

# STUDENT *SPORT* NEWS

EDITION01



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## WELCOME

Welcome to edition 1 of a series of monthly student sport newsletters. Engaging in sport and physical activity within a university or college has never been more important as we emerge out of COVID-19.

Research shows that by engaging in sport and physical activity, students wellbeing, social skills, academic success and employability chances are improved. Click [here](#) to find out more.

We are under no illusion that we can make a hasty return to our usual wide variety of recreational and competitive sports clubs. **Our priority is to listen to our students and focus on the delivery of quality, fun and safe activities.**

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# BLOCK ONE ACTIVITY

## RECREATIONAL SPORTS

The big news for this term is that our recreational sports are completely free to join! It doesn't matter what course you study or what your ability level is. For block one, we have five recreational clubs available for any

student to take part in. All clubs are due to start w/c 13th of September. You can sign up for a club by filling out **this form**. For more information, click **here** to access our sports website.



## COMPETITIVE SPORTS

If you are interested in joining one of our competitive teams in British Universities and Colleges (BUCS), please fill out **this form** to register for trials (dates/times have still to be confirmed). It is extremely important you register interest through this form in order to be updated in the coming weeks, or you may miss out. We have three teams provisionally entered into BUCS:

- Men's basketball
- Women's basketball
- Men's football

Traditionally, matches are held on Wednesday's and are due to get going early October. If you have any competitive sport queries please direct them to our Sports Co-ordinator at **Andrew.Kirk@cityofglasgowcollege.ac.uk**

DAY	WHAT'S ON	TIME	LOCATION
Monday	Volleyball	17:15 - 18:45	City, C.03.032
Tuesday	Running Basketball	12:05 - 12:35 17:15 - 18:45	Café Zero, Ground Floor City, C.03.032
Thursday	Running Badminton	12:05 - 12:35 17:15 - 18:45	Riverside, Front Entrance City, C.03.032

# SCOTTISH STUDENT SPORT

City of Glasgow College are proud to be members of Scottish Student Sport (SSS). SSS has proved itself to be a key part of the sporting landscape in Scotland. They engage with key partners, linking effectively with SGBs and other national bodies, and strive to reflect and represent the role which Scotland's Universities & Colleges can play in the nation's future health, physical activity and sporting success.

## What does this mean for you?

By joining a recreational sports club at the City of Glasgow College, you may get the opportunity to represent the college in social meets, regional tournaments and/or College Finals in May 2022, all of which are linked to SSS. For example, our badminton club will generally host between 2-3 tournaments on-campus and invite local colleges/universities to engage in sociable meets. Clearly, a lot of that is dependent on COVID-19 so please be patient with regards to opportunities for engaging in fun competitions.

For our higher performing students, SSS run 100+ events over the course of an academic term, ranging from sports such as athletics to badminton. You can find out more by viewing the 2021/2022 provisional calendar of events [here](#). If you wish to enter an event, it is important that you make contact with our Sports Co-ordinator at **Andrew Kirk** at [Kirk@cityofglasgowcollege.ac.uk](mailto:Kirk@cityofglasgowcollege.ac.uk). This is so any potential funding of entry fees can be discussed. We also want to be able to provide recognition and publicise any relevant achievements you take part in when representing the college.



Ross coaching basketball



## ON THE SSS SPOTLIGHT

**Ross Mathison, Sports Coaching Lecturer at the City of Glasgow College, is heavily involved in shaping student sport.**

Ross has a wide range of experiences within basketball, and has represented Scotland at a U21 level. More recently, Ross has been involved in coaching a wide variety of teams such as the Glasgow Rocks U16 academy squad. Ross also takes a proactive role in coaching and assisting with our student sport teams. He has recently been elected onto the SSS basketball development group as a college-specific

member, the first of its kind. You can read more about it [here](#). We wish Ross all the best in helping shape the future of College basketball across the nation!

**Ross Mathison**, Sports Coaching Lecturer, pictured left, and **Andrew Kirk**, Sports Co-ordinator, pictured right, at the 2019 SSS College Finals. Click [here](#) to view the latest SSS webinar featuring Ross.

