WELCOME TO THE 2021

SAINTS SPORT

CLUB BOOK

BROWSE OUR 52 SPORTS CLUBS

FIND OUT THEIR UNIQUE ATMOSPHERES, WHAT OPPORTUNITIES THEY OFFER, AND WHAT MAKES THEM GREAT!

LEARN MORE ABOUT WHAT SAINTS SPORT OFFERS!

Welcome everyone!

Jess Smith
Athletic Union President

I'm Jess, Athletic Union President - your full time representative on everything to do with student sport!

I'd love for every student to get involved with sport in some way during their time in St Andrews. With 52 clubs, a gym membership, and recreational sessions, I really believe there is something for everyone, especially as nearly every club welcome complete beginners! Getting active is such a fantastic opportunity to meet new people, balance your studies, and look after your physical and mental health, and I know that my university experience wouldn't have been the same without my involvement with Saints Sport.

I've created this Club Book to help students find out about all our clubs and what they offer! All the clubs have created their own pages, so you have direct access to their unique atmospheres and values.

What's inside:

Pg 3	Club navigation
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Pg 61	Saints Sport for All
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Find out more:

Follow us:

Find our clubs by searching @usta[name of sport]

Check out our club websites

Purchase membership

Email: aupres@st-andrews.ac.uk

Plenty of clubs do great across loads of categories - this is just a small sample!!

Not sure what sport to try?

THESE CLUBS ARE GREAT FOR ...

Personal development

Taekwon-do
Netball
Dance
Rugby
Kendo
Rifle

People who are new, but want to compete

Trampoline & Gymnastics
Ultimate Frisbee
Cheerleading
Clay Pigeon
Boxing
Futsal
Judo

Getting outdoors

Sub-Aqua
Lacrosse
Riding
Shinty
Parkour
Sailing
Golf
Boat

People who don't want to compete

Mountaineering &
Mountain Biking
Swimming
Handball
Jujitsu
Karate
Polo

Low time commitment

Table Tennis
Windsurfing
Volleyball
Badminton
Aikido

Cardio fitness

Ice Hockey
Hockey
Cricket
Squash
Basketball
Tennis
MMA

EVERY CLUB said they'd be great for **BEGINNERS** ...so don't be afraid to try something new!

Having a big postgraduate community

Triathlon & Road Cycling
Athletics and XC
Waterpolo
Archery
Korfball
Football
Canoe

Building strength

Olympic Weightlifting
Pole Dancing
Snowsports
Ice Skating
Fencing
Surf

MEET NEW PEOPLE!! almost every club said they're great for **COMMUNITY FEEL**

University of St Andrews

AIKIDO CLUB

Non-competitive Japanese martial art based on self-defence

- teaches how to use attacker's own strength and aggression against them
- techniques focus on throws, lock joints and some weapons training
- for ALL abilities - does not require any previous athletic experience

@uostaaikido

@UstAAikido / University of St Andrews Aikido Club

aikido@st-andrews.ac.uk

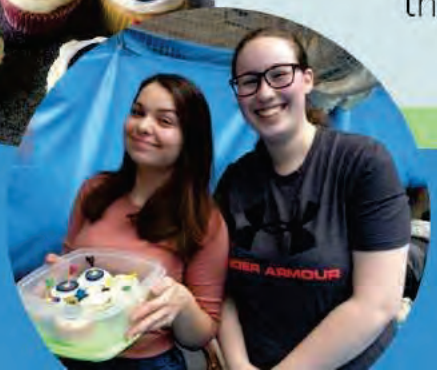
ARCHERY

ACCESSIBLE

Our club is open to anyone, whether you've never tried archery before or you've been shooting for years! We run a beginners course at the beginning of the academic year. Archery is also accessible to many people with disabilities and our club provides equipment to all members who need it.

COMPETITIVE

We take part in lots of competitions throughout the year, and our new members can enter into competitions as soon as they've completed our beginners course. We run a performance session each week with more focused coaching to improve our competitive skills.



SOCIAL

Our sessions are sociable and fun and we love to run social events throughout the year, including trips to the pub, fun evenings of films and games, and our annual Christmas dinner.

HOW TO FIND OUT MORE

Facebook: facebook.com/UStAArchery/
Instagram: @ustaarchery
Email: archery@st-andrews.ac.uk
or find us at the sports fayre!

SAINTS ATHLETICS & CROSS COUNTRY

University of St Andrews | Athletics and Cross Country Club

Athletics and Cross Country Club

WHAT MAKES THE CLUB SPECIAL?

We are a big friendly club offering training and competitive opportunities for all runners and jumpers at the University. Our aim is to encourage and support athletes of all abilities to achieve their goals in a fun and social environment.

WHO CAN JOIN?

Anyone from the most experienced runners to compete beginners will feel welcome at the club! We have opportunities for everyone with our beginner runs and intense interval sessions.

WHAT DO WE OFFER?

We offer a mixture of fun social club runs and more intense interval sessions throughout the week with occasional races and competitions!

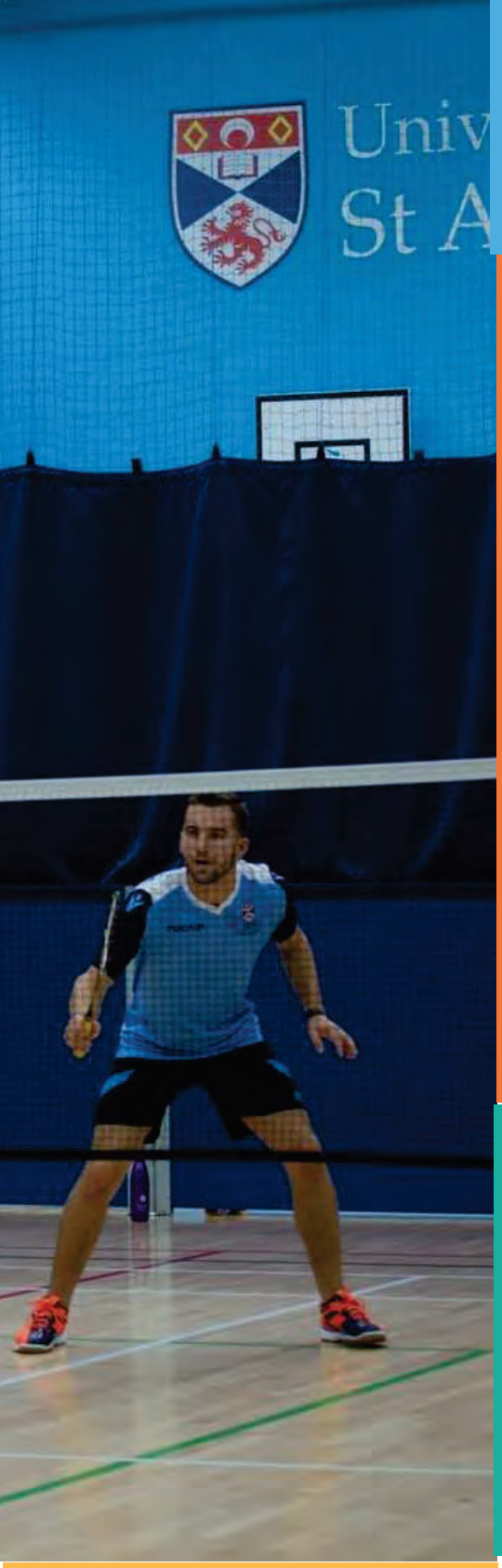
WHAT DO I NEED?

All you need is a pair of shoes (preferably joggers!) and a good attitude and you'll be set to go!

#GoSaints

FOR MORE INFORMATION
FB: USAAthleticsAndCrossCountry

IG: ustaathletics_crosscountry
Email: athleticsxc@st-andrews.ac.uk



Badminton Club

University of St Andrews

Why choose badminton?

- A perfect escape.
- Constant opportunities to improve.
- Fast paced, fun-filled action.
- Inclusive and accepting community.
- Both social and competitive environments.
- Additional skills present outside playing.
- Great place to meet people.

As a club we are extremely proud of our accolades, however this shouldn't be the selling point of our wonderful sport. The reason we all chose badminton was because of our sheer love of the game. All we can do is tell you our motivations and hope you fall in love with the game as much as we did!

