

3rd Edition

# ACTIVE Life



UNIVERSITY OF THE  
WEST of SCOTLAND

UWS

TEAM  
UWS

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# Welcome

UWS Sport welcomes you to the 3rd edition of our Active Life newsletter.

In this edition, we announce some exciting news for Sports Ball 2025, catch up with some medal success over recent weeks, and share our new Workout of the Month for you to try in any of our on-campus gyms or at home.

TEAM UWS PRESENTS

# 2025 SPORTS BALL

4TH OF APRIL

VILLAGE HOTEL, GLASGOW



VILLAGE  
HOTEL CLUB

#LetsGoWest

TEAM  
UWS

# We are delighted to announce the 16<sup>th</sup> annual Team UWS Sports Ball will take place on Friday 4<sup>th</sup> April 2025 at the Village Hotel, Glasgow.

Each year Team UWS hosts its annual Sports Ball to recognise and celebrate the achievements and dedication of our student athletes, volunteers and coaches. It is the perfect opportunity to end the competitive season and celebrate with the wider Team UWS community.

The evening will consist of an awards presentation, a delicious 3 course meal and entry into the Official Team UWS After Party.

The 15th Annual Sports Ball in March 2024 saw Jack MacGregor (former UWS Sport Scholar for Badminton) awarded Sports Personality of the Year and his induction into the Team UWS Hall of Fame following his success on the national and international badminton stage for Scotland. Men's Basketball took home their fourth Team of the Year title in five years, whilst Netball won Progressive Club of the Year for the first time since 2019.

With the 2024/25 season coming to an end and this years' Sports Ball fast approaching, we can't wait to see who will be walking away with some coveted awards.

Be sure not to miss out on the best night of the year and **secure your tickets today.**

# West Weekend

## Athlete Update 2025

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From St Andrews to Ayr, it was a busy West Weekend for our athletes who were competing across Scotland.

Team UWS got off to a golden start as UWS Sport Scholar Matthew Sweeney dominated the mats at the SSS Judo Championships. Matthew took down a host of competitors on his way to claiming the Gold Medal and the Scottish University Judo National Champion title at the SSS Judo Championships in St Andrews.

The Scottish Student Sport Games hosted 6 sports across 3 cities with 1,000 students participating. UWS Sport Scholars Jamie Connor and Sophie Evans clinched the bronze medals in the 1500m and 200m respectively at the SSS Indoor Athletics Championships. Murray MacGregor took home 100m Freestyle bronze at the SSS Swimming Championships. In Dundee, Logan Kidd and Zara Kirkwood represented the West region in Wheelchair Basketball, joining our 3x3 Basketball Men's team Alex Crisiu, Andrew Read, Baraa Fadel and Josh Jones at the SSS 3x3 Basketball Festival, with both teams taking home the bronze.

More Scholar success saw Toni Woods, Mathew Waring, Brooke Stalker and alumni Jack MacGregor take on the Badminton Scotland National Championships across both singles and doubles events. Coming off the back of their successful end to the 2024 season, the team of players brought home a collection of medals between them.

The first competition of the year for archery saw Scholars Olivia Kendal and Victoria Otterson competing at the West of Scotland Archery Championship alongside Team UWS Sports President Freya Rennie and many other Team UWS Archery alumni. Competing against some tough competition from across the UK, collectively our archers finished the weekend with three championship titles and a selection of medals.

Congratulations to all our athletes for another successful West Weekend.

Lets Go West!



# Fives Tournament

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**TEAM UWS**



**5-A-SIDE**

**TOURNAMENT**

FREE FOR ALL UWS  
STAFF AND STUDENTS!



FRIDAY 14TH MARCH

**SIGN UP NOW!**

SEEDHILL FOOTBALL COMPLEX

**Get your teammates and  
play some Friday Fives!**

Team UWS are welcoming staff and students to get involved in our first ever 5-a-side football tournament, on **Friday 14th March 3-6pm.**

The tournament is open to all UWS staff and students.

# FREE FAMILY PASS

**INTERESTED IN BRINGING YOUR FAMILY ALONG TO THE GYM?**

UWS Sport are offering exclusive family gym passes to help you and your loved ones stay fit and have fun. Pop in and speak to a member of our gym team for more information.

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# Positive Habits

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## Strength & Energy: Kickstart Your Fitness Journey

It's a great time to reset, refocus, and reignite your fitness routine. Whether you're aiming to build strength, boost endurance, or simply feel more energised, now is the perfect moment to take action. Every new day is an opportunity to make progress – so why not make it count? Set fresh goals and leave the past behind. No matter where you're starting from, we're here to support you every step of the way. This could be the time you make your fitness journey stronger than ever.

## Full Body Burn: Challenge Your Entire Body

Start your fitness journey strong with Full Body Burn – a high-intensity class designed to challenge your entire body. In just 30 minutes, you'll combine bodyweight movements and strength training to improve endurance, agility, and overall fitness. Plus, these high-intensity workouts are great for boosting metabolism, so you'll keep burning calories long after the session ends. Whether you're starting a new routine or looking to take your fitness to the next level, this class is for you. Join us, feel the energy, and embrace a healthier, more powerful version of yourself.

### HOW TO BOOK

Call: 01292886281 | Message us on Facebook

Let's make this your fittest year yet!

## UWS AYR CAMPUS GYM



# FULL BODY BURN

20MIN CLASS



20 mins (18:00 every weekday) A functional fitness class inspired by the HYROX competition format, which combines running with various functional movements like rowing, lunges and burpees. This class provides a full-body workout with an emphasis on endurance, strength, and stamina, mimicking the challenges found in a HYROX event.

### HOW TO BOOK

Call **01292 886281** or email: [ayrsportservices@uws.ac.uk](mailto:ayrsportservices@uws.ac.uk)



MON TO FRI  
6.00PM

Wear comfortable, breathable non-restrictive clothing & don't forget to bring a towel to freshen up and a water bottle to stay hydrated!



# Member Journey

John Fox  
Community Member

"I joined the UWS gym after a few years away from regular exercise. The facility was recommended to me by a family member, so I made contact and in no time had my induction and was back in the routine. The gym is very clean and modern, and the staff are welcoming and always greet you by name. Lynsey, Andy, Ethan and Euan have been brilliant and are always on hand for advice and to keep you motivated. I've managed to lose 28lbs in 6 months and feeling the benefits as a result as I now have more energy and sleep better. I couldn't recommend the UWS gym and staff highly enough."



**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 Powerbag Squats

2 Kettlebell Swings

3 Leg Raises

4 Dumbbell Reverse Lunge

5 Press Up

6 Scissor Kicks

7 Single leg glute bridge

8 Shoulder Press

9 Russian Twists

10 Donkey Kicks

11 Bicep Curl

12 Jackknife

3 Sets  
40 Seconds Work  
20 Seconds Rest  
(Rest for 40 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](mailto:sportenquiry@uws.ac.uk)

