CHAPTER 4

EXPERIENCE WITHIN SPORT

Thursday 30 April
Experience within Sport

Being the Difference Through Enhancing Student Experience within Sport

Saints Sport Volunteer Coach of the Year Award

The Volunteer Coach of the Year Award shall be awarded for outstanding service to Saints Sport. The award can be made to any individual striving to promote and develop excellence in performance and management of that club. There is no limit to the number of coaches that each club can nominate for this award.

Archie Strachan Award for Outstanding Sporting Experience

The Archie Strachan Award shall be awarded to the individual who has been of outstanding service to the Athletic Union or one of its clubs and who has helped move sport at St Andrews forward. Each club may submit one nomination for the award. This is the highest award conferrable from the Athletic Union for service. This award was instituted by the former director of physical education (1955-1985) Archie Strachan who made a long and valued contribution to the promotion of student sport in St Andrews.

Saints Sport Staff Member of the Year

The Saints Sport Staff Member Award shall be awarded to a full or part-time member of staff involved with Saints Sport, who has had the greatest impact within a year. The award should reflect the achievements of an individual who has gone above and beyond the requirements of their work, to improve the experience of students at the University.
Sophie became a coach in her first year and has worked to gain her Level 2 coaching certificate since then. She has worked to create a comfortable and safe environment for people who have been nervous about progressing to higher skill levels. This year she implemented a new coaching system to help relieve pressure on current coaches and to ensure that athletes could have more time on the trampolines. Her decision to introduce “Trampoline Packs” containing S&C activities to do off the trampoline helped team members significantly improve strength and flexibility. Sophie has coached nearly every session this year and has used her experience to mentor two people going through their Level 1 Trampoline coaching qualifications.
Anita has volunteered countless hours to the club to ensure that fencing remained as competitive as ever this year. Every match, committee meeting, and the vast majority of transport have been enthusiastically organised by her. Despite not being a captain, she stepped up to oversee all sessions this year and this was vital to helping the Women’s Team protect their place in the Premier League. For the last 2 years Anita has run every beginner’s session and also planned a month-long programme for St Leonards students to reintroduce volunteering to the club’s ethos.

Since joining the club’s coaching team at the start of the academic year, Joey has delivered a large portion of training sessions. She has consistently used her personal time to tailor sessions to the varied needs of individual club members, whilst also creating an overall training plan for the year. The time she has dedicated to ensuring her session plans are of a high standard has allowed the club to collate them as a reference for years to come.
Sally Sandison
Netball
Winner
4th Year – International Relations

Since joining the Netball Club, Sally has shone as a role model. She has helped the Netball Club achieve success both on and off the court. Sally has been instrumental in bringing about a Performance Culture by challenging her teammates and coaches to keep working hard to achieve their goals, whilst always being friendly and enthusiastic. Sally has been a member of the 1st Team since starting at St Andrews and her natural leadership on and off the court led to her being voted as Club Captain for the last two years. In this role, she helped the Netball Club double in size, whilst maintaining the strong ethos of the club. She captained the 1st Team this season, helping them to have a successful league campaign. She was part of the squad who reached the semi-final of the BUCS Cup in 2018 and quarter final of the Scottish Cup in 2019. The 1st Team has consistently finished in the top 3 of Scottish 1A since Sally joined. Sally was a Scottish Student Sport National Squad member 2017-2019, representing Scottish Universities in the Home Nations in 2019. She is a qualified C Award Umpire, and a UKCC Level 2 Netball Coach and has willingly volunteered many hours to coach and umpire netball for the club and local schools as well as through the International Volunteering programme in South Africa. She has previously been awarded Colours and Half-Blues.
Lucy Miller
Badminton
Finalist
4th Year – Geography

Lucy has been a consistently dedicated committee member of the Badminton Club, first as Secretary and then as Vice President. Her commitment and perseverance helped St Andrews to be the first university in Scotland to secure the Badminton Scotland bronze and silver Shuttlemark Award. She organised the first club championships and represented the University at the Scottish Open Badminton Championships, also presenting at the student’s forum. Lucy has played on the club’s BUCS teams throughout her time at university, helping to win the Conference Cup and secure team promotion in 2019.

Sophie Tyler
Trampoline
Finalist
4th Year – Geography

Having coached since her first year, Sophie is now one of the highest rated trampolining coaches in the club. She has implemented a new coaching strategy to help relieve pressure on current coaches and to ensure that athletes have more activities to do off the trampoline. Sophie has used her experience to mentor two club members through their Level 1 Trampoline coaching qualifications. She was the club’s Volunteering and Engagement Assistant for two years and has been Club President for two years too. She used her leadership opportunities to create a club development programme plan and improve the club’s relationship with SSS Trampoline. Since Sophie joined, the club has moved from being at the bottom of the league to either winning it or placing in the top two.
Ross Whittaker
Triathlon Winner

Ross is Head Coach of the Triathlon Club and he supports them every step of the way through their training and competition programme. He is present at all competitions, often driving the team early in the morning to prepare fully. Ross helps organise the Triathlon Club’s two annual community races, usually taking lead on cycle marshals, a job not particularly popular among the race committee, so his contributions are very much appreciated! Willing to give up his own time to help out and speak to any individuals within the team who are struggling, Ross has played a critical role in the success of the club. Ross is a Personal Trainer for Saints Sport, and a well-known and friendly face around the Sports Centre. He also provides conditioning support to Saints Netball and was a key team member bringing out engaging content in the recent Saints Sport Stay Home | Stay Fit campaign. Ross certainly lives up to his motto of ‘challenge your impossible’ through his hard work, dedication to clients, student athletes and team members to keep pushing themselves to achieve their goals.
Heather Gaunt
Netball
Finalist

Heather is the Director of Netball and in charge specifically of the programme for the Performance Squad athletes and the general management of Saints Netball. Heather leads the netball management group and supports the President in the running of the committee. She is always on hand to provide advice and support, not only to the committee, but to all members of the club. Heather works tirelessly in running comprehensive, interesting, challenging, and fun training sessions. She attends all Performance Squad matches, home or away, whenever possible. Heather also supports other teams’ matches whenever she is able to. Heather goes out of her way to support everyone in the club as much as she can. She is an excellent coach and role-model to all members of Saints Netball. Heather is also the Marketing and Communications Manager at Saints Sport.

Lois Mackay
Netball
Finalist

Lois is responsible for 4 teams in Saints Netball, the 3s, 4s, 5s and 6s. She attends all of her team’s matches and provides fantastic support and guidance on the side-lines. Lois leads the training sessions each week for her squads as well as running Monday Morning Fitness sessions. This is a lot of people and information to keep on top of, but Lois does so with enthusiasm and is always looking to make the sessions as effective and fun as possible. Additionally, Lois is responsible for Performance Analysis across all squads and other clubs within Saints Sport. This provides the teams with an excellent means to review their performance critically. As part of the S&C intern programme, Lois is also an active and informative assistant in the Performance Squad’s S&C sessions - providing advice and guidance to all participants. Under Lois’s coaching, all 4 teams have done exceptionally well this season - with the 4th Team winning the SSS Conference Plate in March as an indicator of the great success the team has achieved. Having 4 teams is a lot for Lois to be responsible for, but Lois has been keen to take on the challenge and has truly pushed all members of the teams to play to the absolute best of their ability.