CLUB VALUES

-WELCOMING

-INCLUSIVE

-ENTHUSIASTIC

Preseason dates

Monday 30th August - Friday 3rd September

Sports Fayre dates

Monday 6th September 14:00-17:00

Tuesday 7th September 11:00-17:00

ALL ABILITIES WELCOME

Email-badminton@st-andrews.ac.uk

ustabadminton

University of St Andrews Badminton Club

SAINTS BASKETBALL

WHAT SHOULD YOU KNOW BEFORE JOINING?

THE BASKETBALL CLUB IS A FUN, INCLUSIVE ENVIRONMENT FOR ALL RANGES OF ABILITY WITH THE POTENTIAL TO PROVIDE YOU WITH A COMPETITIVE SPORTING EXPERIENCE FOR YOU TO GROW AS A PLAYER. IT'S ALSO A GREAT WAY TO ENHANCE YOUR UNIVERSITY EXPERIENCE! BE PREPARED TO MAKE FRIENDS FOR LIFE, BECAUSE THEY WON'T BE GOING AWAY ANY TIME SOON!

WHO CAN PLAY?

OUR CLUB IS OPEN TO ANY AND ALL PLAYERS OF VARIOUS ABILITIES AND WE OFFER MULTIPLE TEAMS WITH DIFFERING LEVELS OF COMPETITIVENESS.

WHY DO WE LOVE BASKETBALL?

BASKETBALL IS AN INCREDIBLY DYNAMIC TEAM SPORT THAT CONSISTENTLY ENCOURAGES IMPROVEMENT BOTH ON AND OFF THE COURT. IT'S A SPORT THAT WILL ALWAYS KEEP YOU ON YOUR TOES!

WHAT MAKES THE BASKETBALL CLUB UNIQUE?

THE BASKETBALL CLUB IS A SMALL ONE. WE'RE CO-ED AND UNIFIED ENOUGH THAT EVERYONE KNOWS EVERYONE, HOWEVER, WE ARE DIVERSE ENOUGH TO HAVE FOUR SQUADS. BECAUSE OF OUR SIZE, THE MEN'S AND WOMEN'S CLUBS USUALLY HOST EVENTS TOGETHER.

FOLLOW US:

INSTAGRAM: @USTABASKETBALL

FACEBOOK: UNIVERSITY OF ST ANDREWS BASKETBALL CLUB

UNIVERSITY OF ST ANDREWS BOAT CLUB

UStABC is a **close knit yet competitive club** with a supportive atmosphere that promotes success.

We train at Lochore, a **beautiful loch outside of St Andrews**, and our land training takes place at the Saints Sport Centre in town.

The **club provides excellent opportunities** for athletes to engage in the sport at all levels, and we welcome those who have rowed before and those who don't! We have a very **successful and friendly novice squad**!

To find out more visit our website: **rowing.wp.st-andrews.ac.uk** or get in touch via **@ustarowing**

BOXING CLUB

Students of any skill level welcome!

Fitness, strength, and conditioning

Socials every week!

Instagram: @ustaboxing

Email: boxing@st-andrews.ac.uk

Facebook: University of St Andrews Boxing

@SaintsCanoeClub

@UStACanoe

Canoe Club

What? Kayaking rivers, kayak surfing, polo competitions, slalom, freestyle, games, canoeing, and paddle boarding

When? Mondays & Tuesdays (pool), Wednesdays (sea)

Where? Weekend trips to Scottish rivers, sea and pool sessions in St Andrews, alpine adventure every 2 years

Who? Open to everyone regardless of prior experience

Why? Because we love being on the water, exploring new places, and being part of a very welcoming community!

Why do we love canoeing?

You get to see more of Scotland, spend lots of time outdoors, and be part of a very friendly and welcoming community!

What makes us unique?

There is no compulsory training, but weekly events, trips and socials. It is very chill and relaxed rather than an extra thing to worry about on top of coursework at uni!

Who can participate?

Anyone! Beginners, advanced paddlers, students, postgrads, staff members - there are also accessible give-it-a-go sessions!

What should you know before joining?

We take safety very seriously, on the water and beyond. The club is non-drinking friendly! Come along (with synthetic layers to keep warm) and give it a go!

canoe@st-andrews.ac.uk

canoe.wp.st-andrews.ac.uk/the-club/

• UNIVERSITY OF ST ANDREWS •

CHEERLEADING CLUB

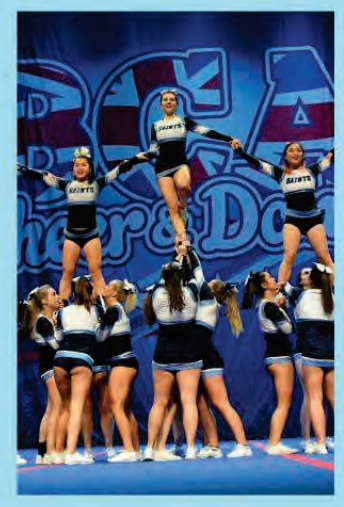
• STUNTING • TUMBLING • JUMPS • DANCE •

WHAT IS CHEER?

Cheer is a high energy sport which relies on stamina, technique, energy and teamwork!

We perform fun and dynamic routines at Competitions and at University performances.

Cheer is great for anyone wanting to try out a new sport. Most of our members were complete beginners before University but you get to learn skills really quickly and progress throughout the year!



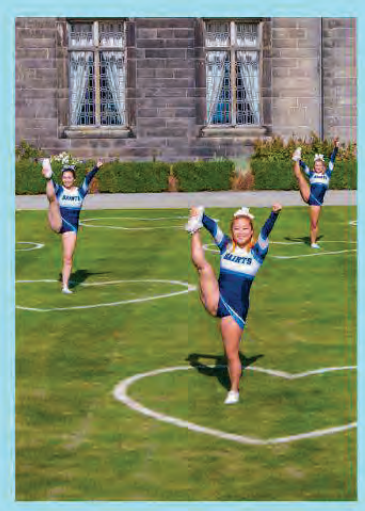
OUR TEAMS

Competition team

We look for commitment, effort and confidence rather than existing skills. The team trains 5 times a week and competes at level 2 or level 3 in group stunts at competitions across the UK.

Development squad

Perfect for those who want to make friends and develop their Cheer skills, without the added commitment of the Competitive team. Trains once or twice a week working on performance routines.



'I love the weekly socials, they make it so easy to get to know everyone in the club and take a break from studying.'

'Performing in front of a big crowd and being part of such a friendly team is so rewarding'

• ALL AGES AND GENDERS WELCOME • NO EXPERIENCE REQUIRED •

@ustacheerleading University of St Andrews Cheerleading Club cheerleading@st-andrews.ac.uk

SAINTS

CLAY PIGEON

The University of St Andrews Clay Pigeon Shooting Club prides itself on being one of the most active and welcoming clubs in St Andrews, whether you're a seasoned shot or you've yet to pick up a gun. The club practices at Auchterhouse Country Sports twice a week, competes in all inter-university fixtures across the country, and hosts the annual St Andrews Challenge.

As the name suggests, Clay Pigeon Shooting involves shooting clay disks (clay pigeons, also referred to as birds) which are projected from machines know as traps. The skill of the sport is to be able to hit increasingly difficult shots while speed, wind, distance, angle, and many other factors come into play while aiming down the plain barrel of a shotgun.

Contact us!

Email:
claypigeon@st-andrews.ac.uk

Facebook & Instagram:
UStAClayPigeon

THE SEAGULLS AND THE PUFFINS WELCOME YOU TO...

USTA CRICKET CLUB

What do we offer?

- Weekly training sessions
- Socials every Wednesday night
- We currently have 3 men's BUCS teams and a women's BUCS team that cater for a range of cricketing abilities
- Pre-season tour to Barbados
- Seagullian Ball
- Other events such as fundraisers, golf days and beach cricket and many more
- Varsity match against Edinburgh at the end of freshers week

Follow us on Instagram and Facebook @ustacricket or email us on cricket@st-andrews.ac.uk for more info

semper seagullium.

WE ARE Dance Club

We offer...

20 CLASSES A WEEK

With 13 different styles to choose from, there is something for everyone!

TWO DANCE TEAMS

Our Blue Angels and Highland Fusion teams are perfect for those looking for more of a commitment.

A RANGE OF LEVELS

From beginner to advanced level classes, we are open to anyone of any experience!

VOLUNTEERING

You can boost your CV by teaching dance in local schools or by helping out with our charity fundraising.

EXCITING EVENTS

From workshops to full club dinners, there are plenty of opportunities to make friends and meet new people.

