

STUDENT ***SPORT*** NEWS

JANUARY ISSUE



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WELCOME

This edition will focus on our student sport clubs, activities and events from September to December 2024.

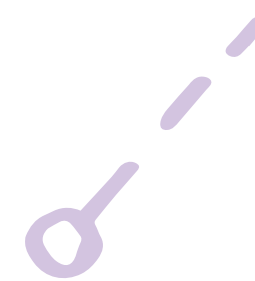
We then look to the year ahead with the continuation and expansion of our recreational clubs, competitive teams and active campus activities

Whether you are a student or a staff member, please do read on and stay informed of the tremendous work that is going on at City for students studying any course to take part in sport and physical activity.

As the weeks go by, our focus will turn to the Scottish Student Sport (SSS) College Cup, which will again take place Wednesday 23rd of April. We are taking early notes of interest for our football, basketball, volleyball and badminton teams.

**CLICK HERE
FOR MORE INFO ON
GETTING INVOLVED**

The most up to date student sport timetable can be found via our Facebook, X or Instagram pages.



RECREATIONAL CLUBBSPORT 04

COMPETITIVE CLUBBSPORT 06

STUDENT ATHLETES 08

FESTIVE GATHERING SUCCESS 09

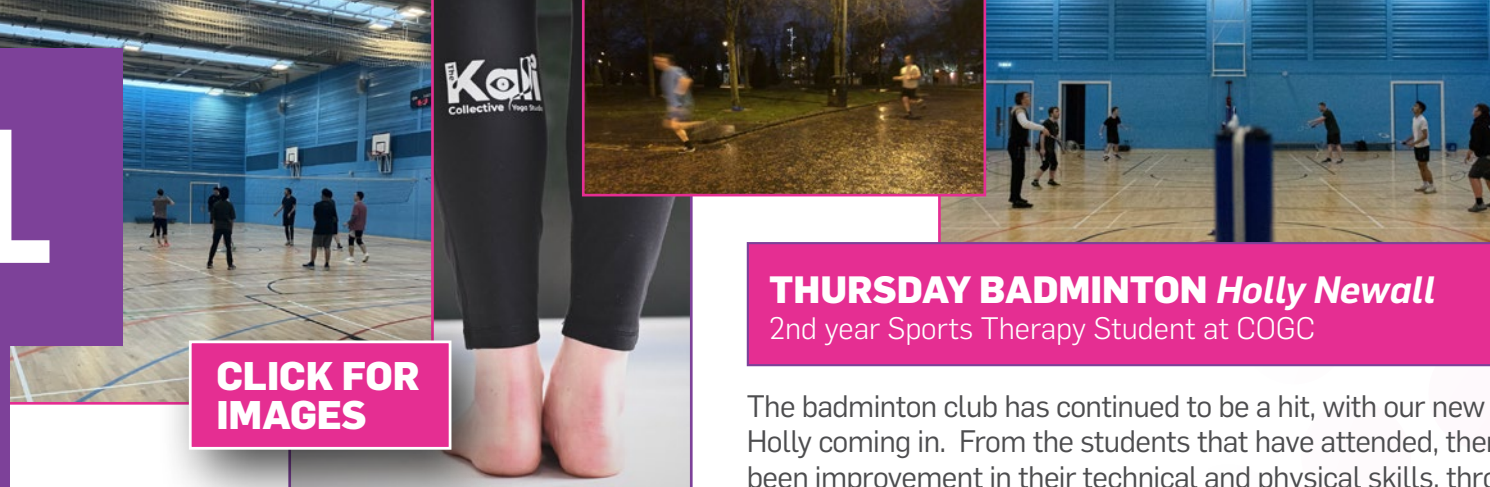
STUDENT SPORT EVENTS 10

QUICKFIRE UPDATES 12

FREE TICKETS 14



RECREATIONAL CLUBBSPORT



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Our January update on recreational clubsport features a summary and some key statistics from September – December 2024.

VOLLEYBALL *Adam McGregor*

HND Sports Coaching and Development student

It's been another strong year so far for volleyball club in terms of participation. The club took part in a volleyball festival at Strath Sport in early December, with lots of recreational and competitive opportunities still to come in the form of festivals and the Scottish Student Sport (SSS) College Cup.

