

STUDENT *SPORT* NEWS

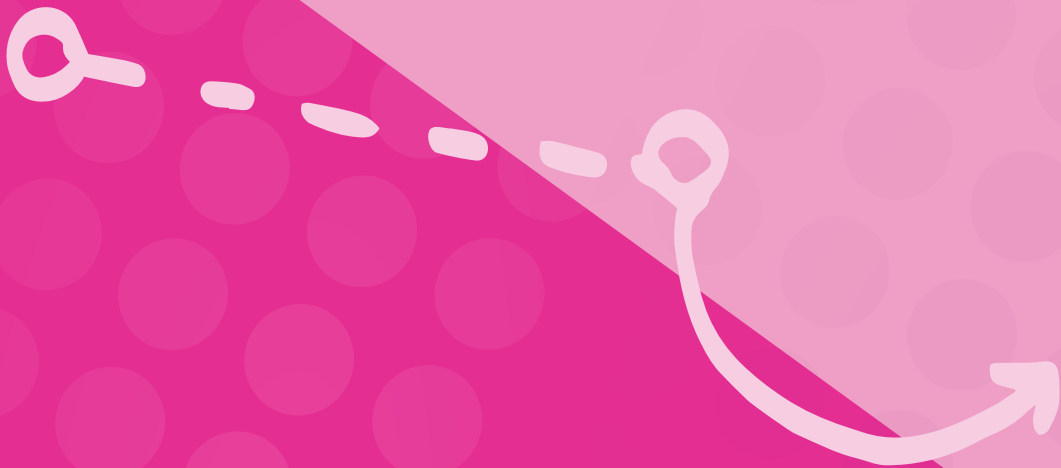
DECEMBER ISSUE



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WELCOME

Welcome back to the Student Sport Newsletter (December Issue)!

It's been an incredibly busy year so far with both recreational and competitive clubs resuming in September. There's been a clear development in the structure and quality of our clubs, and this has been reflected in the statistics that we have to compare against previous years. The appetite from our students to engage in sport both on and off-campus is testament to the hard work of our coaches and support staff.

We have the usual updates and stories on clubs as well as a brand new feature on some great news regarding 2 of our student sport athletes. Our volleyball coach Andrew Tait has released a quick 10-minute workout, and to finish things off we have a delicious Christmas Recipe - why not give them both a try over the festive period!?

**November Step Count
Challenge Summary**
(Click here to view)

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RECREATIONAL SPORTS

Our sports clubs have now enjoyed 3 months' worth of sessions and have recently finished up this week for the festive break. All clubs will resume week commencing 9th of January. Here is a rundown of our key statistics so far!

NUMBER OF CLUB MEMBERS

95

NUMBER OF SOCIAL EVENTS/FRIENDLIES

3

NUMBER OF REGULAR CLUB SESSIONS



Monday Women's Basketball

14



Tuesday Basketball

28



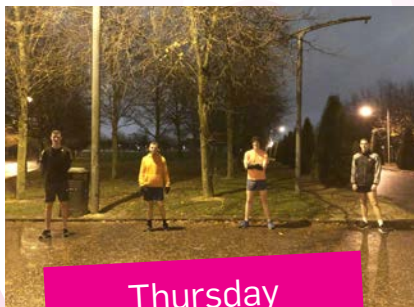
Tuesday Volleyball

14



Wednesday Futsal

7



Thursday Running

10



Thursday Badminton

14

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	Volleyball	17:30 – 19:00	City, C.03.032, Large Hall
Tuesday	Basketball (1) Basketball (2)	16:00 – 17:15 17:15 – 18:45	City, C.03.032, Large Hall City, C.03.030, Small Hall
Wednesday	Futsal	17:15 – 18:45	City, C.03.030, Small Hall
Thursday	Running	16:00 – 16:45	City Campus, Café Zero
Thursday	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.

We recently surveyed our members and in one of the questions, asked them to sum up their experiences from taking part in a sports club in 3 words.

FUN

RELAXING

GOOD VIBES

INCLUSIVE

MENTAL HEALTH

FRIENDLY

SKILLS

LEARNING

NEW

In other news, on Thursday 1st of December we ran a dodgeball session, with the help of the coaching staff from **Kelvin Rapids Dodgeball Club**. We had 5 students participate, and great fun was had by all.