A RANGE OF SOCIALS

Whether you love a night out or prefer a chilled evening in with friends, we'll have something that suits you!

A WELCOMING ENVIRONMENT

Our classes are taught by students, providing a comfortable environment for you to develop as a dancer.

University of St Andrews Dance Club

@ustadanceclub

University of St Andrews Dance Club

@ustadanceclub

ustafencing fencing@st-andrews.ac.uk

UNIVERSITY OF ST ANDREWS FENCING CLUB

Learn the sword fighting you always wanted to when you were little

EVERYONE is welcome, regardless of skill level, fitness, or experience

Are you familiar with the Hungarian fencing term, *hosszú görcs*? What do you mean *no*?

Captain Holt
B99 S03E05

SAINTS FOOTBALL

Playing football in the University of St Andrews Football Club is a great time for all involved! The football club is the always epxanding and open for new players who love football.

Anyone and everyone can play! We have teams at all levels for any students who wish to play football competitively or just for fun! Our top men's and women's performance teams compete at high levels in BUCS divisions against opositions throughout Scotland.

The football club offers a great community atmosphere and many opportunities for University students to meet new friends, travel around the country, and make lifelong memories and relationships.

We have a team for all players of all skill levels! Players hoping to join the club should email:
sam25@st-andrews.ac.uk
Facebook & Instagram:
USTAFootball

SAINTS FUTSAL

- Competitive Men's and Women's teams, which are open to Undergrads, Postgrads and Staff
- Opportunity to compete in BUCS leagues & cups against other universities + play in the 2nd tier of futsal in Scotland
- Weekly recreational sessions
- Fun socials and an annual Christmas party!

WHAT ACTUALLY IS FUTSAL?

Futsal is a fast paced, exciting sport similar to football (soccer). It's played on a court with a small, hard ball and five players on each team. The game is played over two twenty-minute halves.

MEET OUR COACH!

Nigel Shields
UEFA B Licenced Futsal Coach
England Futsal Video Analyst

Contact us:

University of St Andrews Futsal Club

@ustafutsal

We're happy to answer any questions you have!

University of St Andrews | FOUNDED 1413
FUTSAL CLUB
#GoSaints

UNIVERSITY GOLF CLUB

Who are we?

The golf club is one of the oldest sports clubs at the university and the largest golf club in the country. We are open to golfers of all levels and consists of both competitive players as well as those who simply want to play for fun on a Wednesday afternoon. We meet up weekly and organise club competitions, friendly matches, training sessions and socials.

Why should I join?

St Andrews is the known for being the home of golf, so what better way to learn or try out golf than at the home itself? Golf is a sport that teaches discipline, patience and etiquette, but above all, it's a lot of fun!

BUCS team (Competitive)

The University of St Andrews golf club are actively involved in the BUCS golf schedule. We regularly send players to strokeplay tournaments and will be participating in the matchplay league when it commences in November. It is a busy, but enjoyable, schedule for the players involved and allows them the chance to continue to play golf at a high level while at University.

Development Squad (Beginners)

The development squad is our beginners group where players will get the chance to master the basics of golf. Throughout the year we organise group lessons at the driving range and take the squad to play on the easier golf courses such as the Balgove and Strathyrum. It's a great chance to meet new people and to learn golf at the home of golf!

General Sign Up + Costs

You can sign up for the club online on the sports website!

The costs of the club:

- Full membersip - £65
- Social membership - £20

The full membership enables students to participate in all our golf events and socials whilst the social membership limits members to participate in just the social events.

Links Ticket

The links ticket is a yearly ticket that enables students to play on the golf courses. This ticket is not included in our sports membership and needs to be bought separately. This can be bought through a student application form, contact us by email at studentgolf@st-andrews.ac.uk to get the application form .

- All courses (including the Old Course) - £240
- All courses (except the Old and Castle) - £125
- Strathyrum and Balgove courses only - £60

Contact us!

email - studentgolf@st-andrews.ac.uk
facebook - @ustagolf
instagram - @ustagolf
twitter - @ustagolfclub

HANDBALL

WHAT IS HANDBALL?

Handball is a fast-paced, indoor sport that is accessible to all abilities. Some might describe it as Futsal with your hands! The ultimate aim is to score more goals than your oponent using a wide range of skills and teamwork! We hold training sessions in the arena and occasionally on West Sands beach (Weather permitting)! It's a fantastic sport for more or less anyone and you won't regret trying it out :)

ABOUT THE CLUB

We are a very open and international club that's suitable for just about everybody! Whether you've played before or not - even if you've never even heard of handball - you won't struggle to fit in and make friends. No trials are required to play and our small size allows for a real family atmosphere and togetherness within the squad that you will not find anywhere else!.

CONTACTING AND TRAINING INFO

Provisional Training times:

- FRIDAY 06:30 - 08:30 (ARENA)
- SATURDAY 12:00 - 14:00 (ARENA)
- SUNDAY 19:00 - 21:00 (ARENA)
- Matches played on Sundays

Contact info: Email: handball@st-andrews.ac.uk Instagram: @Ustahandball
Facebook: Facebook.com/UStAHandball
Feel free to contact some of our committee directly!
President: Ross Carter (rc251) Vice: Sara Marolt (slm33) Secretary: Nicoline Winding (nw53) Wellbeing: Megan Peal (mmp1)

SAINTS HOCKEY

One Club - Ownership - Attitude - Legacy

JOIN US

Saints Hockey is one of the largest and most successful clubs in the Athletic Union, being awarded not only the University's Sports Club of the Year, but also the honour of Scottish Student Sport's Club of the Year for 2016.

www.saints-hockey.com

ABOUT US

- 250+ members
- 6+ women's teams
- 3 men's teams
- BUCS, national& intramural leagues
- Performance programme
- Founded 1904
- Supporting SAMH
- Umpiring, coaching& volunteering
- Fundraisers

SOCIAL

Hockey ball, weekly team socials, mixed socials, Sinners, tour, match teas, away games, club wide activities, social tennis, Christmas dinner, sports awards

COMPETITION

Performance sport, scholarships available, club wide preseason, Saints 6s, mixed hockey, freshers mixed hockey, strength and conditioning, video analysis

Hockey@st-andrews.ac.uk

University of St Andrews Hockey Club

Ustahockey

UStAHockey

University of St Andrews Hockey Club

SAINTS HOCKEY

UNIVERSITY OF ST ANDREWS TYPHOONS ICE HOCKEY TEAM!!

About us:

- We are a competitive Ice-Hockey team that competes in the BUIHA (British University Ice-Hockey Association).
- **Practices:** Weekly, Tuesday night at Dundee ice arena.
- **Games:** Bi-Weekly, both home and away.
- **Social Media:**
- Instagram: @Ustatyphoons_hockey.
- Facebook: @University of St Andrews Typhoons.

- **Have experience?:** Our squad is comprised of male and female players mostly from Canada and the USA who have played at levels as high as Jr. A, Prep School, and High School Hockey to players with less experience.
- **Never Played?:** We also have a strong number of social members who become part of our tight knit community and team! (many have held committee positions)

Jonny Wookey Memorial Varsity game

- **1500+ fans …**
- **Cheap Beer!!**
- **Fast, high-energy, live Ice Hockey!**
- **10 pound tickets! (one of the cheapest events…)**

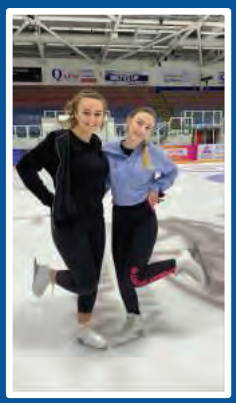
Ice Skating Club

Who We Are:

- We're a relaxed, friendly club who skate recreationally
- We run weekly trips to Dundee Ice Arena
- Anyone is welcome, both new and experienced skaters alike!

Social Scene:

- Our trips are a great way to make friends
- We often stop at McDonald's on the way back from the rink
- Regular socials are also held back in town



Contact Us:

- Email: iceskating@st-andrews.ac.uk
- Instagram: @ustaiceskating
- Facebook: facebook.com/staiceskating

ICE-SKATING CLUB

JUDO CLUB

What Is Judo?

Judo is a combat sport and martial art. The aim is to throw your opponent flat on their back, or force a submission on the ground.

Join Our Team's Family

- Judo is special because **ANYONE CAN DO IT!**
- Our club is built on inclusivity – everyone is welcome and will be supported
- Most current members had no Judo experience before coming to university, and they fell in love with the sport!