The club will continue to run on **Tuesday's, 5.15 - 6.45pm** in the large games hall, **C.03.032**.

BASKETBALL *Yasmine Bowden*

4th year Sports Coaching and Development at UWS

If volleyball wasn't your thing on Tuesday's, then basketball was a great alternative option. Our new coach Yasmine has come in and has delivered several successful sessions, open to complete beginners as well as members of our BUCS Teams. This mix of abilities has served to work well over the years and long may it continue!

The club will continue to run on **Tuesday's, 5.15 - 6.45ppm** in the small games hall, **C.03.030**.

PICKLEBALL *Ben Tibbs*

HNC Sports Coaching and Development Student at COGC

A brand new club for this year and it's been tremendous to see some lunchtime activity take place in the form of Pickleball and Tennis – a couple of activities that haven't took our students long to master the basics – most of which were complete beginners before they started! Many of our students have got stuck into some physical activity during their lunch break and felt all the better for it based on the feedback we have received!

The club will continue to run on **Thursday's at lunchtime, 12-1pm** in the large games hall, **C.03.032**.

12 NUMBER OF SESSIONS DELIVERED
207 NUMBER OF STUDENT ENGAGEMENTS
17 AVERAGE NUMBERS

Find out more info [HERE](#)

13 NUMBER OF SESSIONS DELIVERED
170 NUMBER OF STUDENT ENGAGEMENTS
13 AVERAGE NUMBERS

Find out more info [HERE](#)

12 NUMBER OF SESSIONS DELIVERED
59 NUMBER OF STUDENT ENGAGEMENTS
5 AVERAGE NUMBERS

Find out more info [HERE](#)

THURSDAY BADMINTON *Holly Newall*

2nd year Sports Therapy Student at COGC

The badminton club has continued to be a hit, with our new coach Holly coming in. From the students that have attended, there has been improvement in their technical and physical skills, through the range of drills and games that have been implemented. With festivals and SSS College Cup still to come, January through to June promises to be an exciting time for the badminton club!

The club will continue to run on **Thursday's, 5.00 - 6.30pm** in the large games hall, **C.03.032**.

YOGA by *Kali Collective*

Another option for our students on Thursday's to unwind and as per previous years, yoga has been well attended with a range of different student backgrounds attending, delivered via an instructor from the reputable Kali Collective. The club will continue to run on **Thursday's, 4.45pm - 6.15pm** in the dance studio, **C.03.027**.

RUNNING *Andrew Kirk*

Sports Co-ordinator

This club has enabled our students to enjoy the fresh air for a short period of time in and around the City Centre.

The club will now stop for a period of time, however Andrew is keen to hear from anyone interested in running at COGC, and has plans to run another set of sessions from April - June, so reach out to him at Andrew.Kirk@cityofglasgowcollege.ac.uk if you are interested.

INDOOR FOOTBALL *Gregor Cree*

Active Campus Co-ordinator

It was great to see many of our students rock up at lunchtime on a Friday in the small games hall, **C.0.030**, to practice and learn some football and clear the head! Well done to those that took part.

The session will now stop for a period of time, and the Friday option will now be indoor cricket running 3.30 - 5pm in the large games hall, **C.03.032**. We are also pleased to confirm that we will have a brand new futsal club (very similar to indoor football) that will be running on Wednesday's, 5.00 - 6.15pm in the small games hall, **C.03.030**, led by coach Finley Beaven.

13 NUMBER OF SESSIONS DELIVERED
185 NUMBER OF STUDENT ENGAGEMENTS
14 AVERAGE NUMBERS

Find out more info [HERE](#)

11 NUMBER OF SESSIONS DELIVERED
68 NUMBER OF STUDENT ENGAGEMENTS
6 AVERAGE NUMBERS

Find out more info [HERE](#)

8 NUMBER OF SESSIONS DELIVERED
20 NUMBER OF STUDENT ENGAGEMENTS
2 AVERAGE NUMBERS

Find out more info [HERE](#)

13 NUMBER OF SESSIONS DELIVERED
185 NUMBER OF STUDENT ENGAGEMENTS
14 AVERAGE NUMBERS

Find out more info [HERE](#)

COMPETITIVE CLUBBSPORT

Our representation in British Universities and Colleges (BUCS) for team sports has been consistent over the years, and we strive to continue that this will be case going forward into the next academic term. So far from September – December 2024, our teams have featured in a number of high quality home and away matches against tough opposition from other colleges and universities in Scotland. Read on to find out how our teams have been getting on in BUCS!

