

ACTIVE Life

6th
Edition

UNIVERSITY OF THE
WEST of SCOTLAND
UWS

 TEAM
UWS

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Welcome

UWS Sport welcomes you to the 6th edition of our Active Life newsletter.

In this edition, we highlight some Team UWS achievements, Team UWS Netball, our summer fitness classes and our new Workout of the Month for you to try in any of our on-campus gyms or at home.

UWS Staff Lead Scotland to Double Victory Over Welsh Universities

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Scottish Student Sport's (SSS) Men's Basketball National Squad recorded a double win over Welsh Universities in Cardiff over the weekend, with the squad featuring a Team UWS duo. The team was led by Johnathan MacLeod, Sport Development Coordinator and Team UWS Men's Basketball Head Coach, who also played a pivotal role in collaborating with SSS for the return of the National Squad programme to the Scottish Student landscape.

Selected to the squad in a playing capacity was UWS Sport Scholar, Dilyn Becker, who this season starred for Team UWS Basketball in the British University and College Sport (BUCS) Tier 1. Becker who is on the MSc Psychology chose UWS to continue his academic and basketball career following a successful four years at Washington College.

The student national team features the top players across the BUCS competition landscape and welcomed the top 12 student athletes from across 6 of Scotland's institutions.

Becker led Scotland to a win in the opening fixture with scoring 21 of the teams 87 points and was crucial to a dominant win in the second fixture, representing UWS on the international stage with class.



Right on Target: Leah Wins BUCS Archery Gold Medal

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The weekend successes didn't end at Basketball, with student archer Leah McGloin bringing home Gold at the British University and College Sport (BUCS) Outdoor Archery Championship weekend.

Travelling alongside, Team UWS Sports President - Freya Rennie, the two made their BUCS Outdoors debut at the Lilleshall National Sports Centre.

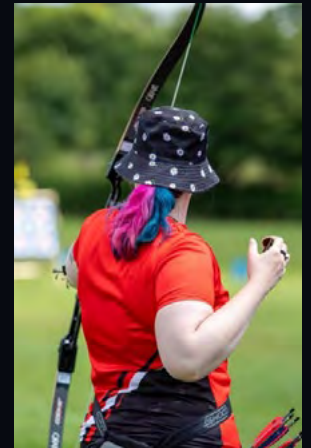
BUCS Championships bring together the best student athletes from across the country, with this weekend featuring over 300 archers from universities across the UK. Freya seemed to have a rocky start on the Saturday but found her footing by the second day, smashing a previous personal best and achieving a UWS record in the process for senior Barebow.

However, it was Leah who hit the ground running for the weekend of success which followed. McGloin ranked first in the qualifying round and battled through a subsequent five head-to-head matches to hold first position by the end of Saturday's competition. Her continued success into the Sunday meant she was the overall victor and the one to take home the Championship title for Novice Female Barebow.

Leah is the first novice in UWS Archery history to win a gold medal at a BUCS competition; a fact which is even more impressive when considering McGloin first picked up a bow at the beginning of the academic year. She joins an ever-growing list of home-grown talent to come out of the Team UWS Archery club, proving once again that hard work and dedication truly does pay off.

When asked about her success, the newly crowned champion said "I am so proud to have brought home the gold for UWS. Thank you to Freya for making the weekend so enjoyable and to the whole UWS Archery club for adopting me as a newbie back in September!"

Congratulations, Leah — you've hit the mark!



Club in Focus

UWS Netball

UWS netball is a great community to be a part of throughout your time at university. We are an inclusive, supportive and fun community for players of all levels. Whether you currently play netball or haven't played before, you're welcome at this club with open arms.

Highlights from this Season

We have had a fantastic season in the BUCS league this year, placing second, the highest we have achieved in the last couple of years. Our successful season resulted in us winning Team of the Year and our coach receiving Coach of the Year at the Team UWS Sports Ball 2025 as well as other committee members winning individual awards to highlight their positive contributions to the team. We fundraised £310 for Myeloma UK by walking and running 500 miles as a team in February. We were super proud as we got a special thanks from Myeloma UK themselves. We were sponsored by Vodka Wodka Glasgow City Centre this season which was an amazing sponsor and provided us with some great nights out and an opportunity to get to know each other better as a team.

Get involved!

We train once a week with the date and time to be confirmed for next season, but for any updates and inquiries we are active on our Instagram page @uwsnetball so if you have any questions about joining the club or just want to know more about the club in general, please don't hesitate to get in touch!



