

THINKING ABOUT JOINING A SPORTS CLUB



All of our clubs look to engage new and current members, at the start of each academic year. The fresher's fayre provides students with an opportunity to speak to club members and ask questions about their club, before expressing an interest. If you weren't able to attend fresher's fayre don't worry, as our Sports Clubs are always looking to engage new members. All our RGU Sports Clubs have their own associated webpage on the RGU:Union website where all the information from training times to social media pages can be found.

To get involved simply visit **Clubs A-Z (rguunion.co.uk)** and click on the sports club you are interested in joining. From there you will get an overview of that clubs offering:



Squash

squash@rguunion.co.uk
www.facebook.com/RGUsquash
[rgusquash](#)

We are a club open to everyone, providing both competitive and casual squash with brilliant socials. We have paired up with Aberdeen Uni squash which provides us with more people to train with, access to teams in the local Grampian squash leagues and a more social events. On top of this we currently have one team in BUCS mens scottish Div 1.

Committee:

President: Owen Hunter
Vice-President: Kyle Reid
Social Secretary: Logan Scott
Social Media Officer: Gabriela Proszowska
Health and Wellbeing Officer: Aiden Rooney

Regular events include:

Training: Wednesday: 14.30 - 16.30 Saturday: 17.30 - 19.30 Sunday: 18.30 - 20.30

Our annual events are:

Halloween club tournament
Christmas Doubles tournament

Follow our social media for updates on other regular events throughout the year.

You will see the contact details of the club [sport]@rguunion.co.uk, if you are interested in finding out more or would like an opportunity to come and try a session please get in contact with the club directly by email or via their social media pages. We look forward to welcoming you to club sessions!



Badminton

badminton@rguunion.co.uk
www.facebook.com/rgubadminton
[rgubadminton](#)

Starting in the 1990's, RGU Badminton club began as a fairly small local club which has since grown into a thriving club that competes against many other Scottish Universities.

At RGU Badminton we encourage people of all abilities to play games and socialise with others in a casual and relaxed setting. With special events throughout the year there are plenty opportunities to meet new people and experience things you haven't before! With a friendly and helpful committee any queries can be resolved and chats are always welcomed, and we all look forward to seeing new faces on the courts.

There are also a number of chances to play competitively, with BUCS matches, local league play, SSS, and even competitions within the

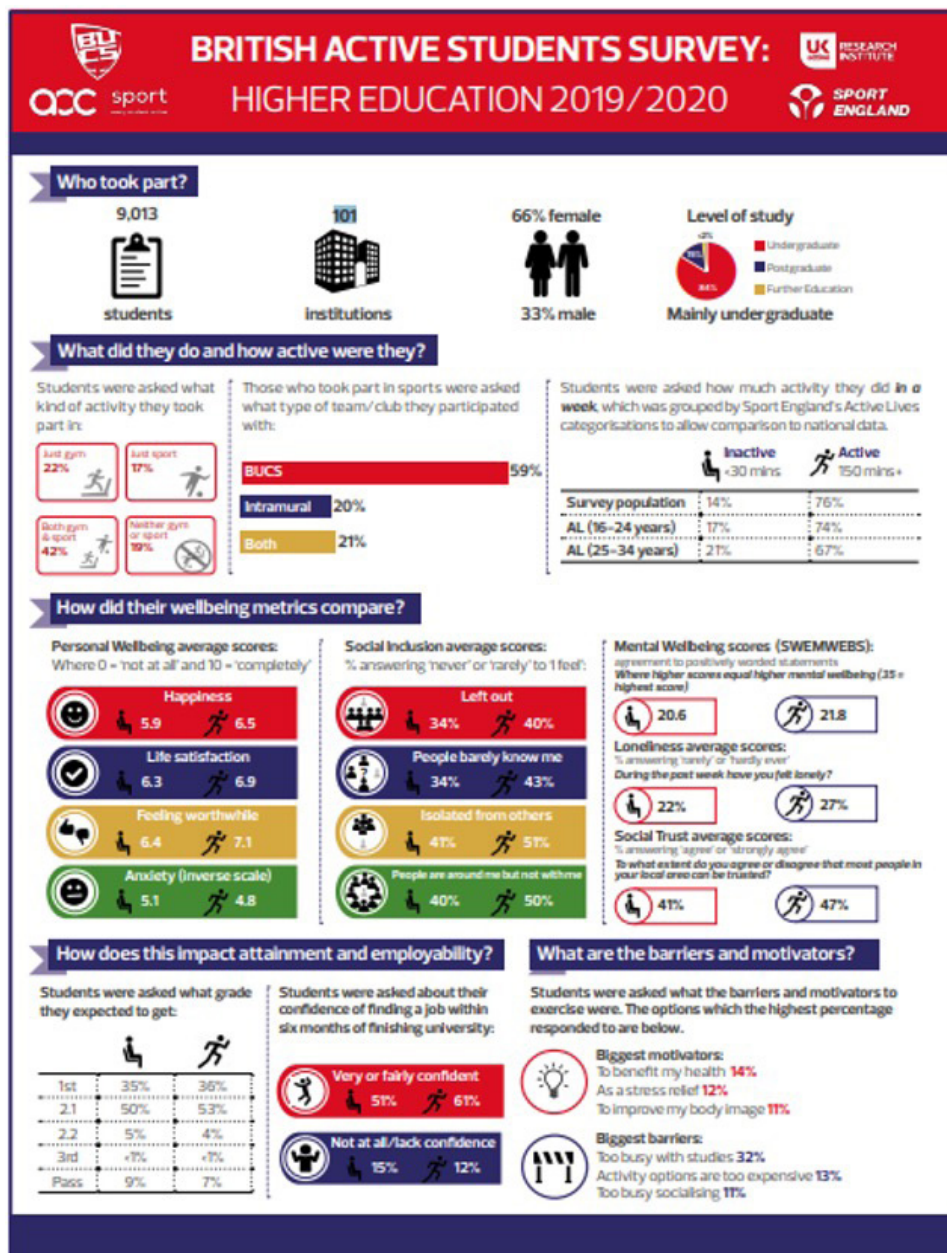
Training times are on a Tuesday and Friday evening from 8pm-10pm in the hall at RGU SPORT.

Committee:

President: Andrew McDonald
Vice-President: Leona Rhind
Team Captain: Scott Allen
Wellbeing Officer: Rebecca Goodbrand
Social Secretary: Louise Andrew
Fundraising Officer: Keanu Patterson

On each of these sites you will also see the training times as well to see if being a part of a sports club fits your schedule as a student, being a part of a sports club can be extremely rewarding.

There are also several benefits to being a part of a sports club whilst studying, BUCS our governing body for university sport released the following report in 2019/20 which outlines the benefits to studies:



British Active Students Survey: Higher Education 2019-2020
BASS-2019-HE.pdf (bucs.org.uk)

If you are interested in a sport we currently do not offer please refer to our 'club essentials' section and get in contact with the President of Sport and Physical activity presspa@rguunion.co.uk about starting the sport you are passionate about.