We Support You

- No matter your sporting goals, Judo is there for you
- Work your way through the grading system to earn new belts
- Improve your fitness
- Get chances to compete for the university.
- Be part of a team community that helps you feel like St Andrews is home

What Are Sessions Like?

- We teach you to fall safely, getting you ready for throwing and being thrown!
- Judo is unparalleled for developing your fitness – you'll feel the improvement fast
- We help you develop balance and dynamic movement with basic gymnastics training
- Judo may sound intimidating at first, but you'll quicky realise it's super easy to get started!

You've tried throwing a ball before…now its time to try throwing a person

Contact us and start your Judo journey:

Email ➔ judo@st-andrews.ac.uk

Facebook ➔ @ustajudo

Instagram ➔ @ustajudo

University of St Andrews | Jujitsu Club

Jujitsu is a collection of japanese martial arts and close combat self defence

There are no competitions or referees. We focus on self improvement: both mentally and physically!

Membership:

£130.50/ Year

OR

£78.30/ Semester

All skill and experience levels are welcome!

Our Techinques:

-Throwing
- Striking
- Unbalancing
- Locking techniques
- Groundwork
- Japanese weaponry

University of St Andrews Jujitsu Club

jujitsu@st-andrews.ac.uk

USTAJUJITSU

TUE	WED	THU	SAT
18:30 - 20:30 Trinity Hall	19:30 - 21:30 Trinity Hall	18:30 - 20:30 Sports Centre	10:00 - 11:30 Sports Centre

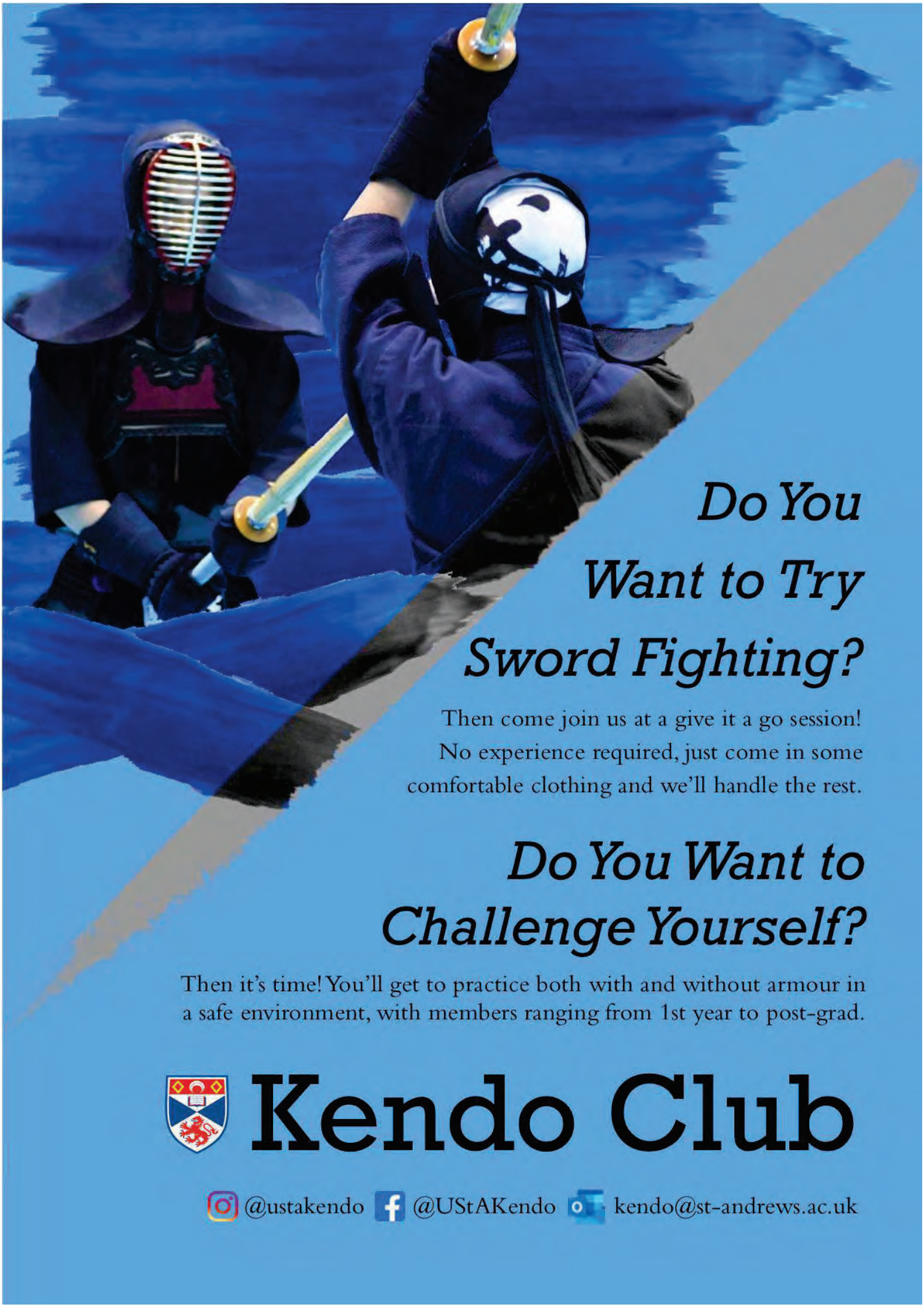
Welcome to the **Karate Club!** We're the oldest martial arts club at the university and are focused on supportive atmosphere and individual progression.

Every ability is welcome, from complete beginners to black belts: our instructors are some of the best in the world and give everyone training suitable their level.

We have frequent socials (alcoholic and not) like dinners, nights out, study sessions, pasta nights, game nights, and more!

Overall, we're a club that aims to foster a supportive, progressive, respectful atmosphere whilst enjoying ourselves in sport! Come say hi!

facebook.com/UStAKarate
instagram.com/ustakarate



Do You Want to Try Sword Fighting?

Then come join us at a give it a go session! No experience required, just come in some comfortable clothing and we'll handle the rest.

Do You Want to Challenge Yourself?

Then it's time! You'll get to practice both with and without armour in a safe environment, with members ranging from 1st year to post-grad.

Kendo Club

@ustakendo @UStAKendo kendo@st-andrews.ac.uk

ST ANDREWS KORFBALL CLUB

What is Korfball?

Korfball is a **mixed gender**, fast-paced Dutch ball sport which involves shooting through a 3.5 metre high hoop!

Many of our members had never heard of Korfball before, so we are perfect for **beginners** who want to try a new sport!

What makes Korfball unique?

- **Korfball is the only true mixed gender sport in the world!**
- **Unlike sports such as netball, there are no fixed positions, meaning you get the opportunity to attack and defend in a game**
- **Cooperation is key, Korfball rules reward teamwork rather than individual effort- everyone plays a role!**

Why our members love Korfball!

- It is a fun way to keep fit and helps develop coordination and agility skills
- We have two competitive teams, therefore everyone has the opportunity to compete against other universities at a level that suits them!
- The club is very welcoming and inclusive, being incredibly open to LGBTQ+ members
- Everyone in the club is so welcoming and friendly, and training sessions are always lots of fun! It is a great opportunity to meet lots of new people.
- We have lots of amazing socials which are always fun and you get to know all the members very well!
- There is the opportunity to learn about coaching and refereeing
- Low time commitment! There is no pressure to attend every training session or every social, meaning you can work it around your schedule!

University of St Andrews Korfball Club

@ustakorf

ST ANDREWS LACROSSE CLUB

AUSTA PERFORMANCE SPORT

FOLLOW US:

- saintslacrosse
- st andrews lacrosse club
- stalacrosseclub
- lacrosse@st-andrews.ac.uk

4 WOMEN'S TEAMS

1 MEN'S TEAM

- weekly social events
- charity tournaments
- competitive and developmental opportunities
- friendly club environment

Any and all levels of lacrosse players are welcome! Playing since childhood or have never picked up a stick?

WE WANT YOU!

Find out more at https://lacrosse.wp.st-andrews.ac.uk/

University of St Andrews

Mixed Martial Arts Club

What we do:
Mixed Martial Arts is exactly what the name states – a blend of techniques and skills from various martial arts across the globe. Our clubs is aimed at the beginner/intermediate level, with higher levels of training offered by DMMA. We look forward to welcoming all individuals keen to share in our values of self-improvement, discipline, and respect.

