

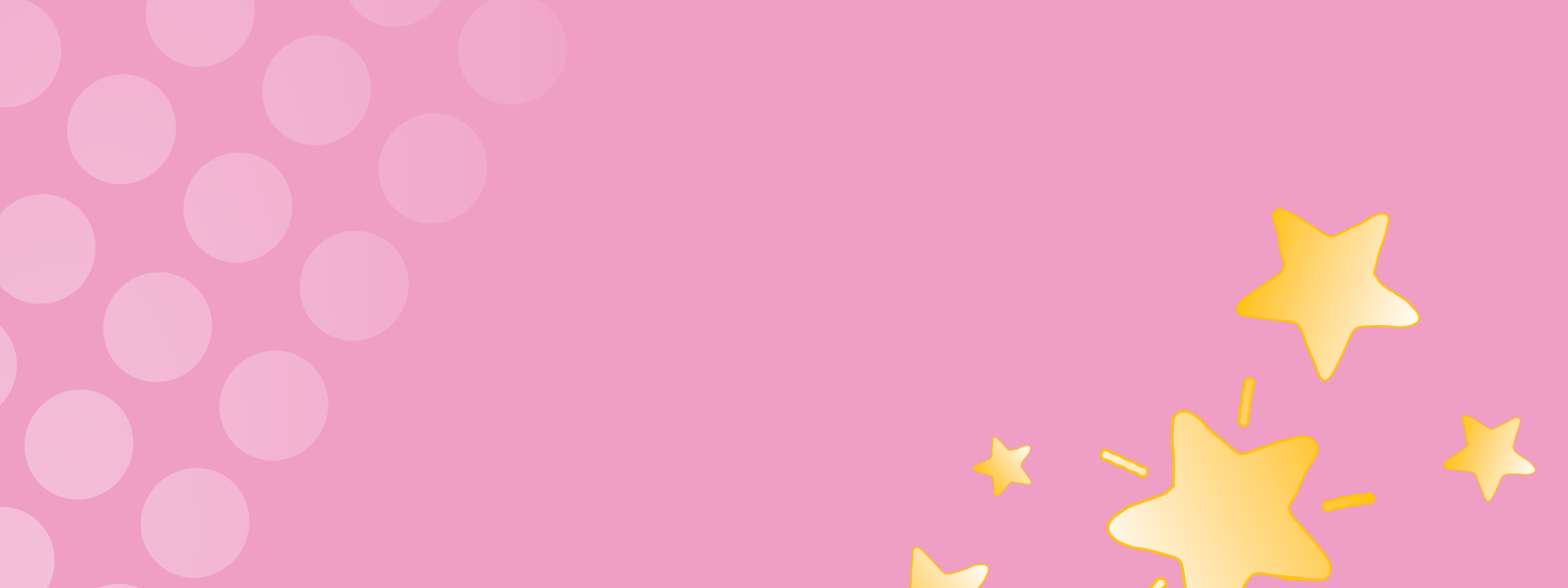
STUDENT *SPORT* NEWS

AUG ISSUE



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WELCOME

This edition will focus on the Active Campus activities and clubbsport achievements and successes that took place before the summer break.

Congratulations go to our sports teams for bringing home the Scottish Student Sport (SSS) College Cup for a third year in a row, in what was a record breaking year in terms of the number of College entries – this achievement is testament to the hard work of our students, coaches and supporting staff across the season.

In June we brought our membership together to celebrate another tremendous year and offered awards across several different categories – congratulations to our award winners and very well done to all attendees and nominees.

Looking ahead to another year of sport and physical activity for our students, it has never been a better time to get involved in what we have to offer at City of Glasgow College – whether that be joining the gym, a sports club or an active campus activity or event! Navigate to 'QUICKFIRE UPDATES' to find out more!



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TO SIGN UP**



SCOTTISH STUDENT SPORT COLLEGE CUP

The SSS College Cup is the highlight on the college student sport calendar for our sports teams. On Wednesday 29th of April, 36 teams across several institutions turned up across 7 sports including football, basketball, badminton and volleyball.

