

ACTIVE Life



5th
Edition

UNIVERSITY OF THE
WEST of SCOTLAND
UWS



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Welcome

UWS Sport welcomes you to the 5th edition of our Active Life newsletter.

In this edition, we highlight the Annual Team UWS Sports Ball, our new Spring/Summer 2025 Fitness Class Timetable, as well as our new Workout of the Month for you to try in any of our on-campus gyms or at home.

16th Annual Team UWS Sports Ball

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At the beginning of April Team UWS came together for the 16th Annual Sports Ball to celebrate the success of our individuals, and teams, and to thank those whom without their efforts, Team UWS wouldn't be what it is today. Held at the Village Hotel, Glasgow, the night brought together our teams, individual athletes and UWS staff to honour the dedication and success of our talented athletes.

The evening kicked off with a warm welcome from Team UWS Development Co-Ordinator and host for the evening, Johanthan MacLeod; followed by a recap of this season's performance delivered by Team UWS Sports President, Freya Rennie.

As with tradition, a number of prestigious awards were handed out during the night, recognising both individual and team accomplishments.



Some of the honours included:

- **Sports Personality of the Year** which is the highest accolade that a Team UWS student athlete can achieve during their time at UWS.
- **Coach of the Year** which is awarded to a coach who has shown outstanding commitment and achieved success for their club.
- **Performance of the Year** is given to the club or individual who had an outstanding performance this academic year.
- **Progressive Club of the Year** is awarded to the team who shown substantial development throughout the academic year. The shortlist is:
- **Team of the Year** is one of the most coveted awards and is given to them team that has either had outstanding success in competition or has contributed on a high scale to Team UWS.



Sports Personality of the Year went to Snowboarding sports scholar Hollie Smith, who was selected by GB students to compete at the World University Games in Torino Italy, taking home a silver medal for Britian; one of only 3 British athletes to do so.

Presented by Glasgow Gladiators CEO and SportScotland board member Tony McDaid, coach of the year proved to be a competitive category. With a shortlist of coaches from, Pom, Basketball and Netball, it was coach Emma Creighton from the Netball team who took home the title.

With Team UWS being part of breaking a 20 year wait, Performance of the Year was awarded to sports scholar Matthew Waring. The end of 2024 found Matthew in Ibiza, Spain competing at the European Junior Badminton Championships where he battled his way to the medal matches and brough home a Bronze medal for the U19's Mens singles; the first Scottish Medal for the category in 20 years and a performance deserving of an award.



Sponsored by Pulse Fitness, both Progressive Club of the Year and Team of the Year are highly sought after awards. With a competitive shortlist consisting of three worthy clubs in each category, it was Cheerleading who took home their progressive title and Netball who fought their way to the top for their team of the year win.

Every year the event is organised and ran by the staff of Team UWS and hence a thanks must go to the team who made the evening such a success due their tireless efforts to ensure UWS student athletes have every opportunity to shine both on and off the field, court, range or slopes. As this academic year comes to a close, we look back on this year's successes with pride, and forward to the next fixture season with excitement.

Congratulations again to all the nominees, winners, individual athletes and teams who made this year unforgettable.

Lets Go West!



Sports Ball 2025

Full List of Winners

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Colours

- Emily Zenuwah
- Barra Fadel
- Amy Tainsh
- Susanne McKenzie
- Catherine Cleer
- Tobi Ganzallo
- Zoe Millar
- Artemiz Maleki
- Rebecca Sullivan
- Victoria Otterson

Full Blues

- Victoria Otterson
- Dilyn Becker
- Harry Orr
- Hollie Smith
- Viktoria Elohegyi

Half Blues

- Olivia Kendal
- Ryan Grant
- Foday Kamara
- Matthew Waring
- Matthew Sweeney
- Brooke Stalker
- Sarah Brand
- Jonathon Downey
- Kayla Jardine
- Solomon Rice

Above & Beyond

- Emily Zenuwah & Victoria Otterson
- Elidh Kerr
- Amy Tainsh, Susanne McKenzie & Brogan Muir