There will be another session running on January 26th in C.03.030 small games hall, 5.15 – 6.30pm. There is no need to sign up, just turn up, get involved and have fun!

STUDENT
SPORT
Dodgeball

DODGEBALL
Taster Session
Thur 26th Jan
5.15pm-6.30pm



COMPETITIVE SPORT TEAMS

Our sports teams are now at the midway point of the British Universities and Colleges (BUCS) league. There has been a mixed bag of results so far, with some extremely close games that could have gone either way, particularly for men's basketball! You can download the BUCS play app on your android or iphone to keep an eye on fixtures coming up, as well as specifics surrounding match results.



MEN'S BASKETBALL
2 wins, 2 losses

MEN'S FOOTBALL
1 win, 1 draw, 4 losses

MEN'S FUTSAL
0 wins, 4 losses



VIDEO FOOTAGE - MEN'S BASKETBALL HOME GAME

City of Glasgow College 67 - 69 Aberdeen University

A tough loss for the team! However, the video analysis will have come in handy for when they play their return fixture next year!

CLICK HERE to view the first half

CLICK HERE to view the second half

We recently surveyed our members and in one of the questions, asked them to sum up their experiences from taking part in a sports club in 3 words.

FAMILY

EXCITING

FUN

GOOD TIMES

TERRIFIC

FRIENDS

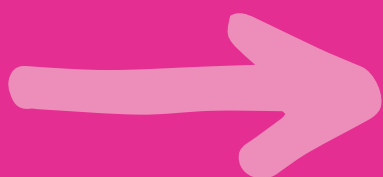
GETTING FIT

GREAT COACHING

If you would like to get involved in trying out for any of our sports teams in January, please email Andrew.Kirk@cityofglasgowcollege.ac.uk with your name, course of study, experience playing your sport and preferred playing position. You will then receive a response from Andrew, outlining the next steps to potentially get involved.

WOMEN'S BASKETBALL

Unfortunately, we had to withdraw our women's basketball team from BUCS due to low uptake. However, there have/will still be opportunities for women to engage in basketball through the Monday evening club that runs in the college, 5.00 – 6.30pm. We would encourage as many females to get involved in this club as it really is open to anyone from beginners to more advanced players! There will be opportunities to engage in some friendly fixtures in February and March, with the College Cup looming on April 26th at the Oriam. **CLICK HERE** to view more information about the club!



STUDENT SPORT ATHLETES

FINLAY GILMOUR – RUNNER

Congratulations to Sports Coaching and Development student Fraser Gilmour who represented GB at the recent World Mountain Running Championships in Thailand on November 6th. Fraser, making his second appearance for GB, placed 10th in the junior race (2nd place brit) and his team took home a bronze medal! **CLICK HERE** to read more! Fraser deservedly won the illustrious Martin Hyman Junior Hill Running Award at the Scottish Athletics awards evening earlier in the year. Keep up the great work Fraser and well done to you and your family for your achievements this year.





Scottish
Volleyball

Niall Collin©
Euan Fraser
Harry Orr
Liam Darling
Jonny Black
Cameron Hook
Grant Christie
Mark Cathro
Edward Oldbury
Thomas Barr
Matthew Allan
Jack Anderson

City of Edinburgh
Essex Rebels
City of Glasgow Ragazzi
City of Edinburgh
City of Edinburgh
Durham Palatinates
Volleyball Aberdeen
City of Edinburgh
City of Edinburgh
NUVOC
City of Glasgow Ragazzi
City of Glasgow Ragazzi

HARRY ORR - VOLLEYBALL

Congratulations also to Sports Therapy student Harry Orr, who has recently been selected to represent Scotland against England at Durham University. This will be his first time representing Scotland Men's National Team and Harry is now featured on the **Volleyball Scotland website**. Massive well done, richly deserved and we look forward to seeing how you get on! We will not deny we are also looking forward to Harry featuring in the college team for the Scottish Student Sport (SSS) College Cup in April.