WOMEN'S BASKETBALL – 1ST PLACE

MEN'S BASKETBALL – 1ST PLACE & 2ND PLACE*

WOMEN'S VOLLEYBALL – 2ND PLACE

MEN'S VOLLEYBALL – 1ST PLACE

MIXED BADMINTON – 3RD PLACE

WOMEN'S FOOTBALL – 3RD PLACE

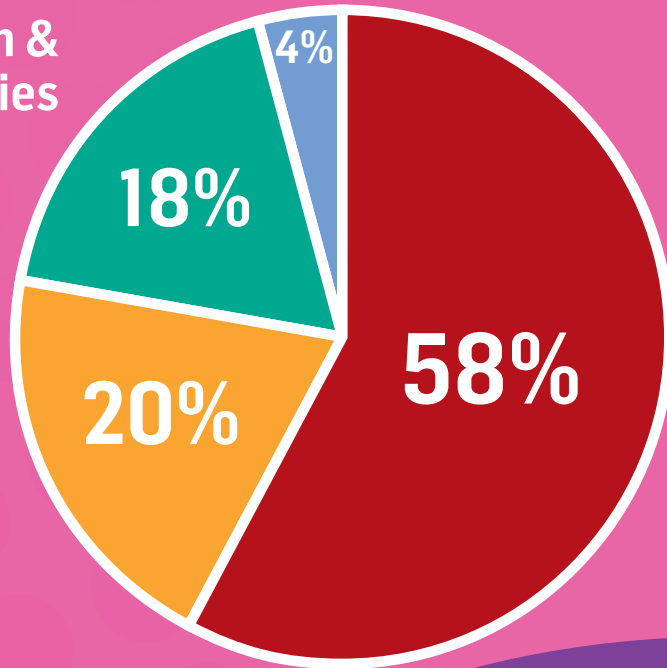
*In Men's Basketball COGC entered two teams with both the 1s and 2s making it to the final, securing the three points as well as a bonus point.



Nautical & STEM

Education & Humanities

Creative Industries



Hospitality & Leisure

Emilia Nadejde, HND Architectural Technology Student, part of the winning women's basketball team for the third year running and the award winner of Sportswoman of The Year for 2024, had this to say:

"It was my second time competing in the College Cup and the atmosphere is always incredible. The event brings athletes from various backgrounds' together, which helped us create stronger bonds within our teams. I had the chance to play for both the women's basketball and volleyball teams, which was a ton

of fun. I believe that being able to win the College Cup again whilst also having fun when playing shows how much effort and dedication our coaches put into our training programmes."

You can read more about the event [HERE](#) - which also features a list of our Most Valuable Players (MVP's), of which there were five across the seven events!



[CLICK HERE FOR IMAGE GALLERY](#)

[CLICK HERE FOR THE VIDEO](#)

STUDENT SPORT AWARDS EVENING



On Monday 10th of June, our recreational and competitive sports membership came together in the lecture theatre to celebrate another fantastic year of activity. Keeping on the theme from last year, our award winners across our categories came from a wide variety of courses, highlighting the range of talent on display regardless of the course of study. Recognising the successes of our club membership in various areas remains an integral part of what we do at City, and something for our new incoming members to look forward to in 2025!



SPORTS CLUB OF THE YEAR VOLLEYBALL CLUB



This award focuses on both the achievements and positive development of a recreational club. It was another strong year for the volleyball club, providing a space for students of any ability, background and skill level to come along and get involved at their weekly training sessions on Tuesday evenings. The club also fielded regular teams in the Glasgow Colleges Volleyball Festival, in a total of six tournaments, spread from November 2023 all the way through to June 2024. The volleyball club had on average over 20 students attending on a weekly basis, and once again picked up medals at the College Cup in April within our men's and women's teams. What a fantastic year!



SPORTS CLUB COACH OF THE YEAR MARIA LEITH - BADMINTON CLUB



Maria Leith (who we took on back in August 2021) has made some tremendous contributions to her club, particularly over the past twelve months, with their ability to connect with members, build strong relationships and develop physical skills for those that have had limited engagement playing badminton. Maria's strengths were also apparent in a performance environment, as she led the badminton team at three College Cups, with a silver in 2022, a gold in 2023, and a bronze in 2024. All the best to Maria in her future endeavours, having just recently graduated from the University of the West of Scotland (UWS) with a first class honours degree!





MOST IMPROVED PARTICIPANT JAKUB JASINSKI – BADMINTON CLUB

Jakub Jasinski was a regular attendee at our badminton club and along with the great work of our coach, he made some tremendous improvements in his physical skills and mental wellbeing across 2023 – 2024. Jakub is a shining example of the many great benefits that occur as a result of joining a recreational club at City of Glasgow College. Being consistent, turning up, displaying a great attitude and willingness to improve from week to week is a great asset to have relevant to both student sport and outwith, that will stand this student in good stead going forward. Good luck to Jakub in his journey ahead!