MEN'S FOOTBALL 1s – 0 wins, 2 draws, 3 losses

HEAD COACH - Alan Simpson

It's been a tough start for the men's football team with some very tight matches that could have gone either way. Onwards and upwards as the team look to finish the season strongly, as they did last term! The SSS College Cup in April (7-a-side tournament) will also be an event to look forward to.

MEN'S FOOTBALL 2s – 5 wins, 2 draws, 0 losses

HEAD COACH – Alexander Miller

It's been a fantastic start for our 2s (Edu Sport Academy) with some resounding victories in there. Congratulations go to the students for their efforts, and onwards to build on their run in the conference cup as they reach the QF stage, and with more league matches still to come.

WOMEN'S BASKETBALL – 0 wins, 2 losses

HEAD COACH – Yasmine Bowden

It's been a couple of tough matches against high level opposition to start the season off for the women's basketball team. With lots more games to come in 2025, the team will hope to bounce back strongly! The team will then be going into the College Cup in April hoping to secure the gold medal for the fourth year in a row!

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MEN'S BASKETBALL – 4 wins, 1 loss

HEAD COACH – Ross Mathison

It's been an impressive start so far for the men's basketball team, with their only loss coming at the hands of Edinburgh University in the BUCS Conference Cup. They remain undefeated in the league with only 4 games left to play, as they look to secure promotion for the first time in the club's history. It will then be all eyes on the College Cup in April as they look to secure the gold medal for their third year in a row!

MEN'S FUTSAL – 1 win, 3 losses

HEAD COACH – Declan Hehir

The men's futsal team have enjoyed a couple of trips to Dundee to take part in a total of 4 league fixtures. The matches are centralised, featuring the best university futsal teams in Scotland. With just the 1 victory from 4, the team will be looking to improve on this with 3 trips (6 league fixtures) remaining!



As the weeks go by, our focus will turn to the Scottish Student Sport (SSS) College Cup, which will again take place on Wednesday 23rd of April. We are taking early notes of interest for our football, basketball, volleyball and badminton teams. [CLICK HERE](#) for more information on getting involved.

Our thanks as always go to our student photographers, sports therapy students and coaches/volunteers, who are all integral to ensure that our members are exposed to a performance environment, enabling them to compete to the best of their ability. Best of luck to our sports teams for the second half of the season – win or lose, it's important to acknowledge the incredible impact that being part of a sports team has on a student's physical health and mental wellbeing.

STUDENT ATHLETES

We are delighted to share the news that Struan Shaw, Sports Therapy Student, has been successful in gaining funding with the Winning Students 100 programme for the second year in a row. As an elite cyclist, this support will go a long way to ensuring Struan continues to compete at a high standard whilst combining his academic studies. Congratulations go to Struan for his accomplishments and long may this continue!

We would encourage any student competing in sport to keep an eye on the Scottish Student Sport (SSS) website via the events section [HERE](#). Our partners at SSS do a fantastic job of running upwards of 100+ events across a variety of different individual sports, with lots more activities to come ranging from athletics to badminton. We would also like to remind students to ensure they contact the Sports Co-ordinator at Andrew.Kirk@cityofglasgowcollege.ac.uk prior to entering an event.

Additionally, we would love to hear about any good news stories out with the student sport event calendar, from any of our student athletes that study at COGC, so please do get in touch with the Sports Co-ordinator via the email address above.



On Wednesday 4th of December, City of Glasgow College played host to the annual SSS Festive Gathering, a networking event for staff at all colleges and universities in Scotland, featuring a range of guest speakers, workshops and activities.

Our very own Iain Houston (Associate Dean for Sport and Fitness) opened the day, and we then heard from a variety of speakers, with one of the highlights being Stuart Turner's inside story about how he led the



FESTIVE GATHERING SUCCESS

Glasgow Commonwealth Games bid for 2026 – a very inspiring talk with lots of key takeaways on the complex dynamics of organising such a massive event!

