

# STUDENT *SPORT* NEWS

JANUARY ISSUE



Follow us on

Facebook: @cogcsportsclubs Twitter: @cogcsports Instagram: COGCSports



# WELCOME

Happy New Year! There is a great deal to be excited about as we enter another year of student sport at City of Glasgow College.

We have success stories and key statistics to share from September to December 2023 across both recreational / competitive sport and events.

Looking forward, we continue to strive in providing quality opportunities for students to engage in sport and physical activity both on and off campus.



RECREATIONAL  
SPORTS 04

ACTIVE CAMPUS  
CO-ORDINATOR  
INTRODUCTION 06

STUDENT SPORT  
EVENTS 08

BUCS TEAMS 10

SCOTTISH STUDENT  
SPORT 12

WINNING  
STUDENTS 100 13

COMING UP 14





# RECREATIONAL SPORTS

We have successfully delivered several sports and fitness clubs to students from the first week in September up to the middle of December with all sessions now back up and running - see timetable on page 14.



## TUESDAY VOLLEYBALL

**Coach: Adam McGregor**  
2nd year Sports Coaching and Development student at COGC

The volleyball club continues to be one of the most strongly attended clubs with once again many students of all abilities showing an appetite and desire to get active and improve their physical skills by engaging in this sport. The club will continue to run on Tuesday's, 5.15 - 6.45pm in the large games hall, C.03.032.

**Number of sessions delivered: 14**  
**Number of student engagements: 322**

Find out more info [HERE](#)



## TUESDAY BASKETBALL

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

The basketball club has been an opportunity for those students not interested in the BUCS men's or women's basketball teams a chance to just have fun in an inclusive environment. Please note effective from Thursday 1st of February, sessions will now run from 3.15 - 4.45pm in the small games hall, C.03.030. This is a change from the original day and time of Tuesday's 5.15-6.45pm.

**Number of sessions delivered: 14**  
**Number of student engagements: 238**

Find out more info [HERE](#)



## WEDNESDAY CIRCUITS

**Coach: Charley Cochran**  
2nd year Sport and Fitness at COGC

Circuits has gone from strength to strength this year with students showing their appetite to engage in a fitness class. Numbers started off with only 2 or 3 but this has now climbed to 8 or 9 so here's hoping the club and the students get fitter and stronger from January onwards. The club will continue to run on Wednesday's, 5.15 - 6.00pm in the dance studio, C.03.027.

**Number of sessions delivered: 10**  
**Number of student engagements: 61**

Find out more info [HERE](#)



## THURSDAY NETBALL

**Coach: Maria Leith**  
4th year Sports Coaching and Development at UWS

Over a period of 4 weeks our badminton coach Maria Leith ran some netball taster sessions 4-5pm on Thursdays in November. It was great to see students engage with a sport that has a lot of potential to increase more female participants into sport and physical activity. Due to Maria's commitments, the sessions will stop for now however please get in touch with the Sports Co-ordinator if you would like to offer any feedback or initiate interest in getting involved in a club in future!

**Number of sessions delivered 4**  
**Number of student engagements: 25**



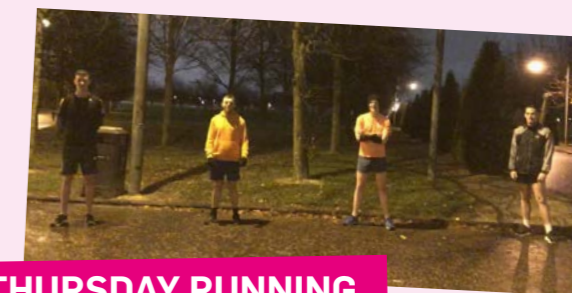
## THURSDAY BADMINTON

**Coach: Maria Leith**  
4th year Sports Coaching and Development at UWS

Badminton has always been a massive hit over the years for students and this year is no different with students of all abilities, backgrounds and genders coming together to have a hit around on a Thursday evening. 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: 14**  
**Number of student engagements: 196**

Find out more info [HERE](#)



## THURSDAY RUNNING

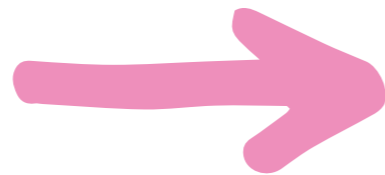
**Coach: Andrew Kirk**  
Sports Co-ordinator at COGC

Over a period of 6 weeks students got involved in a running club that increased their physical and mental wellbeing. Due to Andrew's commitments, the sessions have stopped for now however please get in touch with him if you'd like to offer feedback or initiate interest in getting involved in a club in future. Equally, if you already run or are new to it and are after some running related advice, feel free to drop him an email!

