

# UWS SPORT

2ND EDITION  
2026  
NEWSLETTER



UNIVERSITY OF THE  
WEST of SCOTLAND  
UWS

# WELCOME

UWS Sport welcomes you to the 2nd edition of our 2026 Active Life newsletter.

In this edition we'll look ahead to the Team UWS 2026 Sports Ball and highlight some of our Individual Athletes' achievements, UWS Dumfries Crichton Campus Gym, our Fitness Class Timetable at UWS Paisley and a new Workout of the Month for you to try in any of our on-campus gyms or at home.

**UWS  
Sports  
Ball**

**West  
Weekend  
of Sport**

**My Gym  
in Focus -  
Dumfries**

**Paisley  
Fitness Class  
Timetable**

**Member  
Testimonial  
- Dumfries**

**Workout  
of the Month**

TEAM UWS PRESENTS

# 2026 SPORTS BALL

27<sup>TH</sup> OF MARCH

GRAND CENTRAL HOTEL, GLASGOW



**The Team UWS Sports Ball is back for another year, with this year's event taking place on the 27th March 2026 at the Grand Central Hotel, Glasgow!**

Taking place at the end of the competitive BUCS season, this event is a great way of celebrating the year's successes and achievements, proving year in and year out to be a highlight of the season. In 2025, the event was held at the Village Hotel with the evening being the ideal way to end the season and bring together all members of the Team UWS sports clubs. The main part of the evening is the presenting of awards, which includes Sports Personality of the Year, Team of the Year, Coach of the Year, and many others. The 16th annual Sports Ball in April 2025 saw some historic awards handed out as Hollie Smith (Snowboarding) took home Sports Personality of the Year and was inducted into the Hall of Fame following her success on the international platform, bringing home a silver medal for GB at the FISU Winter Games. For the first time in recent history, Netball claimed the Team of the Year title with Cheerleading taking home Progressive Club of the Year for the first time too!

**Interested in coming along?**

Scan QR code to  
buy your tickets



# Individual Athletes Shine in West Weekend of Sport

As the new academic term begins, we thought now is the best time to reflect on what some of our Team UWS athletes have been up throughout the beginning of 2026. From the badminton courts to the gymnastic and judo mats, our student athletes have demonstrated outstanding performances in their respective disciplines.

The Ashoka Scottish National Badminton Championships saw Team UWS representation, both past and present, across all events/ disciplines throughout the weekend of sport. The mixed doubles scholar Brooke Stalker competing against the pairing of scholars Toni Woods and Callum Smith playing together in preparation for their mixed doubles debut at the upcoming BUCS Nationals weekend. Callum also continued his success into the men's singles category, competing against the best players in the country to take home his sixth consecutive National title for the category. Reflecting on his time at the championships Callum said "Overall [Toni and I] were extremely happy with our performance. We have now got full confidence and no fear heading into BUCS and are more than ready to bring UWS some medals!" With this performance, Callum retains his title as the current No. 1 Men's singles player in Scotland.



From the range to the mats, judo athlete Mathew Sweeney continued to dominate the student circuits. Hosted at the University of St Andrews with competitors travelling from Scotland, Mathew retained his championship title for the -81kg category winning five consecutive fights at the Scottish Student Sport Judo Championships.

The SSS competitions continued over in Edinburgh at Pleasance Sport with the Table Tennis Championships seeing four of our athletes competing across the events; marking a first for Team UWS representation in this competition!

From Edinburgh to across the border in Leicester, scholar Andrew Dickie was flying the flag for UWS at the BUCS Gymnastics Championships. Competing across multiple disciplines, Andrew used this first competition of the season to debut some new skills and combos. With this being Andrews BUCS debut having to miss the competition last year to injury, he noted it to be an "overall great experience" and is looking forward to the rest of the season.





# MY GYM IN FOCUS

## DUMFRIES

The gym offers a wide range of equipment and caters for all fitness interests and abilities. Our staff are on hand to help motivate and inspire you to reach your fitness goals.

The facility contains a wide range of equipment, including:

- Cardiovascular zone
- Fixed resistance zone
- Functional training equipment
- Strength & Conditioning zone, including a full range of free-weights

The campus also benefits from the sports hall, which can accommodate a wide range of activities such as badminton, netball, pickleball and volleyball. The facility and equipment available are ample to support a wide range of sports and recreation programmes. Free car parking is also available – charges may apply for electric vehicle charging.