We were proud to host such an event with over 100 individuals from across the sector, and were subsequently pleased to hear that the feedback received from delegates was overwhelmingly positive, so a massive thanks to our own staff including our events team for making this all come together!

STUDENT SPORT EVENTS AND ACTIVE CAMPUS HIGHLIGHTS

CURLING

In early September we were delighted to receive training and 2 floor curling kits from Scottish curling as part of their curling 360 project, aimed at getting pupils with additional support needs from across Scotland involved in the sport of curling, in particular floor curling. So far, it has been a big hit for those who have tried it, including some of our Supported Education classes, and you may have even tried it

yourself at one of the colleges wellbeing days, or even the Christmas Fayre Curling Challenge.

"The City Works B class enjoyed the floor curling, a great teamwork/social activity and good fun."

Looking ahead, there are plans to ensure that we have another faculty day involving curling activities on ice at a local ice rink, which will feature in our next newsletter!



5 NUMBER OF SESSIONS DELIVERED
113 NUMBER OF STUDENT ENGAGEMENTS

PARASPORT FESTIVAL AT STRATHCLYDE SPORT



We know the role sport and active wellbeing plays to enhance the student experience. However, we know that students with a disability often struggle to access suitable activities on campus. In late October, City collaborated with 6 other colleges and universities, 4 SGBs and Scottish Disability Sport, to put on a sports festival where students got the opportunity to try paracanoe, wheelchair basketball, wheelchair curling and para table tennis.

This offered 25 students the chance to try out 4 accessible sports for the first time, including our own 2nd year Sport Coaching students who were also able to learn how to deliver accessible sessions for these sports in the future. This was a great collaboration with lots to think about for further work in this area. Thank you to Strathclyde Sports Union for hosting the event and to our other partners.

RIVERSIDE FOOTBALL TOURNAMENT AT TORYGLEN

Our Active Campus Coordinator Gregor was delighted to help organise what is fast becoming an amazing initiative for students and staff at our Riverside Campus, led by lecturers Arron Grant and Cameron Johnstone.

Speaking about the event, Arron said, "When Cameron Johnstone and I first started the Student vs Lecturers football match, it was with 22 players in a single 11-aside match. Fast forward to Friday 1st November 2024, we had 12 teams consisting of over 100 players. Not only that, but we also had external parties take part. It has been great to see the collaboration and networking between cadets from different departments, as well as the powerhouses of the marine industry within the Glasgow area. And at the end of the day... all having a bit of craic! Onwards and upwards for the Easter tournament!"



Friday night football with a growth of over 20 participants from May's tournament alone, which now includes event sponsors (Seapeak) and external partners entering teams into the tournament. Congratulations to the pre-cadet class who won, with Clyde Marine coming 2nd, and the Lecturers coming 3rd (allegedly)

SUPPORTED EDUCATION FESTIVE FOOTBALL



A massive thank you to our Sports Coaching lecturer / head coach of the men's football team Alan Simpson and the City of Glasgow College NQ Football Studies students for organising an afternoon of festive football for the Supported Education Programmes team. It was a freezing afternoon up at Petershill Park so a big well done to all involved! This was another great example of collaborative learning, combining neurodiversity and sport.

CHRISTMAS SPORTS FESTIVAL

Our NQ Fitness, Health, and Exercise students took the initiative to plan, organise, and deliver a successful 'Christmas Sports Festival' for our supported education students as part of their personal development module. This event allowed them to apply the theory learned in class to real-life situations, enhancing their industry knowledge and skills.

The sports festival promoted cross-faculty collaboration and provided our sports students with an opportunity to foster neurodiversity in teaching and coaching within a health and fitness context. Laura Main, the Curriculum Head



CLICK FOR IMAGES

for Supported Education Programmes at City, stated, "There is a significant amount of value in working cross-faculty, which has led to new learning, development, and health and fitness opportunities for our students."

QUICKFIRE UPDATES



SSS STAFF UPDATE

Welcome to Jordan Dossan, who has just took over as Head of Development at Scottish Student Sport (SSS). We are looking forward to working with Jordan as we strengthen our partnership with SSS.