Freshers Fayre:
Monday 6th 2-5pm
Tuesday 7th 11-3pm

Give It A Go:
Friday 10th 12:30-14:30
Sports hall

Regular training times:
Tuesday 21:00-22:30
Friday 19:00-20:30
Sunday 14:30-16:00

Contact us!
FB: University of St Andrews Mixed Martial Arts / @UStAMMA
Email: mmartialarts@st-andrews.ac.uk

MOUNTAINEERING & MOUNTAIN BIKING

UPWARDS SINCE 1934

What We Do

From the beaches of the Coastal Path to the heights of the Isle of Arran, STAUMC is a friendly and adventurous club focusing as much on climbing as simply being outside and being in good company!

Who We Are

Whether you've been climbing and riding since you could walk or you're just getting your balance, STAUMC is made up of, and always open to, new members of all levels.

Join Us!

Be sure to drop a follow on our facebook and instagram pages, check out our site, and come out for a bonfire and a climb!

@USTAMOUNTAINEERING • STAUMC.WI.ST-ANDREWS.AC.UK

SAINTS NETBALL!

Saints Netball is one of the largest and best sports clubs the University has to offer!

We have 6 competitive teams who play in BUCs and a recreational league, so there is something for any ability!

@ustanetball

Email us on netball@st-andrews.ac.uk

SAINTS NETBALL

Olympic Weightlifting

What is Olympic Weightlifting?

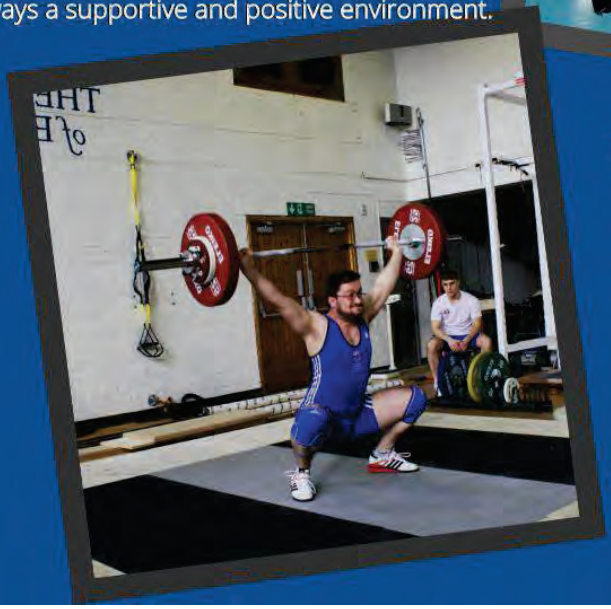
Olympic Weightlifting is a sport that combines both strength and speed to allow athletes to lift heavy weights above their head.
It centers on two independent lifts: the Snatch and the Clean and Jerk.

Who can join?

Some people join as complete beginners, while others have years of experience. We have two training programs: Beginners and Intermediate/Advanced.

What is training?

When you join, you'll be able to train up to 4 times a week on a program written by one of our professional coaches. Group training is always a supportive and positive environment.



What about socials?

We are planning many fun socials (both with alcohol and without) like holiday-themed socials, competition viewings, friendly fitness challenges and barbecues! You'll have loads of opportunities to meet some amazing people!

Speaking of socials...

Follow us for updates on everything we do:
FB: @UStALifting
Insta: @UStALifting

OVERCOME YOUR FEARS!

PARKOUR & FREERUNNING

A non-competitive physical discipline that teaches you to move naturally and freely through an urban environment. You can develop:

- **Creativity**
- **Functional strength**
- **Balance and control**
- **Appreciation for movement**

JOIN A COMMUNITY!

Need convincing?

- **Open to everyone**
- **Beginner friendly**
- **Requires no kit**
- **Cheapest AU sport club**

And most importantly, we have so much fun (and do flips; flips are cool)!

FACEBOOK AND INSTAGRAM: @USTAPARKOUR

SAINTS

POLE DANCING

OUR NEWEST SPORTS CLUB

Contact us!

Email:
poledancing@st-andrews.ac.uk

Instagram:
ustapolesoc

St Andrews Polo Club

Polo is one of the only sports where all genders play together which helps create an inclusive and welcoming atmosphere! You can join the Polo Club as a playing or social member so even if you're not comfortable getting on a horse you can still join the club and get involved at the weekly socials and dinners.

Lessons take place with Thom Bell in Kinross, which is a 45-minute drive from St Andrews (a great opportunity to get to know other members), and all equipment is provided allowing everyone to have a go at polo!

Lessons are offered weekly and cover everything from how to get onto a horse to tactics in a chukka (a polo match is called a chukka!) making polo the perfect sport for anyone, whether you have ridden all your life or never been near a horse!

We take part in many tournaments over the year including Winter and Summer Nationals and our very own St Andrews Charity Polo Tournament hosted in April. Another exciting part of polo is getting the opportunity to play chukkas on the beach throughout the year. We even invite different clubs from around the UK to St Andrews to compete against on the beach.

President: Georgie Murrin

If you have any questions, feel free to reach out to any of the committee who will be happy to help!

Instagram: @ustapolo

Facebook: University of St Andrews Polo Club

Website: https://ustapolo.wixsite.com/website

SAINTS SPORT

RIDING CLUB

WHY JOIN THE RIDING CLUB?

The University of St Andrews Riding Club is your one stop shop for all things horsey! We are open to everyone, whether it's your first time sitting on a horse, you've been riding all your life, or if you just love horses. We organize lessons for all levels during term time in addition to holding fun social events weekly. The riding club is all about our members and we pride ourselves on our amazing and always growing community of horse lovers. We hope to see you in freshers week!

SUPER SOCIALS

Our favorite thing to do that isn't riding! Some of our best-loved socials include pub quizzes, movie nights, opening and closing dinners, bonfires, and, of course, sinners! In past years, we have also done the famed St Andrews Ghost Tour, and gone on hacks with a local yard.

BUCS TEAM

Each year we have a team of 12 members which make up an A team and a B team. Each team has 4 competitions a year, each hosted by a different university (including one home show hosted by St Andrews). BUCS competitions include a simple dressage test and a showjumping round on a borrowed horse. Tryouts are usually held within the first few weeks of the semeste so keep a look out!

FIND US ON...

@ustariding

University of St Andrews Riding Club

riding@st-andrews.ac.uk

LESSONS FOR ALL

We offer group and individual lessons for all levels of riding through two different yards that are both no more than 10 minutes away from St Andrews. Lesson sign ups happen each week and are first come first serve, but we always have plenty of room to ride. You can ride as little or as much as you would like, so it is only as much commitment as you want it to be. The riding club is the perfect place to start riding, try it out in a new place, or pick up right where you left off at any level!

University of St Andrews | FOUNDED 1413

RIFLE CLUB

#GoSaints

Welcome to the Rifle Club!

We shoot both smallbore (.22") and fullbore (7.62mm) Target Rifle at local facilities (find us through the green doors behind the Whey Pat!)

Throughout the year StAURC competes in local postal leagues competing against other clubs in Fife area, as well as some national postal competitions towards the end of the year.

We also compete in the Scottish Student Sport (SSS) league against four other Universities in Scotland as well as the BUSC league which runs throughout the country.

We have regular events on throughout the semester including team pub quiz, flat crawl, theme nights and the infamous rifle pub shoot held during the St. Andrews Grand Prix!

Open to all abilities from complete beginners to seasoned shooters, we'd love to see you give us a try!

The University of St. Andrews Rifle Club

Ustarifle

Send us any questions you may have, we'd be happy to chat!

SAINTS RUGBY

WHY JOIN USTARFC?

UNIQUE

- Founded in 1858, we are one of the oldest sports clubs at the university
- Our annual 7's tournament is one of the largest student run 7s in the UK and is a highlight of the year
- Rugby as a sport is unique in the way anyone is able to play; there is a place for everyone at the club

SOCIAL

- Whilst we promote performance, we also encourage players who are interested in joining socially
- If you just want to run around, meet new people and have a good time, USTARFC is the club to join

INFO FOR INCOMING PLAYERS

- All standards are welcome
- Men's Rugby Give It A Go - 1pm Wednesday 8th September
- Men's Rugby Freshers Trial Match - 3pm Friday 10th September
- Women's Rugby Give It a Go - tbc

HIGH PERFORMANCE

- As we currently have 4 men's teams and 2 women's teams, we have players ranging from highly experienced to complete beginners
- We have ex-international players coaching, state of the art performance facilities and s+c coaches that help with strength training

CONTACT US

Don't hesitate to contact us with any questions or queries you may have! We look forward to seeing you soon.

