SAINTS
VOLLEYBALL
PERFORMANCE PROGRAMME
Our vision is to provide one of the most attractive sport specific programmes in Scotland and one of the best in the UK, where every player works hard to develop and improve, whilst enjoying their volleyball experience at university.

The Volleyball Programme at St Andrews caters for all levels of ability and ensures all players benefit from a holistic, athlete-centred programme, enabling them to compete at the highest level possible and reach their full potential.

Volleyball is one of the most played team sports worldwide and has seen unprecedented growth on a competitive scale in the past few decades. This growth is apparent in Scottish Volleyball, as shown by its increasing popularity as a university sport.
The Volleyball Club is part of the University’s performance sports programme and over the past few years has grown significantly, matching the national and international popularity of the sport.

With upwards of 50 players consistently attending trials each year for both the Men’s and Women’s squads, the club now fields two competitive Women’s teams and two Men’s teams in the British Universities & Colleges Sport (BUCS) Championship, national cups and district leagues. We also compete in SSS and BUCS Beach Volleyball Championships.

Our teams have had great success in recent years, reaching national finals, winning trophies and achieving promotions. Our Men’s 2nd Team was a new addition for the 2017-2018 season, which shows our growth as a sport and our Development Squad provides a pathway for beginners to develop their skills under the supervision of our experienced competitive players and coaches.

The club is extremely social and through weekly recreational sessions is committed to providing members of all abilities, from absolute beginners to experienced internationalists, with an opportunity to explore the sport of volleyball in a tailored and unique way.
The University of St Andrews has developed an exciting and dynamic volleyball programme, which offers student athletes a range of coaching, training and support opportunities, allowing them to excel in their sporting ventures.

- Two training sessions per week focusing on skill development & team preparation
- Positional play and game analysis
- Volleyball specific Strength & Conditioning sessions supervised by accredited coaches from the S&C Department
- Regular fitness testing to monitor progress and identify weaknesses
- Competitive fixtures for all levels of ability throughout the season
- Pre-season training
- Opportunities to participate in local and international volunteering projects
- Beach Volleyball development (utilizing the wonderful beach at West Sands, St Andrews)
- Opportunity to become a qualified volleyball coach and/or referee
DIRECTOR OF VOLLEYBALL
Colin Paterson

The appointment of a Director of Volleyball is quite unique for Scottish university sport, with very few universities in Britain, let alone Scotland, committed to developing the sport of volleyball to such a degree.

Colin Paterson joined the University in 2012 after a successful career playing both Volleyball and Beach Volleyball at the highest levels in England and Scotland, winning many tournaments along the way, and earning four Scottish Beach Tour Championship titles.

In addition to his role at the University as Director and Men’s Head Coach, Colin is also the current head of the Scottish Junior Beach Volleyball Programme, having previously overseen the Senior National Beach Volleyball squads for three years as Head Coach and is a former President of the Scottish Beach Volleyball Commission.
Our coaching team come to St Andrews with a wealth of experience gained at the top of their field and understand the balance between academic and athletic achievement.

WOMEN’S 1ST TEAM COACH
Shelly Paterson

Shelly has played volleyball at a high level both indoor and on the beach. She is a former Director for the Scottish Volleyball Association and has previously worked as a member of the Coaching Commission for Scottish Volleyball. Shelly continues to play the game of Beach Volleyball and is a qualified Grade II Beach Volleyball referee, having officiated at the World Championships in Rome in 2010 and also scoring the London 2012 Olympic Men’s Gold Medal match between Brazil and Germany.

WOMEN’S 2ND TEAM COACH
Jack McKeown

Jack is the coach of the women’s 2nd team. He is an experienced Volleyball and Beach Volleyball player, having played at the top level in Scotland in both codes. He is a Scottish Beach Tour Champion and has represented Scotland in Beach Volleyball, playing with our Director, Colin. Players are developed within his squad, some of which are then selected for the 1st team squad match between Brazil and Germany.

STRENGTH & CONDITIONING COACH
Allan Gartshore

Allan has worked within the University’s Department of Sport and Exercise for several years now and brings a wealth of practical training experience to the table. Having competed in several different sports (including football, kickboxing and triathlon) he understands what it takes to compete at a high level. Allan has been an Accredited Strength and Conditioning Coach (ASCC), with the UK Strength and Conditioning Association since 2008 and continues to attend all the workshop and conferences available, to ensure he remains at the cutting edge of applied research. As well as his work for the University, Allan also works part time with the Scottish Institute of Sport as a strength and conditioning coach, as well as working with Dundee United Football Club – providing both field based, and gym based strength and conditioning support.
The University Sports Centre has recently undergone a major £14 million refurbishment and now provides some of the best sports facilities in Scotland.

The newly constructed sports arena gives players on the Volleyball Programme access to three courts for training and matches, with movable bleacher seating allowing for a crowd of 400 spectators at showcase fixtures.

As a performance sport, the Volleyball Club also gains access to full strength and conditioning support, including supervised sport-specific lifting sessions twice a week from accredited coaches. Our Strength & Conditioning Suite is dedicated to elite teams and athletes, providing a private space in which to train undisturbed. Featuring five lifting stations, a three-lane plyometric track, a throws wall and a designated ‘rehab zone’, the new strength and conditioning suite also offers video analysis technology.

During the warmer months of the year West Sands beach with its iconic two-mile stretch of uninterrupted sand dunes provides the backdrop for the club’s beach volleyball activities.
The University provides many opportunities for students to gain coaching qualifications during their time at St Andrews, enabling them to work in various capacities as coaches and volunteer in Africa.

Community engagement
Many of our players come from countries where volleyball is one of the most popular team sports. We want to make use of this potential to promote volleyball at the grassroots level in the local St Andrews community. Led by the Director Colin Paterson, the club offers weekly taster sessions at Madras College for 12-18 year olds.

International engagement
Our international volunteering projects offer students a wonderful opportunity to add value to their university education, enhance their global awareness and develop their leadership, teaching and coaching skills.

Each year, volunteer coaches from St Andrews team up with students from seven other UK universities as part of the Wallace Group’s Volunteer Zambia Project. Spending six to eight weeks in Lusaka during the summer, the volunteers help deliver PE lessons, sport specific coaching and classroom based sessions in various schools and compounds in and around the capital. The student coaches work with children to advance their volleyball skills and to inspire leadership, teamwork, and personal development through sport.
For more than 600 years, the University of St Andrews has established a reputation as one of the world’s leading research and teaching centres.

**THE ST ANDREWS EXPERIENCE**

Today, the University offers a flexible degree structure based on your choice of subject specialism or research, creating an environment which nurtures inquisitive minds and a culture of sharing.

St Andrews provides a unique location for a very special university. Wherever you walk you are reminded of its rich and colourful history with buildings both ancient & modern. The beautiful unspoilt beaches with fresh clean air and wide expanse of sky provide the perfect antidote to the classroom or laboratory.

Programmes are available at undergraduate and postgraduate level; there are currently over 900 undergraduate degree programmes and over 100 Masters opportunities across our academic Schools. Each School offers supervised PhD and MPhil research with input from leading academic staff.

There are plenty of opportunities to meet the University staff, both in St Andrews and elsewhere. Whether you have questions about your application or student life, you can do so no matter where you live.
GET IN TOUCH

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