**Number of sessions delivered: 6**  
**Number of student engagements: 17**

# ACTIVE CAMPUS CO-ORDINATOR INTRODUCTION

Hello everyone! My name is Gregor Cree and I have been in my position as Active Campus Coordinator at City of Glasgow since mid-October now. The role is fully funded by Sport Scotland, and I am delighted to have been given the responsibility of the position and am excited for what else lies ahead in 2024 and beyond.



My role involves promoting and facilitating more sport, physical activity and other exciting opportunities to students, staff and the wider community on campus. The aim is to encourage and empower the college population to be more active more often, leading to improved health and well-being, with special focus on the least active groups. As demonstrated in this and many other newsletters, there is already lots going on at the college and I am looking forward to adding to this and improving the college experience for all.

I am based at desk 94 on the 3rd floor, sitting within Hospitality and Leisure, so please feel free to come and see me with any queries or ideas that you might have. I can also be contacted at **[Gregor.Cree@cityofglasgowcollege.ac.uk](mailto:Gregor.Cree@cityofglasgowcollege.ac.uk)** or 0141 375 8591.

Best wishes for the new year ahead!

***Gregor Cree (Active Campus Co-ordinator)***





# STUDENT SPORT EVENTS

## GLASGOW COLLEGES VOLLEYBALL FESTIVAL

On Wednesday 29th of November Glasgow Kelvin College hosted the first of a three-part series of the very first Glasgow Colleges Volleyball Festival, which was supported and delivered by Active Campus Co-ordinators Natalie Dott, Grant Sutherland and Gregor Cree on the lead up and on the day of the event. The format consisted of a round robin tournament with mixed gendered teams playing each other on two occasions. City won 3 of their 4 games so big kudos to the team for their stellar efforts!

Volleyball is not only a success in terms of participation but also with regards to

competitions, with City of Glasgow College men's and women's teams picking up a host of gold and silver medals at the College National Finals over the years. The competitive aspect across the region and the nation also continues to grow as more students in colleges now getting involved and participating in this sport.

Most importantly, our club caters for all students of any ability, so why not head along on a Tuesday 5.15-6.45pm for a try? This will act as a potential segway for students that wish to get involved in the College Cup competition in April.



## ACTIVE CAMPUS CHRISTMAS FESTIVAL

In the spirit of collaboration, the Active Campus Christmas Festival, organised by City of Glasgow College, Glasgow Clyde College, West College Scotland, and Glasgow Kelvin College, unfolded as a resounding success.

Spearheaded by Active Campus Coordinators Gregor Cree, Natalie Dott, Savannah Antoine, and Grant Sutherland, the event aimed to foster engagement among supported learning students and provide a boost of fun as the autumn term draws to a close.

The festival, kindly hosted by the University of Strathclyde Sport, provided a host of opportunities for a diverse group of 50 students from the various colleges. Amidst the festive

spirit, these individuals got stuck into a variety of activities – all facilitated by a cohort of enthusiastic sport students from City of Glasgow College. Their energy and commitment was brilliant, helping to engage the participants in activities including badminton, zumba, boccia, and various ball games.

The event was not just about the activities; it was also about getting students trying new experiences, creating new relationships, and, most importantly, having fun. It was excellent to see students from the four colleges forming friendships and building a sense of community and belonging.

You can read more about the success of the event [HERE](#) via the Scottish Student Sport (SSS) website



## PICKLEBALL

Our Active Campus Co-ordinator was delighted to host Nanette Mutrie from Pickleball Scotland at City of Glasgow College in early December for an introduction to Pickleball. The training provided great content for students, lecturers, and other Active Campus Coordinators to use when introducing the game on their respective campuses.

The course provided lots of practical opportunities which included the basic rules of the game, a run through of the core shots you can use along with covering the 5 key principles of the sport. Plans are already in motion for Pickleball sessions to start in the college led by our newly trained students.

A big thank you to Nanette for an excellent session to help get us started!





# BUCS TEAMS

## MEN'S BASKETBALL

Head coach: Ross Mathison – Sport and Fitness Lecturer  
Find out more information about potential involvement [HERE](#).

It's been a great start to the season for the men's basketball team as they became the first City of Glasgow College team (and only the second college in history) to reach the QF stage of the BUCS conference cup. With the QF still to come in February vs Herriot Watt Uni and 5 league fixtures remaining then the College Cup to come, all signs are that 2024 is going to be an exciting year as the team look to build some solid foundations that have been grounded and established through regular training and S&C sessions. All in all, 4 wins from 7 games is very impressive with the opposition they have faced so far with lots of winnable games to come!

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



## WOMEN'S BASKETBALL

Head coach: Aaron Chapman – 2nd year Sports Coaching and Development Student.  
Find out more information about potential involvement [HERE](#).