### FOR INFORMATION OR TO BOOK A CLASS:

📞 Call: 01387 345 856

✉ Email: [SportDumfries@uws.ac.uk](mailto:SportDumfries@uws.ac.uk)

📱 Follow us on Facebook and Instagram

## OPENING TIMES

### MON

0700–0900

1230–1325

1500–1745

### TUES

0700–0900

1230–1325

1500–1930

### WED

0700–0900

1230–1325

1600–1745

### THURS

0700–0900

1230–1325

1500–1930

### FRI

0700–0900

| 1230–1325



WHETHER YOU'RE  
 LOOKING TO STAY  
 CONSISTENT,  
 SWITCH UP YOUR  
 ROUTINE, OR PUSH  
 YOUR LIMITS,  
 THERE'S A CLASS  
 FOR YOU.

**BOOK  
 NOW**

**0141 848 3076**

[uwspaisley.campusgym@uws.ac.uk](mailto:uwspaisley.campusgym@uws.ac.uk)



**UWS SPORT**

Paisley Campus Gym

Monday to Friday 07.30 - 21.45 | Saturday & Sunday 10.15 - 15.45



**CLASS TIMETABLE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12.30-1.00 <b>Bootcamp</b>	12.30-1.00 <b>HIIT</b>	12.30-1.00 <b>Bootcamp</b>	12.30-1.00 <b>HIIT</b>	12.30-1.00 <b>Bootcamp</b>
1.20-1.50 <b>Get Started</b>	1.00-1.15 <b>Abs and Core</b>	1.20-1.50 <b>Get Started</b>	1.00-1.15 <b>Abs and Core</b>	1.20-1.50 <b>Get Started</b>
5.00-5.30 <b>HIIT</b>	5.00-5.30 <b>Bootcamp</b>	5.00-5.30 <b>HIIT</b>	5.00-5.30 <b>Bootcamp</b>	5.00-5.30 <b>HIIT</b>
5.30-5.45 <b>Abs and Core</b>	5.30-5.45 <b>Abs and Core</b>	5.30-5.45 <b>Abs and Core</b>	5.30-5.45 <b>Abs and Core</b>	5.30-5.45 <b>Abs and Core</b>
7.00-8.00 <b>Induction</b>	7.00-8.00 <b>Induction</b>	7.00-8.00 <b>Induction</b>	7.00-8.00 <b>Induction</b>	7.00-8.00 <b>Induction</b>

# MEMBER TESTIMONIAL

## Garry Collins Dumfries Staff Member

Garry has been taking full advantage of his free staff membership at UWS Dumfries Campus, playing a pivotal role in his training for a long-distance cycling event in August. The Dumfries campus gym was a clear and obvious perk of being a staff member and I wasted no time joining. The gym staff have been excellent in supporting my training needs and I have been able to develop a convenient training regime thanks to the support, advice and encouragement from the gym staff. I am a road cyclist and currently training for the London - Edinburgh - London long distance bike ride in August. Whilst training on the bike is obviously important, I really needed to improve my core stability and strength - this is often overlooked by cyclists, and to be able to cycle for 120+ hours my core and upper body needed work!

Thanks to Andy, Tuesday and Thursday evening after work were just what I need, and he put me through my paces with innovative and forever changing workouts that focused on my requirements. This has complimented my own cycle training, and I am so fortunate to have access to Dumfries gym along with the guidance, support and encouragement they provide for FREE! I have definitely noticed an improvement in my comfort whilst doing training rides, so those midweek workouts are really making an improvement.

**START YOUR  
JOURNEY WITH  
UWS SPORT**



**JOIN TODAY**



# Body Blast Workout

- 1 Burpees
- 2 Dumbbell Squat & Press
- 3 Single Leg Press-Ups
- 4 Overhead Lunges
- 5 Dumbbell Bentover Row
- 6 Kettlebell Deadlift
- 7 Dumbbell Lateral Raises
- 8 Dumbbell Hammer Raises
- 9 Bird-Dogs
- 10 Knee Tucks
- 11 Plank Jacks
- 12 Ab Rolls

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

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

# START YOUR ACTIVE JOURNEY WITH UWS SPORT

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 QR CODE TO JOIN A UWS CLUB AND ACTIVATE  
YOUR FREE GYM MEMBERSHIP.**



For all your general  
enquiries

[sportenquiry@uws.ac.uk](mailto:sportenquiry@uws.ac.uk)