ATTENDANCE RECREATIONAL CLUBS - TOP 3

This year we asked students to sign in via a QR code (linked to a Microsoft Form) when attending a recreational club. This is a system we use to ensure the safety of everyone that takes part, whilst enabling us to monitor the number of students taking part in sessions on a weekly basis. Congratulations to the top 3 student attendees



YELYZAVETA REDKINA
VOLLEYBALL AND BADMINTON

VALENTYN MARISIUK
VOLLEYBALL AND BADMINTON



EMILIA NADEJDE
WOMEN'S BASKETBALL TEAM
AND VOLLEYBALL



SPORTS TEAM OF THE YEAR MEN'S BASKETBALL TEAM



The men's basketball team are now the blueprint to other colleges and universities on how to create a performance environment with the group of players that are successful following try-outs, ultimately leading to success on the court. The programme offered has really been top class, ranging from weekly training sessions, strength and conditioning work, massage, court-side first aid and much more. The team made history by becoming the first college team to reach the semi-finals of the BUCS Conference Cup and finished 2nd in BUCS 4A, not to mention once again being the top performing college team at the College Cup in April, with 2 of their teams making it to the final. Can they match this or better it this year? All the very best!

SPORTS TEAM COACH OF THE YEAR ROSS MATHISON – MEN'S BASKETBALL TEAM

Ross Mathison has been heavily involved in the running of our student basketball programme for our men's and women's teams for a number of years now. His attention to detail and ability to coach on a personalised basis is something to be admired, along with his enthusiasm and dedication to enhance his own learning through academia and CPD. His team won nine out of fourteen fixtures across the season, not to mention his victories at the SSS College Cup in April, where two of his teams placed 1st and 2nd. Good luck to Ross and his team in the season ahead!



STAFF ABOVE AND BEYOND ALAN SIMPSON – MEN'S FOOTBALL TEAM

Alan Simpson has been involved in the running of the men's football programme at City of Glasgow College for a number of years now. In 2023 – 2024, Alan ran several training sessions for the men's football team. As head coach of the men's football team, he finished the league season strongly with two wins from three after a challenging start in semester one. He has achieved a huge amount over the years in helping college students progress their footballing abilities and remains an advocate for encouraging students of all backgrounds and sports to get involved in what we or external bodies such as SSS have to offer. Good luck to Alan in the season ahead with his team!



STUDENT ABOVE AND BEYOND ANDRES MOYA – MEN'S FUTSAL TEAM

Andres Moya has been heavily involved in the running of the men's futsal programme since 2018. He displayed the characteristics and skills that are needed to motivate, encourage and lead in a competitive environment. He has made a real positive impact on the development of the club over the past six years – with the men's futsal club achieving their most successful year to date in terms of results on the field of play. All the best to Andres in his future – he will be greatly missed!



ACTIVE CAMPUS ACTIVITIES



ACTIVE STUDENT FITNESS PROGRAMME



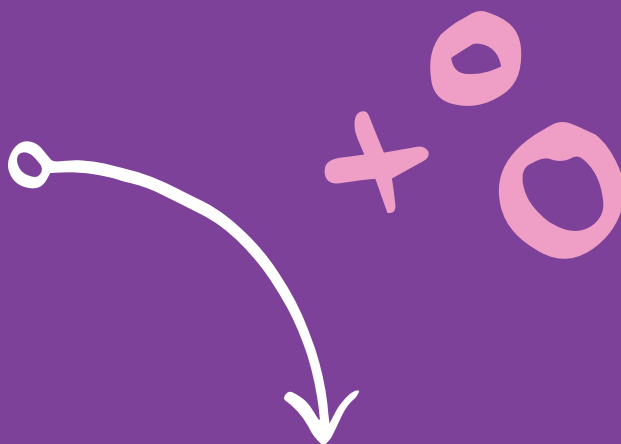
Students from across the college who felt they could benefit from fitness support signed up to a programme which saw them buddied up with our excellent 2nd year Fitness, Health & Exercise students for weekly sessions until the end of term.

A variety of health checks and fundamental exercises were carried out initially ahead of the goal specific programme which aimed to improve physical literacy and confidence. 9 students participated in the programme,

and it was great to see them be willing to push themselves out of their comfort zone and learn from their peers in Fitness, Health & Exercise who were also excellent.

We were able to gather some valuable feedback to improve the programme for next year and give out some tokens of appreciation to participants, courtesy of our Students' Association, to help them continue with their fitness journey going forward.