You can read more about his appointment [HERE.](#)

SPORTSCOTLAND THEMES 25

Sport Scotland, the national agency for sport in Scotland, recently released their communications themes for 2025. Active Campus Coordinators across the college network will be delivering several events and campaigns throughout the year which promote these themes.

As part of January's '**Be Active Every Day**', why not make use of the recreational sport timetable and college gym facilities to do just that in the remaining weeks of the month. Being active is good for your mind and body, so set the tone for the rest of the year by being **#ActiveEveryday** in January. We are partnering up with Triathlon

Scotland to deliver a Triathlon Taster Session called Swim, Bike, Run Explore which will be happening on Monday 10th of February at Glasgow Green as part of February's '**Try Something New**' month. It would be great to have both staff and students involved in this event **#TrySomethingNew**. There will be many more events and activities to follow in the months ahead. Contact **Andrew.Kirk@cityofglasgowcollege.ac.uk** or **Gregor.Cree@cityofglasgowcollege.ac.uk** for more information on the above opportunities

[CLICK HERE TO
VIEW THEMES](#)

FES FUNDING

Thanks once again to our sponsors FES for their funding of x2 football kits (home and away) this academic year. Our kit supplier VSN have done a great job in the design of these kits, and long may our valuable partnership continue in the years ahead!



STUDENT SPORT RECREATIONAL TIMETABLE

We are pleased to confirm our brand new January timetable with some additions and changes from last year. These clubs are perfect for beginners and more advanced participants, making it an ideal environment for you to meet new people and develop your skills.

STUDENT SPORT		TIMETABLE			FREE TO PARTICIPATE
DAY	WHAT'S ON	TIME	LOCATION	COACH	
Mon	Basketball Freeplay	16:00 - 17:00	C.03.032 - Large Hall, City Campus	Gregor Cree	
Tues	Volleyball	17:15 - 18:45	C.03.032 - Large Hall, City Campus	Adam McGregor	
Tues	Basketball	17:15 - 18:45	C.03.030 - Small Hall, City Campus	Yasmine Bowden	
Wed	Futsal	17:00 - 18:15	C.03.030 - Small Hall, City Campus	Finley Beaven	
Thurs	Pickleball & Tennis	12:00 - 13:00	C.03.032 - Large Hall, City Campus	Ben Tibbs	
Thurs	Yoga	16:45 - 18:15	C.03.027 - Dance Studio, City Campus	Kali Collective	
Thurs	Touch Rugby	17:00 - 18:15	C.03.030 - Small Hall, City Campus	Bethany Feather	
Thurs	Badminton	17:00 - 18:30	C.03.032 - Large Hall, City Campus	Holly Newall	
Fri	Indoor Cricket	15:30 - 17:00	C.03.032 - Large Hall, City Campus	Gregor Cree	

FOR MORE INFO, VISIT SPORTS AND SOCIETIES ON THE CITYSA WEBSITE

FREE TICKETS

PARTICK THISTLE PARTNERSHIP

As part of our ongoing partnership with Partick Thistle FC & Charitable Trust, they are continuing their fantastic offer to City students of **FREE** tickets to home games during the second half of the season.

A free ticket for any home league match for every student.

- One free ticket per student.
- 36,000 tickets to be made available for this purpose.
- Using code **GC25FREE** @ Fanbase Tickets

app.fanbaseclub.com/Fan/Dashboard

For more available offers including free stadium tour, and half-price tickets and events offer, please contact **Gregor.Cree@cityofglasgowcollege.ac.uk** for more details.

GLASGOW CITY FC

Remaining home league games pre-split will all be available to attend for free as part of their complimentary tickets in the community campaign. The fixtures included are:

- **Glasgow City v Montrose // Sunday 9th February 2025 // Kick Off 1pm**
- **Glasgow City v Celtic // Friday 14th November 2025 // Kick Off 7:30pm**
- **Glasgow City v Motherwell // Sunday 2nd March 2025 // Kick Off 1pm**

Buy your ticket at the link below, selecting HOME - ADULT and entering code **STUDENT100 at checkout to get yours **FOR FREE****



CLICK HERE to buy your tickets

KEY CONTACTS

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

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