest speakers from across the sports industry in Scotland discussing equality, diversity, and inclusion in sport. There were plenty of important conversations and perspectives from the panel members who shared their experiences and journeys of breaking into the male-dominated sports industry. The event highlighted the resilience, talents and achievement of Womens' involvement and contributions in Scottish Sport.



BOCCIA WITH STUDENT ACCESSIBILITY NETWORK – 6TH MARCH

Our Active Campus Coordinator Gregor Cree recently introduced members of COGC's Student Accessibility Network (formerly Disabled Students Network) to the sport of Boccia. Boccia is a precision ball sport, like bocce, and related to bowls and pétanque. It was originally designed to be played by people with cerebral palsy but now includes athletes with other severe disabilities affecting motor skills and is one of only two Paralympic sports (along with goalball) that have no counterpart in the Olympic program. The Boccia set was provided by Scottish Disability Sport (SDS) and Scottish Student Sport, with plans already in place for more Boccia activity throughout the college - watch this space!



ORIENTEERING LITTER PICK – 10TH MARCH

This event saw students walk from Glasgow Green to Kelvingrove Art Gallery, following orienteering checkpoints along the river Clyde on the way. A positive experience which allowed students to get active, meet new people, and give something back to our community by helping to remove litter from the environment. A team of supported learning students from COGC took part on the day which also saw teams from other colleges and universities in Glasgow take part.

KEY STATISTICS

- 6 Colleges and Universities (City of Glasgow College, Glasgow Clyde College, Glasgow Kelvin College, West College Scotland, Glasgow University, Strathclyde University)
- 10 km distance walked
- Up to 18 landmarks visited
- 35+ participants and volunteers
- Too much litter picked up to count



PARASPORT FESTIVAL – 19TH MARCH

An excellent parasport festival was hosted by 2nd year Sports Coaching and Development students at City of Glasgow College on 19th March from 10am to 3pm. Students from COGC were joined by neighbouring students from Glasgow Clyde College for a day filled with boccia, badminton, dance and wheelchair rugby! A big thanks to our partners at Scottish Disability Sport who helped facilitate coaches from Scottish Athletics and Great Britain wheelchair rugby member club Glasgow wheelchair rugby to support our students in their activities. A great showcase of inclusive sport and partnership working in action!



VSN CLUBSHOP

In other news, in January 2024 our partners at VSN worked with us to open up a clubshop, open to ANY student to customise and order in some of our brand new gear! The rationale behind the setting up of this clubshop is to attempt to bring together our student sport membership, creating a sense of unity and identity to the college at City within our recreational clubs and BUCS teams.

CLICK HERE to access the clubshop to order anything you fancy. Please be advised, lead time is 6 weeks from the date of order! We would welcome feedback from members or those outwith our membership on any suggestions to add to this next academic term.

Please email Andrew.Kirk@cityofglasgowcollege.ac.uk if you have any ideas or queries regarding the clubshop and how we can look to potentially improve or add to the shop heading into next academic year.

Deion Sanders (American Football Coach) famously said:

“if you look good, you feel good. If you feel good, you play well”

The VSN logo is displayed in a bold, black, italicized font on an orange rectangular background. The letters are stylized with sharp, angular edges.

COMING UP

With lots more activities planned over the next six – eight weeks, it is never too late to get involved as a part-time or full-time student at COGC. Interested in getting involved in any of our sports clubs? Visit your sport of relevance [HERE](#) to find out more information! As always, keep an eye out on your emails for the latest information and updates on everything related to Student Sport.

Finally, make sure you **SAVE THE DATE - MONDAY 10th JUNE AT 5PM IN THE LECTURE THEATRE** for our student sport awards evening, featuring several award winners (and nominees) across our clubsport and active campus programme. ANYONE is welcome free of charge – if attending you should **SIGN UP HERE** no later than Monday 3rd June. More information on the evening to follow via our membership channels (Slack) and email in the weeks ahead!

“Champions keep playing until they get it right”

Billie Jean King – former professional tennis player

KEY CONTACTS

Andrew Kirk - Sports Co-ordinator
Andrew.Kirk@cityofglasgowcollege.ac.uk

Gregor Cree - Active Campus Co-ordinator
Gregor.Cree@cityofglasgowcollege.ac.uk