BOCCIA



In the last few months of the academic year, we continued to utilise the equipment provided to the college by Scottish Disability Sport to introduce the sport of Boccia to groups of students. Boccia is a precision ball sport, like bocce, and related to bowls and pétanque. Boccia can be played by individuals, pairs, or teams of three. The aim of the game is to throw leather balls — coloured red or blue — as close as they can to a white target ball, or jack. A paralympic sport, it was originally designed to be played by people with cerebral palsy but now includes athletes with other severe disabilities affecting motor skills.

2 sessions were enjoyed by Supported Learning classes on the 17th April and the 1st May, and by our Student Accessibility Network on the 1st May. Boccia numbers boomed to 469 registered students across Scotland last year, with more opportunities to attend festivals and tournaments becoming available. We are looking forward to building on these activities in the coming year — watch this space and get in touch for more details!



NAUTICAL STUDENTS VS STAFF FOOTBALL TOURNAMENT



On 1st May 5-8pm at Toryglen Regional Football Centre, the Nautical Students vs Staff Football Tournament took place, organised by lecturers Arron Grant and Cameron Johnstone. There were a phenomenal 10 teams comprising of 76 students and 9 staff members who competed in a round robin tournament. Phase 5 HND Marine Engineers managed to beat the Phase 1 HNC Marine Engineers in the final via a penalty shootout. The Player of the Tournament was Kai Craig, and the Top Goal Scorer was Sean Paul Gallagher. By all accounts, the tournament was a great success, and plans are already in place for another tournament in October time.

GLASGOW COLLEGES VOLLEYBALL FESTIVALS



The final two Glasgow Colleges Volleyball Festivals took place during the final two months of the semester. This meant six festivals in total took place across the year, which meant that each institution hosted two festivals each. The final two festivals were held at Glasgow Kelvin College on the 8th of May, and Glasgow Clyde College on the 5th of June. The latter was a particularly nice way to finish the year off with various awards and prizes being handed out to participants as a token of appreciation for their efforts. City students excelled throughout the year, with our most attended recreational club of volleyball helping to make the festivals a success in their inaugural year. This culminated in City student, Julian Pla, receiving the Glasgow Colleges Volleyball Festivals Most Valuable Player (MVP) award.



SUPPORTED LEARNING 7-ASIDE FOOTBALL TOURNAMENT



On the 21st May our City of Glasgow College students had a brilliant time competing at the Supported Learning 7-a-side Football Tournament in Ravenscraig Sports Centre. A massive thank you to Kellyann McGraith, Active Campus Coordinator in New College Lanarkshire, for organising and inviting us along. It was great to see the students' enthusiasm for the tournament and how beneficial the Active Campus Network continues to be for offering students and their lecturer's physical activity opportunities which tie in with learning outcomes from their college curriculums. The team from City had so much fun that work is now in place to establish a supported learning football team with more regular training and matches, so watch this space!

