CHAPTER 3

ENGAGEMENT WITHIN SPORT

Wednesday 29 April
Engagement within Sport

Being the Difference through Engagement in Sport

Martin Barkla Volunteer of the Year Award
The Volunteer of the Year Award shall highlight the voluntary work of a club member pushing forward experience and engagement within the club, Saints Sport and the wider community within one year. For further information, please see the volunteering and leadership panel of the Saints Sport website: www.st-andrews.ac.uk/sport/volunteering.

Peter McKiernan Excellence in Service Award
The Peter McKiernan Excellence in Service Award shall be awarded to an individual who has given outstanding voluntary service to their sport, for their university club and/or in the community, during the course of their degree. Each club may submit one nomination for the award. This award was instituted in 2010 by Peter McKiernan, former Chair of the Athletic Union Governing Board.

Director of Sport Volunteering Award
The Director of Sport Volunteering Award shall be awarded to a club who has given outstanding voluntary service to Saints Sport through activities such as outreach, charity contribution and community engagement. This award is judged by the Blues and Colours Committee in conjunction with the Director of Sport.

Green Club of the Year
The Green Club of the Year Award recognises the club that has made a significant effort to reduce the environmental impact of either their own members, members of Saints Sport, or members of the University of St Andrews.
Charlotte Corbett
Netball
Winner
3rd Year – International Relations

Charlotte has played an integral role in revitalising Saints Netball’s social netball program. In one year, she has increased the number of social netballers to over 77 members through the fun, engaging Wednesday evening sessions. Charlotte is extremely committed to her role as coach, working hard to plan sessions, involving other coaches to help out and ensuring the social netball girls feel connected to the club. Charlotte also helps out with the Community Engagement sessions run by Saints Netball in local schools. She took part in the International Volunteering programme in Summer 2019 when she headed to South Africa to coach netball. This summer she was due to be a part of the first cohort of coaches in the Livingston project in Zambia. Charlotte is now a qualified Level 1 netball coach and C award umpire.
Jess Smith
Badminton
Finalist
3rd Year – Philosophy

Jess has been a committed Club President; championing the club vision and progression, motivating the committee, managing all elements of the club from recreational to competitive. She represented her club at the student’s forum of the Scottish Open. Jess has frequently volunteered for outreach coaching and introduced the charity handicap tournament, which most recently raised over £100 for SANE. She has earned a Saints Leaders Award and a silver Volunteering Award.

Lucy Cottee
Triathlon
Finalist
3rd Year – History

As the President of the Triathlon Club, Lucy organised all training and charity events, whilst running the committee and liaising with the head coach. She dedicated her time to coaching sessions for the University and for East Fife Triathlon Club each week. Lucy cycled 200-290km a day for nine days to raise money for local charity Families First. She was also the lead organizer for the Colour Run and was due to continue her volunteering in Zambia this summer.
As President of the Triathlon Club, Lucy organised all training and charity events, whilst running the committee and liaising with the head coach. She dedicated her time to coaching sessions for the University and for East Fife Triathlon Club each week. She brought together over 100 members of the community through her role as race director for this year’s autumn duathlon event. Lucy raised around £800 for local charity Families First by cycling 290-200km a day for nine days from Land’s End to John O’Groats. She was also the lead organizer for the Colour Run and was due to continue her volunteering in Zambia this summer.
**Peter McKiernan Excellence in Service Award**

**Alister Goodfellow**  
Hockey  
Finalist  
Masters – Chemistry  

During his 5 years, Alister has been an exceptional member of the Hockey Club, whilst also taking part in Ultimate. He became a qualified coach at the start of his 2nd year and coached at community engagement sessions for junior hockey every Saturday. He managed around 80 people per week as the main assistant for these sessions in his 4th year. He also assisted with Madras College training sessions every Thursday afternoon. Alister became the club’s main representative for Community Engagement in his final year and has helped 64 student coaches who have 350 volunteering hours combined. Alister has also assisted with visiting student tours and ran a coaching session for a travelling team from Australia.

**Gavin Sandford**  
Trampoline  
Finalist  
4th Year – Computer Science  

Gavin starting coaching in his first year of university and has helped many beginners progress with the sport since then. He has dedicated almost 500 hours to volunteering and has given his time to gymnastic clubs in the community too. As the club’s first alumni officer he set up a newsletter and social media for alumni and ran the first Alumni Weekend. During his time as the club’s treasurer, he smoothly resolved issues with club finances. Gavin has also selflessly dedicated 7 hours at a time as a club judge for 2 years in order to allow competitions to run.
The Hockey Club started the year with 15 members completing the 3 Peaks Challenge to raise money for teenage cancer. This was in support of a club member taking time off from university to complete their own cancer treatment. The club continued its Community Engagement programmes with hockey sessions for Juniors within North East Fife. These sessions are run by student coaches and have over 75 children attending every Saturday morning for 24 weeks of the year. The Hockey Club coordinated with local charity Families First to provide a student-led coaching session for its participants, focused on personal development and enjoyment of sport. The club has also volunteered to improve on Saints Sport’s eco-status through its ‘Green Goals’ of the year.
The Badminton Club has helped make the sport accessible to all students this year, coaching sessions at two local primary schools and liaising with Active Schools to help 3 club members achieve their Badminton Basics coaching award in order to coach at school and university sessions. They focused on raising money for the mental health charity SANE, donating all proceeds from the handicap Christmas tournament and club bake-sale. They also raised LGBTQ+ awareness through their sale of rainbow keyrings.

Within the University community the social netball programme has grown to have its largest membership ever with over 77 turning out each week to play. Through its community engagement programme, the Netball Club sent qualified coaches to two local Primary Schools to deliver netball sessions with their young players. The club also organised the Primary Skills Festival which was hosted by Saints Sport. Eight Saints Netballers were due to take part in the International Volunteering programme in Africa this summer. Over the last 3 years, and with support from Western Union Business Solutions, Saints Netball has supported the development of 40 new Level 1 netball coaches and 5 Level 2 coaches. They have also developed 25 C Award umpires and started 9 B Award umpires on their journey of which 2 are now fully qualified. The Netball Club also raised over £1000 through Sports Stripped this year.
Since the first executive committee meeting of the season 2019/20, the Hockey Club have sought to be more environmentally aware, both as a collective and as individuals. At the beginning of October, they established three “Green Goals”:

1. Completely cut out the presence of single-use plastic bottles at matches.
2. Reduce the number of cars used to transport people to and from training/matches.
3. To work with the University to raise awareness of the changes that can be made by individuals to improve on Saints Sport’s eco-status.

The club initiative was launched during the University’s Green Week, leading to over 100 members pledging to walk to training sessions whenever possible, and to cut out the use of single use plastic at both matches and socials. The club also shared a Green Week video with over 1000 people, featuring several members talking about why being a green club mattered to them. In March, the club conducted a beach clean to tie into the Alumni and Hockey Ball Weekend.