Email: rugby@st-andrews.ac.uk
Instagram: @ustarugby

SAINTS RUGBY

SAINTS SAILING

Welcome to the University of St Andrews Sailing club! Our club incorporates both competitive yachting and dinghy sailing. We're also beginner friendly.

Haven't sailed before? We teach beginners on selected Sundays throughout the year called Sunday Sailing which is ran at the Town Club.

For more information, please make sure you follow our Facebook as all our events are posted there, as well as information about pre-season, trials, and Sunday Sailing!

Contact us!

Email:
sailing@st-andrews.ac.uk

Facebook & Instagram:
USTASailing

SHINTY

What is Shinty?

Shinty is a traditional Celtic team sport in which players use camans (shinty sticks) to try score goals by getting the ball into the net by hitting it across the field or in the air.

Why give it a go?

There are famously few rules in shinty which makes for a fun dynamic on the pitch and since almost everyone who joins is a beginner, it's a great way to get involved in sport and meet new people!

If you join…

We play matches against other Scottish universities and usually organise shinty tours so we get to travel and play together during semester breaks. We also take great pride in our social scene and organise semesterly ceilidhs as well as themed socials, so we are quite active off the pitch too.

Add our socials!

University of St Andrews Shinty Club

@ustashinty

SNOWSPORTS

WHO WE ARE

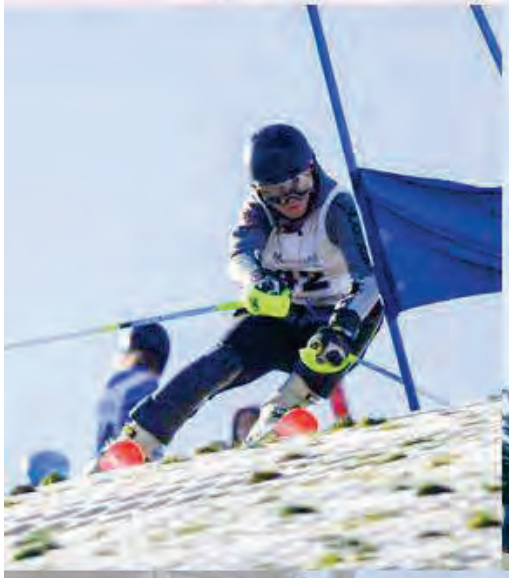
St Andrews Snowsports (SAS) is the home of snow and sesh for St Andrews students! Every week we have groups that travel across Scotland to hit the slopes, and once a year we descend on the Alps for a week, bringing nearly 400 students. Whether you're a seasoned pro or it's your first time on snow, there's always a place for you in SAS.

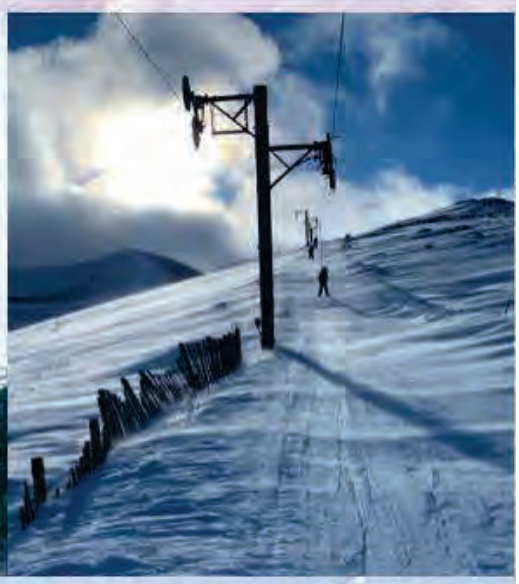
WHAT WE DO

SAS has 3 funky teams, race, freestyle, and rec, so whether you wanna click into skis for the first time, carve, or spin, we can meet all your snowy needs. Our race and freestyle teams train once per week around Scotland and compete across the UK throughout the year. In second semester, you can catch our rec team on day trips in the Highlands making the most of Scottish winters. They go whenever there is decent snow, so like the rec team Facebook page for all the latest updates and info on trips! We also have many different social events throughout the year, including monthly sinners pres, team socials and dinners, and our annual snowball!

EXPERIENCE

Many of our race and freestyle members have never competed before uni, so don't worry if you're new too! We ask that you can comfortably ski a red run though, and if not, no problem, the rec team does beginner lessons if you want to learn the basics or brush up on your skills.





CONTACTS

RACE CAPTAIN: Cammie Gibson, cmlg1@st-andrews.ac.uk

FREESTYLE CAPTAIN: Gage Fox, tgf1@st-andrews.ac.uk

REC CAPTAIN: Staz Ougrin, ao86@st-andrews.ac.uk

WHERE TO FIND US

WWW.STANDREWSSNOWSPORTS.CO.UK

@stasnowsports

snowsports@st-andrews.ac.uk

St Andrews Snowsports

UStASnowsports

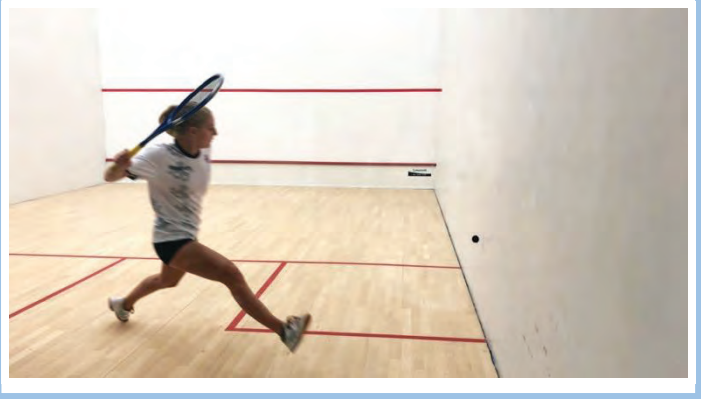
University of St. Andrews Squash Club 2021/22

Who are we?

Squash is a fast-paced, strategic racquet sport. We're a really chill club, with members who had never held a racquet before to those who have played on National teams—all levels are welcome! Squash is one of the best sports for keeping fit, plus we have lots of fun as a club from beach barbeques, sinners socials, movie nights, and match teas

What do we do?

- We have a Men's and Women's team that both compete in BUCS and a local league weekly
- We hold beginners/intermediate and intermediate/advanced sessions throughout the week, plus team training on the weekend
- There is also a ladder ranking within the club where members can challenge other players to matches to move up



Get involved!

Follow our social medias to be kept up to date on GIAG sessions, socials, training, and more! Scan the QR code and fill out the form to join the email list and ask any questions

@ustasquash

University of St Andrews Squash

squash@

Join the SUB-AQUA CLUB!

Every diver knows that the diving community is very close and supportive, and our club is no exception. We are very inclusive and offer multiple opportunities to meet new people: such as weekly socials, weekend trips, and our annual Appin Spring Break and Warm Water Trip. These trips are an amazing opportunity to dive in Scotland and around the world!

How to join?

We offer several membership options:

Full Year Membership (with equipment): £180
Semester Membership (with equipment): £108
Warm Water Membership: £35
Social Membership: £10
*Cheaper memberships are available with your own kit

Who can join?

Everyone is welcome to join our club! We host 'give it a go!' sessions during which you can just give it a try with **no experience required.** We also have instructors who can help you get your first certification or move on to a more advanced one! **Also, our club is open to undergraduates, postgraduates, staff, and alumni!**

Learn more:

Instagram: **@ustasubaqua**

Facebook: **University of St Andrews Sub Aqua Club**

Web: **www.sub-aqua.wp.st-andrews.ac.uk**

@USTASURF

UNIVERSITY OF ST ANDREWS SURF CLUB

SAINTS SURF

A WELCOMING COMMUNITY WHO CELEBRATES THE OCEAN AND OUR CONNECTION TO NATURE AND WE LIKE TO SHRED

FAQS

DO I NEED PREVIOUS SURF EXPERIENCE?

NOPE! WE WELCOME NEW MEMBERS OF ANY SURFING ABILITY. WE HAVE SURF SESSIONS FOR BEGINNER, INTERMEDIATE, AND ADVANCED LEVEL SURFERS

WHAT IF I DON'T HAVE ANY KIT?