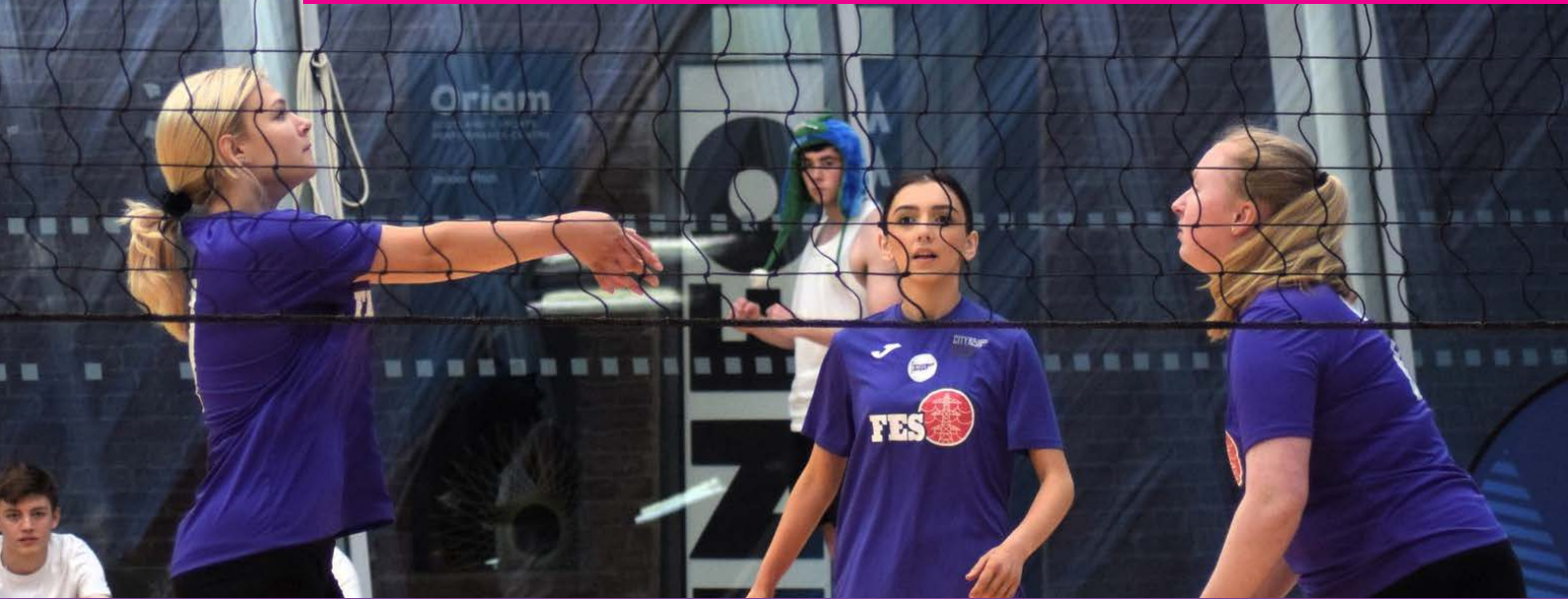
FATBURN EXTREME TRAINING SESSIONS

During late April and May, our 2nd year Fitness, Health & Exercise students delivered weekly Fatburn Extreme sessions for students on Mondays, 5-6pm in C.03.027. Having recently received their Fatburn Extreme instructor training and qualifications, the students wanted to gain some practical experience by delivering it in a real-life class environment. This version of high intensity interval training (HIIT) is a new concept in instructor led fitness training and

weight loss exercising. It is a fixed 20-minute, maximal intensity workout using bodyweight exercises and with no dictated rest periods. This means participants work until failure and rest only for recovery, making it specific to the individual regardless of age, gender, or current fitness capabilities. Despite the busy time of year, there were up to 6 participants each week, and so we hope to be able to offer the session again this coming year.



QUICKFIRE UPDATES



SCOTTISH STUDENT SPORT

Our main partners SSS will once again be running a variety of different events across the 2024 – 2025 calendar. With over 120 competitions ran per academic year across 30+ different sports, there is something for everyone! There will be key contacts you can reach out to depending on your note of interest, and of course if you have any doubts about anything please do not hesitate to contact the **Sports Co-ordinator Andrew.Kirk@cityofglagsowcollege.ac.uk**

SCOTTISH
STUDENT SPORT

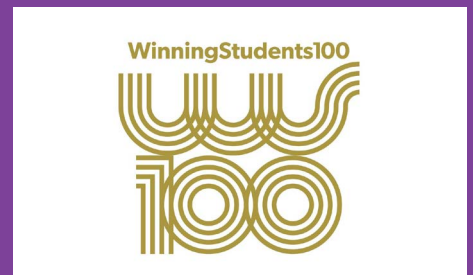


CLICK [HERE](#) to visit the SSS website for more information on events, volunteering, coaching and refereeing courses.



WINNING STUDENTS

The Winning Students application process for 2024 – 2025 is now open. We would strongly encourage students at City of Glasgow College to apply if you feel you meet the criteria. Struan Shaw (Sports Therapy Student) is a recent graduate on the programme, having successfully gained funding last year.



Struan had this to say last year when he was awarded with the funding -

I am really grateful to the winning students funding scheme for their support in providing me with the opportunity to race at a national and international level. This will go a long way to helping me strive to be a better athlete whilst still studying at City of Glasgow College. Thanks to the selectors at Winning Students for contributing in what will hopefully be a successful 2024.



FES SPONSORSHIP

We are delighted to share the news that our KIT sponsors FES have agreed to fund two sets of football kits for our men's and women's football teams via our suppliers VSN. This funding is very much appreciated to ensure our teams are competing and representing the college to the best of their abilities.



JOINING A CLUB IN 2024 – 2025

Sign ups are now open if you would like to join a recreational club, fitness class or try-out for a competitive team. We are really looking forward to another tremendous year of physical activity and sport at City of Glasgow College – please do get involved regardless of your background, ability or course of study - exercise if for everyone! For our recreational sports we have plans to run volleyball, basketball, badminton, pickleball, cardio tennis, yoga, running and hopefully much more!



CLICK HERE to register your interest.

Visit the Sport and Societies page **HERE** on the CitySA website, which will give you sport-specific information

KEY CONTACTS

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

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