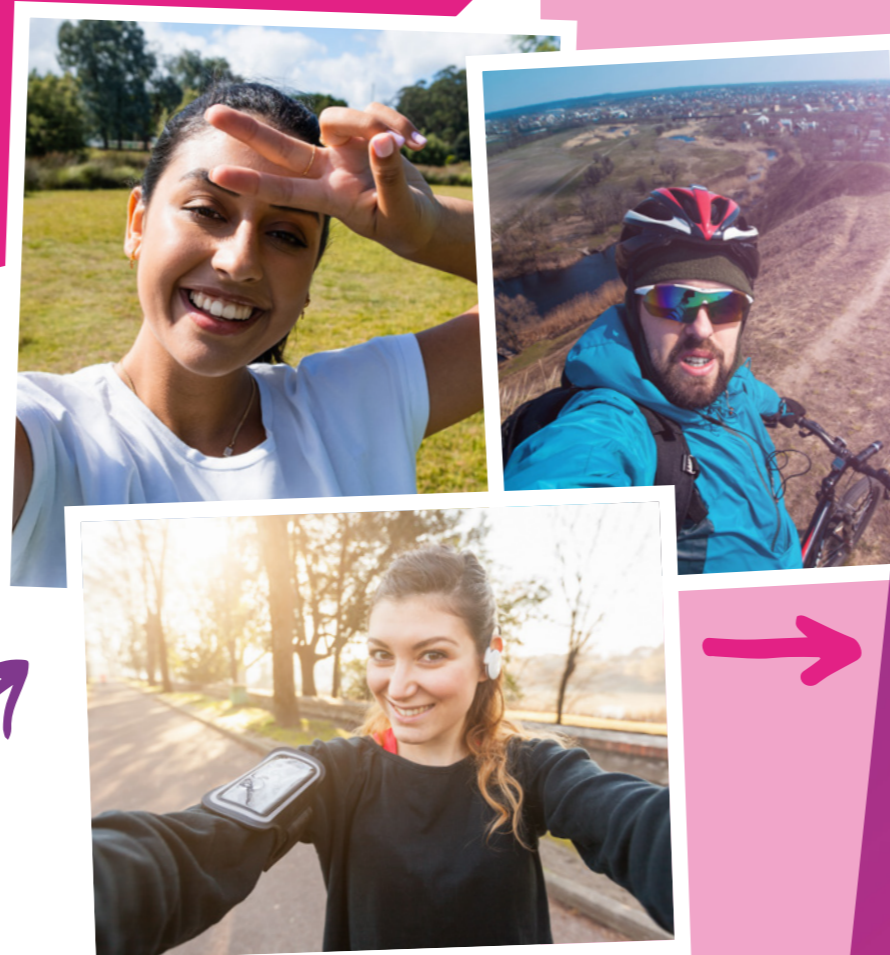


# TOTAL BODY WORKOUT



For each of our newsletters, we will be releasing a fitness workout that you can do in your own time in a place convenient to you. For edition 1, we have a total body workout! In some of our future workouts, we will be running some competitions alongside, so watch this space!







If you are feeling confident and are willing to inspire other students to get physically active, feel free to post a photo or video on social media and tag us at [@cogcsports](https://www.instagram.com/cogcsports) and use the hashtag [#citytotalbodyworkout](https://www.instagram.com/citytotalbodyworkout).



## TOTAL BODY WORKOUT



A body weight workout that can be done anywhere. The workout focuses on body weight resistance exercises targeting the full body. Complete each exercise back to back in circuit format. After completing the last exercise rest for 1-2 minutes before repeating the circuit for a total of 3 rounds.

- **Bird dog crunch**  
10 Reps each side
- **Push ups**  
10 Reps
- **Squats**  
20 Reps
- **Supermans**  
10 Reps
- **Alternating lunges**  
20 Reps
- **Glute bridge**  
20 Reps

# HEALTHY RECIPE

Gary MacLean, college executive chef and 2016 MasterChef Champion, is featured in edition 1 of our healthy recipes! Gary has put his own spin on the familiar pea and ham soup! This soup is delicious, filling, low on carbs and full of protein. Why not give it a go?

In future editions, we are welcoming all students from any course of study to submit their own healthy recipes to us, based on themes as per the time of year! All the information you need to get involved is located within **this submission form**. Please note, recipe submissions will close on Wednesday 13th of October, so best get cooking!



## PEA & HAM SOUP

### INGREDIENTS

- 300g peas, frozen are perfect.
- 1 carrot.
- 1 onion.
- 1/2 leek.
- 2 sticks of celery.
- 1.5 litres of ham stock, a good quality cube works for this.
- 4 cloves of garlic, crushed.
- 2 bay leaves.
- 6 slices of cured ham.
- 2 spring onions, chopped.
- 20g quality oil.
- Seasoning.

### METHOD

1. Your first job is to prepare the vegetables. Wash and peel all the vegetables, then finely chop the onion, celery, leek and carrot. Don't worry too much about the size as it's going to get blended.
2. In a large, thick-bottomed pan add the oil. Once you have a little heat, add the chopped vegetables. Cook down the vegetables without achieving colour. We are trying to extract as much flavour as we can from the vegetables as this is going to form the base of the soup.
3. Once the vegetables are soft put in half the cured ham and the garlic, mix in with the vegetables.
4. Next, add the stock and the bay leaves, and bring to the boil.
5. The last thing is to add is the frozen peas. Once you've added the peas bring the soup to the boil, then blend until smooth.
6. To finish, top with some chopped spring onion and shredded cured ham.

# NEXT TIME

We hope you enjoyed our first student sport newsletter. Edition 2 will be released in around 6-8 weeks time! Do you have any thoughts on what should be included within our newsletters? Please email Andrew Kirk with any feedback from this edition and/or any thoughts and suggestions for the future.

**[Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk)**

*It is our attitude  
at the beginning  
of a difficult task  
which, more than  
anything else,  
will affect it's  
successful outcome.*

William James