NO PROBLEM! WE OFFER WETSUITS, BOOTS, GLOVES, AND BOARDS TO MEMBERS DURING CLUB ORGANISED SURF SESSIONS

HOW OFTEN DO YOU HAVE SURF SESSIONS?

SESSIONS ARE DEPENDENT ON WEATHER AND WAVE CONDITIONS SO WE CAN'T GUARANTEE FREQUENCY OF SESSIONS. WE WILL HOLD OTHER EVENTS WHEN THE WAVES ARE FLAT AND NORMALLY HOST TRIPS NATIONALLY AND INTERNATIONALLY LIKE MOROCCO!

MEMBERSHIP

£70 FEE - INCLUDES AND NECESSARY KIT DURING SURF SESSIONS AND ACCESS TO ALL EVENTS AND TRIP THROUGHOUT THE YEAR

£20 - IF YOU ARE ALREADY A MEMBER OF ANOTHER SPORTS CLUB OR GYM. IT ALSO INCLUDES ACCESS TO KIT AND CLUB ORGANISED EVENTS

SWIMMING

About Us:

We are a friendly and inclusive club which is open to all abilities and skill levels. Whether you're a postgrad who wants to improve your technique or the fresher equivalent of Michael Phelps, we've got a place for you.

We host regular social activities alongside weekly training sessions, giving you the choice to train intensely or join your friends for regular exercise.

Why You Should Join the Swimming Club:

Although our club is divided into three squads, we are a united team with a place for everyone.

Our club provides opportunities for exercise, socialising and meeting new people - all whilst having fun!

As well as having a great time in the pool, our weekly themed socials and larger events such as Christmas Dinner and Swim Ball allow for all members to interact and get to know each other.

Our Squads:

Competitive

Compete in dual meets and larger galas across the UK with strong performances at the Scottish Student Swimming Championships and British Universities & Colleges Sport galas.

We were Division 2 champions in 2019!

Development

A non-competitive squad for those who wish to improve their technique and fitness under the direction of our coaches.

Recreational

A non-competitve squad for those who like swimming without being coached.

Upcoming Events:

We will be at the Sports Fayre and will be hosting Give-It-A-Go sessions and a social during Freshers Week.

Keep an eye on our social media for more information!

Contact Us!

Instagram: @ustaswimming

Facebook: University of St Andrews Swimming Club

Email: swimming@st-andrews.ac.uk

Message us on any of these platforms if you have any questions or want to join our group chat!

Table Tennis Club

2021-2022

Sessions:

We hold 3 sessions a week; 2 training sessions in the week for team/aspiring team members and 1 casual session on the weekend, so anyone can play!
We have equipment available for anyone who may need it.

Teams:

We have 2 Men's teams and 1 Women's team, meaning there is good opportunity to compete for newcomers if that is something you would like to do.
This year we are competing in the Men's Scottish tier 1 league and the Women's Scottish tier 1 league.

Competitions:

All the teams have 2 groups of League fixtures in late October and early November hosted at Heriot-Watt University, giving the opportunity to visit Edinburgh to compete.

Socials:

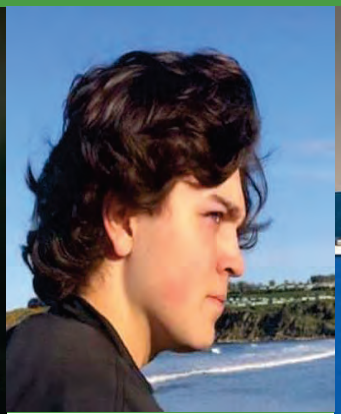
We will host a number of socials throughout the year so everyone in the club can get to know each other even better.
Follow us on Instagram @ustattc

Aleksandra Pastore
President & Social secretary

Josh Samuel
Vice president & Treasurer

Holly McGerty
Secretary & Covid officer

Jean-Augustin Touton
Health, safety & wellbeing officer



Who we are

The University of St Andrews Taekwon-do club is a close-knit group of students who all love to train one of the oldest forms of martial arts in the world, Taekwon-do. We cater to all abilities and practice weekly under the guise of our expert instructors Miss Tate and Mr Dolan from Z&R Taekwon-do. Beginners are particularly welcome!

Why choose Taekwon-do?

Taekwon-do is a science-based martial art which is both beautiful and effective. It provides a great sense of progression in a relaxed club environment. Anyone can start Taekwon-do and it's a rewarding way to become stronger and more flexible. You'll also get to learn a little Korean and some Korean cultural values.

How to get involved

Use the QR code to join our mailing list and like our Facebook. We will be advertising our free Give it a Go session on Facebook and in our weekly email so keep an eye out! We are looking forward to seeing you there!

JOIN THE ST ANDREWS TENNIS CLUB

WHY TENNIS?

- Open to All Levels
- Tight-knit Community and Emphasis on Social Events
- Competitive Matchplay
- Top Notch Facilities
- To Learn More, Visit: https://www.facebook.com/UStATennisClub/

SAINTS SPO

University of St Andrews | FOUNDED 1413

TRAMPOLINE & GYMNASTICS CLUB

#GoSaints

"Impeccable vibes" - 2020 fresher

Why We're Unique:

- Everyone trains together, no matter what skill level, and supports each other
- Joint sessions (gymnastics & trampolining) mean you can switch from one sport to the other if equipment is free
- Lots of opportunities for trips to other fully-equipped gymnastics centres/competitions and for training courses
- You get to feel like you're flying !

What's to Love?:

- Everyone is close-knit, friendly and supportive of each other —> Great way to make new friends
  —> Lots of socials !
- The satisfaction of learning a new skill and seeing your progression
- Grand and fun way to let off energy
- You look cool and gain new party tricks to flex on your friends

Who Can Join?:

- Anyone !!
- All skill levels are accommodated for, from complete beginner to pro-elite
- **YOU** choose whether you wish to train for fun, learn new skills, train for competitions, or all of the above

Before Joining:

- You need no experience !!
- Number and intensity of training sessions you attend is up to you
- Be confident that you can do it and just have a funky time

ustagymtrampoline

@ustagymtrampoline

@ustagymtrampoline

SAINTS TRIATHLON AND ROAD CYCLING

Triathlon is the combination of swimming, cycling and running. It finds perfect balance between being an individual sport and a team effort. Our club welcomes people of all abilities — from beginners to athletes looking to compete. We have a big postgraduate community and are all-over an inclusive family, rather than a club, that connects likeminded people.

Triathlon can be your way to stay fit, your cross-training, your joy, your passion, your ambition. Members can do as much as they want and choose from the multiple training sessions that we offer per week:
Indoor spinning and outdoor cycling, track running and club runs, pool and open-water swimming, strength and conditioning.

Don't have a bike?
We've got you covered!
Borrow a bike from us.

Looking to just cycle?
We've got you covered!
Join the Road Cycling Club within Triathlon!

Never swam competitively/ ran on a track?
We've got you covered!
Our sessions are coached!

CONTACT US

Instagram	@ustatriathlon
Facebook	@UStATriathlonCycling
Twitter	@UStATriathlon
Mail	triathlon@st-andrews.ac.uk
Web	triathlon.wp.st-andrews.ac.uk

University of St Andrews

ULTIMATE FRISBEE

The Club

The Ultimate club is a fun, inclusive community comprised of athletes who strive for success as part of a competitive team.

Competitive

The club has competitive men's, women's and mixed teams which all have opportunities to compete in BUCS fixtures and national level events.

During our last competitive season, the club qualified three women's team for nationals and the men's team qualified for divison 1 at nationals.

Ultimate is very beginner-friendly, many of our members had never thrown a disc before university. Because of this, the sport provides many exciting opportunities. With the support of our excellent coaches, the club has seen many players go on to play for GB teams.

Off-Pitch

The social side of the club is also very important, we strongly believe that team bonding occurs on and off the pitch. The club hosts weekly socials which always have a fun atmosphere to unwind to on Wednesday nights!

We engage in various charity fundraisers throughout the year! Over lockdown we climbed to space on our stairs, raising £561 for the NHS.

The club is also involved in outreach with the local community, such as offering coaching to schools.

Contact Us

:'University of St Andrews Ultimate Club'

: @ustaultimate

:ultimate@st-andrews.ac.uk

@USTAVOLLEYBALL

SAINTS VOLLEYBALL

Where community and competition thrive.
Come join the fun!

