

UNIVERSITY OF THE
WEST of SCOTLAND
UWS

 TEAM
UWS

January Newsletter 2025

ACTIVE Life



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Welcome

Happy New Year!

UWS Sport welcomes you to our January 2025 edition of our Active Life newsletter.

We hope to inspire you to take part in something new at our on-campus gyms or join a sports team that will help you to get active, make new friends, and will support you on your journey as a student at UWS!

New Year, New You

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Start the new year in the perfect way and visit your UWS gym!

Come along to our gym facilities and get started for a happy healthy 2025!

Let the UWS Sport team help you to make progress towards your goals this year.

Take your first step today by signing up for your **FREE** gym membership by scanning the QR code below.



SCAN ME



Fitness Class in Focus

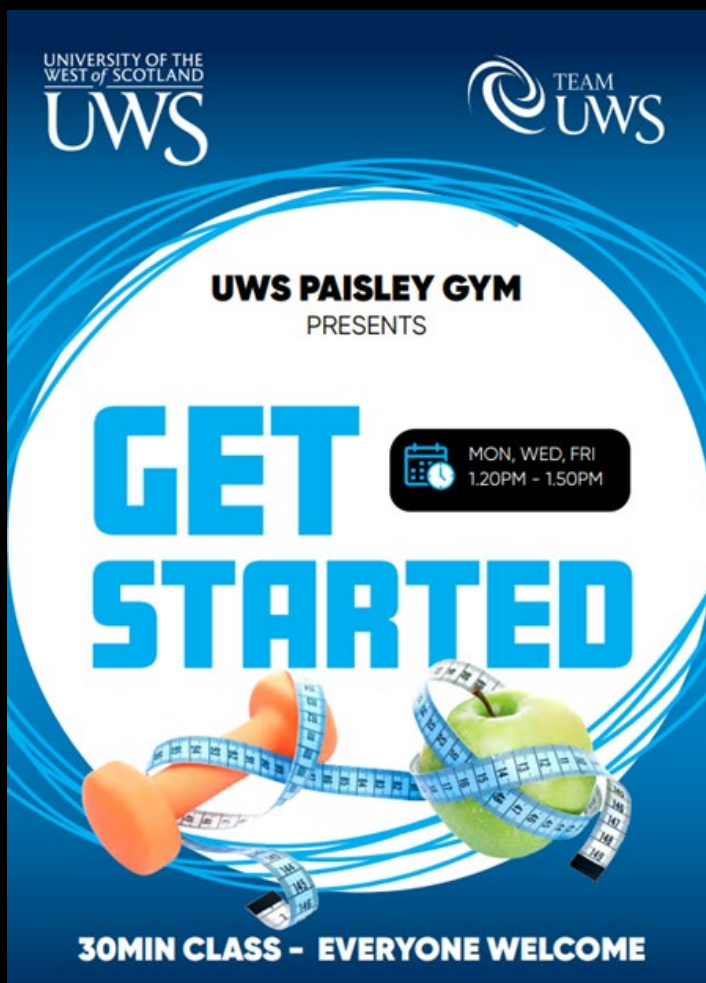
Let our team help you get started on your fitness journey.

An instructor will guide you through the gym and demonstrate a piece of kit in each area.

This class helps improve your understanding and technique on your choice of equipment.

Drop into the gym at the given time or drop us an email to book ahead of time. We look forward to welcoming you along!

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The poster features the University of the West of Scotland (UWS) logo and the Team UWS logo at the top. The main text reads 'UWS PAISLEY GYM PRESENTS GET STARTED'. A small icon of a calendar and clock indicates the schedule: 'MON, WED, FRI 1.20PM - 1.50PM'. Below the text, there is an image of two orange dumbbells and a green apple, both wrapped in a blue measuring tape. At the bottom, it says '30MIN CLASS - EVERYONE WELCOME'.



MON, WED, FRI - 1.20pm

GET IN TOUCH TO BOOK:

 0141 848 3076

 uwspaisley.campusgym@uws.ac.uk

 /UWSPaisleyGym

My Member Journey

Jennifer Hamilton, Lanarkshire Campus Staff member, benefited from the free staff membership.

"I started using the UWS gym around March 2023, I joined after I decided to challenge myself and signed up to climb Mount Everest base camp and needed to start training. I started strength training with Julie, a personal trainer at the Lanarkshire campus as I had never used weights before and wanted to learn how to use them properly. When I became more confident working out on my own, I began to enjoy the gym and used it more often. The staff are always friendly, welcoming, and encouraging and having free gym access for staff and students enabled me to work out on my lunch break everyday as well as having PT sessions after work. I achieved my goal reaching Base Camp in May 2024 and plan to carry on training for my next goal - Kilimanjaro."



Scan the QR code to activate your free membership.

Workout of the Month

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

Kettlebell Workout

- 1 Kettlebell Swings
- 2 Kettlebell Upright row
- 3 Kettlebell Squats
- 4 Kettlebell Press Up
- 5 Kettlebell Russian Twists
- 6 Kettlebell Shoulder press
- 7 Kettlebell Lunge
- 8 Kettlebell RDL
- 9 Kettlebell Deadlift
- 10 Kettlebell Bent over row
- 11 Kettlebell Jackknife
- 12 Kettlebell Halo

3 Sets
40 Seconds Work
20 Seconds Rest
(Rest for 40 seconds between sets)

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

The Story So Far

As the new academic trimester begins, it's time to reflect on the events that defined last terms sporting achievements.

One team taking this term by storm has been our Lanarkshire Football team, showcasing their consistency and determination throughout their BUCS season thus far. They continue their unbeaten streak throughout the season and ended the semester with a 12-2 victory against City of Glasgow Is, cementing their reputation as a powerhouse of the division.

Both our Men's and Women's Volleyball team have delivered some memorable performances this season. The women's team showcased that hard work pays off, gaining their first win against Abertay and later progressing through to the next round of the BUCS Conference Cup which is scheduled to take place on the 9th of February. The men's team also finished the season strong with a 3-2 win against GCU coming back from two sets down.

Netball have had a successful start to their year winning four out of five of their league matches and ending the semester 2nd in their tier. The Men's Basketball teams are having a strong season contending on a number of fronts, as the Men's 1's reached the final four of the Scottish Student Basketball National Championships, they are also in contention for the BUCS Tier 1 title and are on the hunt for a British title.

As we look ahead to the next academic term and the promise of a new year, we can't help but feel excited about what's to come for our teams. With everyone poised for even greater accomplishments, the future of Team UWS is looking bright this season!



Sport Scholar Success

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The 24/25 academic season is record-breaking for the Team UWS Scholarship Programme, with 37 athletes being supported across 20 sports! With the new term starting back, it's time to reflect on some of the successes from the year so far.

Scholar Viktoria Elohegyi had a strong start to her season, maintaining her Scottish Senior title in Olympic Weightlifting and setting two new personal bests and Scottish records in the process. Viktoria's performance sets her up for entering the World Masters Championships later this year.

Archery scholars Victoria Otterson and Olivia Kendal flew the flag for Scotland alongside three other UWS archers and alumni, Freya, Erin and Josh, representing the country at the British Indoor Championships Home Nations event and winning two bronze medals in the process.

Matthew Waring finished 2024 in style winning a bronze medal at the Junior European Badminton Championships and the following week won a gold medal at both the individual and doubles U19 Junior Scottish Championships.

With the new term beginning, many of our scholars' seasons are just now kicking into gear and based upon the success of the athletes so far, we can't wait to see what achievements our individual athletes bring home in the coming months!



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