Words from the Committee

"Playing for UWS has been one of my favourite parts of university and it's safe to say my university experience wouldn't be half as good without this team, I've made best friends for life!" **President [Sophie Sinclair]**

"I have been a part of UWS netball for two years now and it is a great community to be part of and a great way to take some time out from studying. Netball is a fun and supportive team, and I have felt welcomed into the team from the first training session I attended. I have loved being a part of it and I can't wait for next season." **Vice-President [Catherine Cleer]**

"Playing netball with the UWS team has been great for pushing myself outside of my comfort zone in a new sport and meeting people outside of my course. It has contributed massively to my university experience!" **Secretary [Abby Little]**

"Throughout my time at UWS, coaching the netball team has been by far the best experience ever. Being a part of the netball team allows you to meet new people from different courses, build confidence and develop new skills within the team. The best part about being in the netball team is, it's not only a team that keeps you fit or teaches you a new sport it also allows you to develop some of the best friendships you will make throughout university!" **Coach [Emma Louise Creighton]**

"Playing for the netball team is a great place to meet new people and interact with people outside of your university course." **Captain [Ella Comiskey]**



My Gym in Focus

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Paisley Campus Gym

UWS Sport operate a gym within the Paisley Campus, located on the 3rd floor of the Students' Union building on Storie Street and benefits from an exciting fitness suite and group fitness area.

The facility contains a wide range of equipment, including:

- Cardiovascular zone
- Fixed Resistance zone
- Functional Training zone
- Strength & Conditioning zone, including a full range of free-weights
- Areas for Group Fitness, including Indoor Cycling



Whether you're looking to stay consistent, switch up your routine, or push your limits, there's a class for you.

How to book

Call: 0141 848 3076



Message us on Facebook and Instagram or email us at: uwspaisley.campusgym@uws.ac.uk

Let's make 2025 your fittest year yet!

Location

3rd floor Students' Union building, Storie Street, Paisley Campus

Opening hours

Monday to Friday: 07.30 - 21.45

Saturday & Sunday: 10.15 - 15.45

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-1.00 Indoor Cycling Group	12.30-1.00 Outdoor Bootcamp	12.30-1.00 Indoor Cycling Group	12.30-1.00 Outdoor Bootcamp	12.30-1.00 Indoor Cycling Group
1.20-1.50 Get Started	1.15-1.45 Wellbeing Walk	1.20-1.50 Get Started	1.15-1.45 Wellbeing Walk	1.20-1.50 Get Started
5.00-5.30 Body Blast	5.00-5.30 Indoor Cycling Group	5.00-5.30 Body Blast	5.00-5.30 Indoor Cycling Group	5.00-5.30 Body Blast
5.30-5.45 Abs Blast	6.00-6.30 Body Blast	5.30-5.45 Abs Blast	6.00-6.30 Body Blast	5.30-5.45 Abs Blast
7.00-8.00 Induction	6.30-6.45 Abs Blast	7.00-8.00 Induction	6.30-6.45 Abs Blast	7.00-8.00 Induction

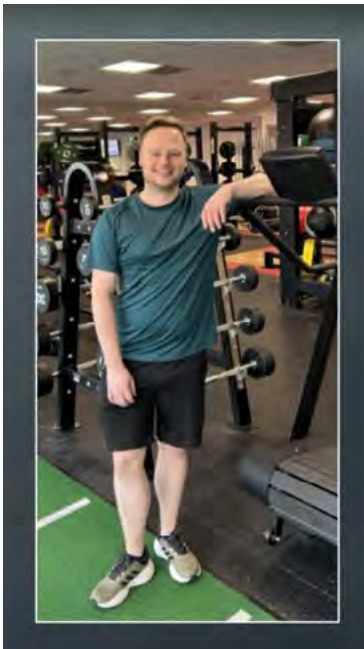
Member Journey

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Scott Dunn UWS Staff Member

I can't recommend the UWS Lanarkshire Gym enough. The gym boasts a wide range of well-maintained equipment, enabling me to diversify my gym sessions and target different areas of training. There's also a variety of classes offered throughout the day, which are high energy, motivating and fun to attend. The sports attendants are always friendly and eager to work with you to help achieve your goals.

Personally, I've been collaborating with Lynsey to incorporate more weights into my routines. This has not only improved my strength and overall fitness levels but also helped me achieve personal bests in the gym – something I never had the confidence or knowledge to pursue on my own. As a staff member, I have free access to all this equipment, classes and expert guidance.



SCAN ME

Scan the QR code
to activate your
free membership.

Workout of the Month

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If you need any assistance with the exercises, feel free to ask any member of our gym team.

Bodyblast Workout

- 1 Mountain Climbers
- 2 Kettlebell Swings
- 3 Half Burpees
- 4 Jumping Lunges
- 5 Incline Press Ups
- 6 Knee Raises
- 7 Dumbbell Lateral Raises
- 8 Dumbbell Front Raises
- 9 Dumbbell Pullover
- 10 Powerbag Squats
- 11 Scissor Kicks
- 12 Ab Rolls

3 Sets
30 Seconds Work
15 Seconds Rest
(Rest for 40-60 seconds between sets)

Can you complete this month's Bodyblast workout?
Try it for yourself at your UWS Gym

Get your active journey started at UWS

UWS Sport is inclusive for everyone, and we welcome you to get involved. We're here to support you on your fitness and wellbeing journey!

Our passion for sport and exercise extends far beyond our free student and staff gym access. We have a range of sport teams across numerous disciplines and our students represent UWS in individual competition as well. Team UWS members represent us at Scottish and British level university competition.

Scan the below QR code to join a UWS Club and activate your free gym membership.



For all general enquiries

✉ sportenquiry@uws.ac.uk