SAINTS WATER POLO

Want to be a Waterpolo Warrior?

Come to our Give-It-a-Go's this Fresher's Week!

Meet new people, travel, and challenge yourself!

Open to all levels of experience!

Instagram: @ustawaterpolo
Facebook: University of St Andrews Waterpolo Club
Twitter: @ustawaterpolo

Windsurfing

We're a fun-loving club, welcoming to all! Whether you're a seasoned pro, a complete beginner or are just after a great afternoon spent on the water on the amazing Fife coast, this is the club for you!

When are our sessions??

Wednesday afternoons at Elie Water Sports Centre

Coming soon!!!

- Additional weekly sessions for more advanced members at Elie!
- Sessions at East Sands with our own club kit!

More Info:

Website: https://windsurfing.wp.st-andrews.ac.uk

Email: windsurfing@st-andrews.ac.uk

@USTAWindsurfing

@usta_windsurfing_

What is Windsurfing??

Windsurfing is a watersport where you stand on a surfboard and use a large sail to capture the wind to power you across the water!

What do I need to take part??

- A Saints Sports Windsurfing Club membership.
- The ability to swim at least 50 m unaided

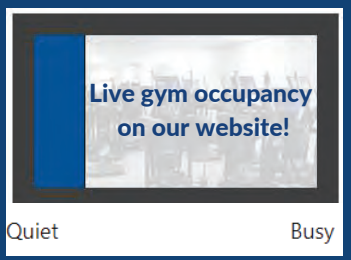
We provide all the rest! (Windsurfing equipment, wetsuit, buoyancy aid and transport to and from our sessions)

SAINTS SPORT

GYM MEMBERSHIP

Students can purchase an academic year or semester gym membership, or - if they are also joining a sports club - benefit from our reduced-cost gym add on!

These will soon be available to purchase here!



With your membership, you can:

- Go to our recently refurbished gym, to work on everything from cardio to weight training.
- Our fantastic team of sports assistants can also offer you a free gym induction, so you can learn the basics.
- Attend our wide variety of staff-led fitness classes, from Zumba to HIIT, and Yoga to Spin
- Book facilities - like badminton, tennis, basketball, and table tennis courts!

If you are after a more personalised experience, you can also purchase:

- 1-1 or group personal training sessions
- Golf lessons
- Physiotherapy or massage therapy at our Heal clinic
- Tennis lessons
- Climbing lessons

SAINTS SPORT

RECREATIONAL SPORT

A FUN, LOW-COST WAY TO GET ACTIVE AND MEET NEW PEOPLE!

Getting involved in our recreational sport programme is a fantastic opportunity to exercise and socialise in a relaxed environment.

We offer a variety of different sports for students to try out, from dodgeball to badminton.

There are also a number of different programmes on offer, so there will be something to suit everyone:

Society Sports
Come along with your society to play games, compete, and get to know one-another.

Fun runs
Whether it's a fancy dress jog or a Santa dash, come along to our one-off fun runs!

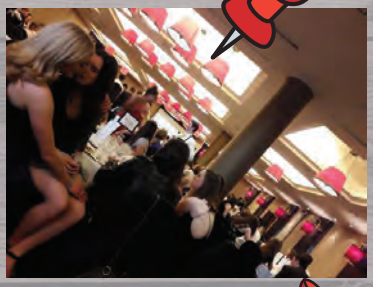
Hall Games
Come together with the students in your hall to challenge other halls in a variety of fun events!

Football Leagues
Get a team together and join our weekly Sixes or Sunday leagues!

NO CLUB OR GYM MEMBERSHIP REQUIRED

OUR EVENTS

Sports Ball!
Semester 2



Dance Club Showcases!
Throughout the year

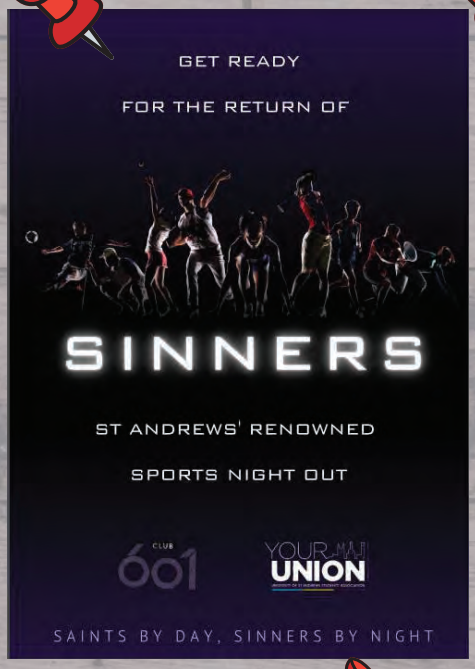
Rugby 7s!
April

Sports awards!
Semester 2

The famous rugby varsity!
25th September
- live and livestreamed

Jujitsu Slamathon Fundraiser!
Semester 2

Sinners - our night out!
Monthly



John Wookey Memorial Ice Hockey Game!
Semester 2

Cricket Game at the Ship Inn
Summer

Charity Polo
April

SAINTS VOLUNTEERING!

GET INVOLVED

CLUB COACHING & COMMITTEE

Help lead and develop your sports club by becoming a student coach or by joining the committee!

LOCAL COMMUNITY

Support coaching and outreach programmes in local schools to get more people active in St Andrews!

INTERNATIONAL

Develop your coaching and help deliver sports development programmes with our international partners.

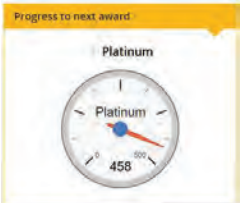
GET SUPPORT

- Student volunteers are eligible to reduced qualification costs for coaching and umpiring
- We host a number of volunteer development workshops throughout the year
- We can support student PVG checks
- The staff team support our large number of student volunteers

GET RECOGNITION

Log hours on our Volunteer Portal:

GET RECOGNITION ON YOUR ACADEMIC TRANSCRIPT



IDENTIFY THE SKILLS YOU DEVELOP AND USE FOR YOUR CV!

RECOGNISE HOW MUCH YOU GIVE BACK TO THE COMMUNITY

If you have any questions, contact Claire at cls25@st-andrews.ac.uk

WELLBEING IN SPORT

Getting active is a great way to take a break from your studies, meet new people, and support your mental health. Off the pitch, Saints Sport offers a lot of other support for student wellbeing, which you can read about below. If you have any questions, email aupres@st-andrews.ac.uk

SAINTS PEER SUPPORTERS

If you need a little extra support getting involved, email peersupport@st-andrews.ac.uk to be paired with a Saints Peer Supporter. They can attend sessions with you, show you around, and introduce you to club members.

SAINTS WELLBEING

Each week, Student Services is based at the sports centre. Students can book appointments to discuss any wellbeing concerns, and Student services can offer support and guidance, as well as signpost to other services.

WELLBEING OFFICERS

Each club committee has a designated wellbeing officer, active listening trained and able to direct you towards extra support if you need it. They're there to keep an eye on club members and be a point of contact!

SAINTS SPORT FOR ALL

Saints Sport is committed to improving equality, inclusion, and diversity in sport.

However, we also recognise that they aren't always the best placed to identify the barriers which some students face.

Saints Sport For All is an advisory group, comprised of members of the Student Representative Council, club members, and Saints Sport staff.

The purpose of the group is to identify areas where Saints Sport can improve, influencing and recommending change to ensure that everyone is welcomed into Saints Sport.

Contact sportsequalopps@st-andrews.ac.uk with any concerns or ideas that you would like to be raised at the Saints Sport for All group.

Green Sport

The Green Sport Group is an advisory group which supports Saints Sport in their efforts to be more sustainable.

Get Involved

WE'LL SOON BE RECRUITING 6 STUDENT MEMBERS FROM SPORTS CLUBS.

IF YOU WANT TO GET INVOLVED, EMAIL AUPRES@ST-ANDREWS.AC.UK

The group makes recommendations to the Senior Management team, raises awareness through social media campaigns like the Sustainable Sunday's A-Z of Sports, and can carry out new projects.

There are currently three workstreams:

Carbon Reduction, Transport, & Energy

Education and Engagement

Practical Applications

SAINTS SPORT

FIND OUT MORE

Follow us:

Find our clubs by searching @usta[name of sport]

Check out our club websites

Purchase membership

Email: aupres@st-andrews.ac.uk