CITY COACH CHALLENGE 2

Andrew Tait is our volleyball coach and over the past couple of years, has helped develop our club structure and participation rather significantly. To put this into perspective, average numbers at volleyball in 2021–2022 were around the 18–20 mark. So far in 2022–2023, average numbers are now up at 28–30. Andrew coached several of our teams in a 4v4 volleyball tournament at Strathclyde University on Sunday 30th of October. Social events such as this are integral to helping retain our students at club training nights. The club are already looking forward to the next one! **CLICK HERE** for more information about Andrew's volleyball club.



This challenge is designed to get your heart rate up and body moving for a short period of time! My suggestion would be to do this before and not after you have those gingerbread biscuits!!!

Do each exercise for 40 seconds at a moderate intensity and then rest for 20 seconds. Once you have completed all 5 exercises, repeat again in the same order. If you fancy making it more of a challenge, add on an extra set! 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.

CLICK
TO SEE
EXAMPLE

- ➔ **Exercise 1 – hip circles**
This is a gentle, fluid exercise to start things off.
- ➔ **Exercise 2 – jumping jacks**
Involves jumping to a position with the legs spread wide and hands going overhead.
- ➔ **Exercise 3 – jogging in place**
Exactly what it says in the title... feel free to up the intensity if you want a more intense workout.
- ➔ **Exercise 4 – side to side jumping lunges**
A whole body exercise that you can do with or without a jump.
- ➔ **Exercise 5 – high knees**
High knees helps to improve your muscular endurance, co-ordination and balance.

Let us know how you get on by tagging us at @COGCSports and/or using the hashtag #citycoachchallenge2!



CHRISTMAS RECIPE

Thanks to Urte for submitting a delicious Christmas Recipe to us! This recipe is perfect to make with the kids or the family, so why not give it a try over the festive period?

STUDENT - Urte Zabelaite

COURSE - BSc Sports Rehabilitation

RECIPE NAME -

Gingerbread Biscuits

INGREDIENTS

- 140g unsalted butter
- 200g runny honey (dark preferably)
- 150g light or dark brown sugar
- 1 large egg
- 440g plain flour
- 1tsp bicarbonate of soda
- 1/2tbsp salt
- 1 tbsp ginger powder
- 1 tbsp ground cinnamon
- 1/2tbsp all spice mix
- 1/2tbsp ground cloves
- 1/2tbsp ground nutmeg
- Optional icing (for decorating)



METHOD

1. On a low heat, melt the butter, honey and sugar in a small pot, stirring with a wooden spoon to prevent from burning. When butter fully melts, take off the heat and add all the spices to the hot liquids. Leave to infuse and cool down to room temperature.
2. In a big bowl, weight out the rest of the dry ingredients: flour, bicarbonate of soda and salt.
3. Once the liquids have cooled down, whisk an egg in. Then add liquid and egg mix into the dry ingredients and finish mixing with a wooden spoon.
4. Wrap the gingerbread dough into cling film and leave to rest in the fridge for at least 2 – 3 hours, and no more than 48 hours.
5. Preheat oven to 170C temp.
6. Roll the dough out into desired thickness, use biscuit cutters to cut into preferred shapes and place them on a flat baking tray, lined with grease-proof paper.
7. Bake 8 – 10 minutes depending on the thickness of the cookie. Take them out BEFORE the gingerbread biscuits start getting darker around the edges. Leave them to cool down on a baking tray.
8. Buy premade or make your own decorating icing and decorate your biscuits as desired.

OTHER POINT TO NOTE - Can last up to a month, in an air-tight tub. However, they start softening up after a couple of weeks.

TOP TIP - Do not over bake. Once taken out of the oven, should feel soft to touch, leave to cool down and harden on a baking tray. If decorating, wait until the gingerbread cools down.

NEXT TIME

Thanks for reading our December issue.

Did you know that we have dedicated communication hubs set up on slack for members/non-members to join. This is a great way to stay in touch with all things related to your sports club at City of Glasgow College. It is highly recommended you join if you are a regular member of a club. **JOIN HERE**. If the link does not work for you, please email **Andrew.Kirk@cityofglasgowcollege.ac.uk**



The next newsletter will be produced and distributed in February or March, which will feature more updates and content on all things sport and physical activity at the City of Glasgow College.

Until then, a Merry Christmas and a Happy New Year when it comes!

*Seeing is believing, but
sometimes the most real
things in the world are the
things we can't see.*

The Conductor, The Polar Express