Fresher of the Year

- Hannah Watton - Pom
- Erin Runciman - Netball
- Ross Condry - Lanarkshire Football
- Gracie Thompson - Cheer
- Sam Conchie - Paisley Football
- Olivia Grame - Volleyball
- Stephen Harkness - Archery
- Ryan Grant - Basketball
- Xavier Mutenge - Basketball

Coach of the Year

- Emma Louise Creighton

Performance of the Year

- Matthew Waring

Team of the Year

- Netball

Progressive Club of the Year

- Cheerleading

Sports Personality of the Year

- Hollie Smith

OUTDOOR BOOTCAMP

UNIVERSITY OF THE
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UWS

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**BEGINS
6 MAY
2025**



**TUES & THURS
12.30 - 1PM**



**PAISLEY
CAMPUS GYM**



UNIVERSITY OF THE
WEST of SCOTLAND
UWS

TEAM
UWS

UWS Sport Presents

WELLBEING WALKS

Starts
6 MAY

EVERYONE WELCOME

TUES & THURS
13.15-13.45

MEET AT THE STUDENT HUB

**JOIN
US**

HOW TO BOOK AT AYR CAMPUS

Call: 01292886281 | **Message us:** Facebook and Instagram | **Email:** ayrsportsservices@uws.ac.uk

| MON | TUE | WED | THUR | FRI |
|--|--|--|--|--|
| 09.30-10.00 High Intensity Interval Training | 09.30-10.00 Body Blast | 09.30-10.00 High Intensity Interval Training | 09.30-10.00 Body Blast | 09.30-10.00 High Intensity Interval Training |
| 12.00-12.30 Get Started | 12.00-12.30 Abs Blast | 12.00-12.30 Get Started | 12.00-12.30 Abs Blast | 12.00-12.30 Get Started |
| 14.00-14.30 Body Blast | 14.00-14.30 High Intensity Interval Training | 14.00-14.30 Body Blast | 14.00-14.30 High Intensity Interval Training | 14.00-14.30 Body Blast |
| 14.00-14.30 Abs Blast | 14.00-14.30 Body Blast | 14.00-14.30 Abs Blast | 14.00-14.30 Body Blast | 14.00-14.30 Abs Blast |
| 18.00-18.30 Induction | 14.00-14.30 Abs Blast | 18.00-18.30 Induction | 14.00-14.30 Abs Blast | 18.00-18.30 Induction |

Fitness classes are tailored to all fitness levels, if you have any questions please ask one of our staff within the gym.

My Gym in Focus - Lanarkshire

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Lanarkshire Campus Gym

UWS Sport operate a gym within the Lanarkshire Campus, located in building 1 on the ground floor. The gym 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

Contact Information

Email: sportlanarkshire@uws.ac.uk

Tel: 01698 894420

Web: Lanarkshire Campus Gym



Member Journey

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Michelle Hodgson and Claire Marshall benefiting from free staff gym membership

Claire and I took full advantage of our free gym memberships in Dumfries campus and joined the gym. We were struggling for motivation, consistency, and establishing a routine. We initially began training before work around 3 times per week but struggled with workout routines and what was best for us. We approached Ross, the sports coordinator at Dumfries campus who provided us with a training programme as part of service for all members. This then under Ross's supervision gave us the structure & routine we so desperately needed. We now train consistently 5 days per week as part of our work routine, which we find extremely convenient.

We are now starting to reap the rewards 6 weeks in, and we are enjoying great results. The onsite facilities are great and allow us to build it into our work routine/ we can't thank Ross enough and we would urge everyone to take advantage of this free service for all staff & students.



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 Half Burpees
- 2 Squat Jumps
- 3 Mountain Climbers
- 4 Bus Drivers
- 5 Powerbag Upright Row
- 6 Overhead Lunges
- 7 Powerbag Rows
- 8 Single Leg Press Ups
- 9 Ab Rolls
- 10 Side Plank (Left & Right)
- 11 Scissor Kicks
- 12 Plank Hip Dips

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