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

Our women's basketball team started of the season on October 4th beating Abertay University 1s 67-65 in a close with City just edging it in a great comeback at the latter end of the game. The team then suffered their first loss of the season on October 11th when they travelled to Glasgow Caledonian University 1s, losing 50-74. City then made their debut game in the Scottish Student Sport (SSS) Trophy, featuring the best university teams in Scotland. They lost out to Strathclyde Uni 1s on November 6th in what was a close game until the final quarter. They will look to keep up the solid work in the BUCS league with a busy run of games from 24th of January up to the end of February, and then onto defend their College Cup gold medal win from 2022! The team train on Monday evenings at city campus and the sessions are open to anyone that wishes to get involved outwith the current membership. All you need to do prior is email [Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk) with your interest and ideally what experience you have playing basketball (if any).



## MEN'S FOOTBALL

Head coach: Alan Simpson – Sport and Fitness Lecturer. Find out more information about potential involvement [HERE](#).

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

Our men's football team have endured a tough start to the BUCS league so far with a couple of close games that could have gone either way until the latter stages. With 3 league games left to play there is an opportunity to end the season on a high note, and then onto the College Cup in April. The team will be back training at Toryglen Regional Football Centre on the indoor pitch on Wednesday 17th of January 2-4pm. Please email [Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk) with your experience and playing position if you wish to try-out for the team. Please note games are on Wednesday afternoons so please do not initiate interest or show up to training if you can't commit to this day and time! It's a bottom of the table clash on Wednesday 24th of January – 2.15pm kick off at Toryglen Regional Football Centre vs University of the West of Scotland (Paisley Campus) so why not come down and show some support to the team!



## MEN'S FUTSAL

Head coach: Delcan Hehir – 1st year Football Performance Student. Find out more information about potential involvement [HERE](#).

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

Our men's futsal team have shown some great progress from their participation in the BUCS league last year with the appointment of new head coach Declan Hehir, who has been taking a lead on training sessions on Thursday evening's. They have played some very tough opposition teams so far and with 5 league games left, there are several winnable games that City will hope to take advantage of and hopefully bolster them up the league table come the end of the season in March. The team made their debut in the BUCS Conference Cup on December 3rd, just losing out 6-4 to a very experienced Strathclyde University side on their home arena at Strath Sport. They will hope to keep the good vibes going and are confident of securing some more victories before the seasons is over!



# SCOTTISH STUDENT SPORT

Scottish Student Sport (SSS) continue to be one of our closest and most important external partners when providing students with opportunities to engage with sport and physical activity at all levels. With the introduction of the new Active Campus Co-ordinators supported by SportScotland, there are more opportunities than ever before to join forces and link up with events, initiatives, campaigns and more! Active Health continues to be a major driving force embedded within the SSS Strategy which closely aligns with our own priorities at City of Glasgow College.

As a student at City of Glasgow College, there are a whole range of different ways that you can engage with SSS. **CLICK HERE** to find out more.

For a full list of the comprehensive events calendar from January to May, have a look at the SSS events page **HERE**. If you are unsure about how to enter or whether an event is for you, just reach out to the Sports Co-ordinator at [Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk) who will be able to offer you more guidance and support.



# WINNING STUDENTS 100

The Winning Students fund is back this year after a bit of a hiatus. Since its inception in 2008, it has helped to support over 1500 World and Olympic champions, and it is great to see the programme back in action! We had two students submit applications to this scheme and we are pleased to announce that one of those applications were successful.

Many congratulations to Sports Therapy Student and Cyclist Struan Shaw on securing £3000 which will help assist towards his dual career in education and as an athlete.

Struan Shaw had this to say on the support he is receiving - "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!"

You can find out more information about this programme via their website **HERE**.



# COMING UP

Here is our most recent timetable which is up to date however bear in mind this is subject to change so if you wish to stay informed about any new clubs or changes to your club, please ensure you join the slack channel **HERE**.

DAY	WHAT'S ON	TIME	LOCATION
Tuesday	Mixed Volleyball	17:15-18:45	City, C.03.032, Large Hall
Wednesday	Mixed Circuits	17:15-18:00	City, C.03.027, Dance Studio
Thursday	Mixed Basketball	15:15-16:45	City, C.03.030, Small Hall
Thursday	Mixed Badminton	17:00-18:30	City, C.03.032, Large Hall

All clubs are now underway again and there is no need to do anything prior to attending your first session. Just turn up! In the scenario that you decide to become a member, please **CLICK HERE** to fill out our membership form. It is FREE OF CHARGE to become a member of any recreational sport club at City of Glasgow College.

Interested in getting involved in any of our sports teams? Refer to the section above on 'BUCS teams' and if you have any queries or would like more information about a specific club, please email [Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk) or visit the CitySA website and visit your sport of relevance **HERE**.

## KEY CONTACTS

Andrew Kirk - Sports Co-ordinator  
[Andrew.Kirk@cityofglasgowcollege.ac.uk](mailto:Andrew.Kirk@cityofglasgowcollege.ac.uk)

Gregor Cree - Active Campus Co-ordinator  
[Gregor.Cree@cityofglasgowcollege.ac.uk](mailto:Gregor.Cree@cityofglasgowcollege.ac.uk)

