Student
Sport Guide
Welcome to the Gannochy Sports Centre at the University of Stirling, Scotland’s University for Sporting Excellence.

We fully understand that sport and exercise play a key role in your university experience and that is at the heart of everything we do. Passionate professionals provide the very best in customer service. A full-time team focused on student sport means we can provide a comprehensive sport, health and fitness offer.

Whether you are using our facilities for recreation and fitness or as a competitive athlete, we guarantee some of the very best sports facilities in Britain, open at times to suit you. We’re confident you’ll find what you want, right here.

To make most benefit from the facilities and sports programme we recommend to take out a student membership – for less than a £2 per week. You’ll find all of the membership details at the end of this guide.
Sports Facilities

Sports hall
The multi-use sports hall is suitable for a wide variety of sports, including basketball, badminton, trampolining, table tennis and futsall. The hall can be divided into small activity areas, just right for social sport.

Squash courts
The two squash courts have a viewing gallery so your friends can watch you play.

Tennis courts
We are home to the Scottish National Tennis Centre, which includes six indoor courts and two outdoor clay courts.

Swimming pool
Part of the National Swimming Academy, there is a six-lane, 50m pool. Usually split into two 25 metre pools to accommodate recreational and lane swimming at different times throughout the week. We offer a swimming lessons and wide variety of water based fitness classes.

Artificial pitches
There are two artificial floodlit pitches, one with a rubber-crumb surface and the other with a sand-dressed surface, perfect for football, American football, rugby, lacrosse and hockey.

Athletics facility
This incorporates an all-weather, four-lane track, jumps and throws facilities. You can train alongside world class athletes for your next 5k or triathlon.

Golf course
Situated at the top of the campus with panoramic views of Stirling Castle and the Ochil Hills, the nine-hole, par three Airthrey Golf Course is popular with golfers of all abilities. There is an adjacent golf centre with practice area, artificial putting green and medium distance driving range.

Grass pitches
Seven grass pitches for football and rugby, located at the Gannochy Sports Centre and at Airthrey Castle.

Multi-Use Games Area
A great place to play sport and socialise with your friends. It is an artificial hard court surface designed to accommodate a range of ball sports.

Cycling Studio
The indoor cycling studio is separate from the rest of the fitness suite, so you have no distractions whilst you are exercising. The studio is equipped with 18 modern cycling bikes and a music sound system. Classes are highly energetic, intense, fun and popular.

Fitness Suite
More than 100 individual stations offer every opportunity to combine a University education with a healthy lifestyle. Featuring a range of cardiovascular, resistance, core stability and free weights equipment, our Fitness Suite caters for everyone.

Strength and Conditioning suite
Our Strength & Conditioning suite is a professional quality weight room with Olympic weightlifting platforms, benches, bars and discs.

Studio
The main workout area for group health and fitness classes. It includes mirrors so that you can monitor and maintain correct posture during your workout!
Health and Fitness

We understand how important your leisure time is to you. We know that one size doesn’t fit all and believe our health and fitness services are better than ever. No matter what your personal goals, we have both the equipment and the people to help you reach them.

Fitness Officers
Our team of fully accredited, experienced and dedicated instructors is here to help and support you achieve your fitness goals. All sports science graduates, they have expertise in nutrition, sports science, psychology, health and wellbeing.

Fitness Inductions
It’s always tempting to dive straight in when you’re trying something new but we want you to get the most out of your workout. Before you can use the Fitness Suite a fitness induction is a must – after that you’ll be in pole position to enjoy everything our facility has to offer.

Lifestyle Consultations
Our Lifestyle Consultations offer you the chance to sit down and have an in-depth chat about all things fitness to our qualified staff who can offer guidance on a vast range of subjects including; diet, lifestyle, exercise and goal-setting. This half hour session caters to all levels from the complete novice to the seasoned athlete and is free of charge to members.

1:1 Fitness Consultations
In our 1:1 consultations our qualified Fitness Officers tailor a fitness programme to suit your goals. This hour long session will incorporate the design of your programme as well as exercise.

Health and Fitness classes
Nearly all classes at the Sports Centre are included in the price of your membership fee. This means that you can participate in as many or as few classes per week as you like without incurring any additional charges. We have the most comprehensive and varied class programme with over 50 classes per week.

Choose from:
• high energy workouts that increase aerobic fitness
• muscular conditioning and toning classes to define and sculpt your body
• dance classes where you’ll enjoy the music and learn new moves while getting fit
• holistic classes to reduce life’s stresses and promote flexibility
• intense full body sessions to maximise the impact of your work out time

The Health and Fitness class timetable can be downloaded from website.

Places are available from 15 minutes prior to a class starting on a first-come-first-served basis.
Intra Mural Sport

The University of Stirling’s new Intra Mural Sport programme is starting this September!

Compete in individual and team sports:
- Football
- Badminton
- Touch Rugby
- Volleyball
- Hockey
- Golf
- Ultimate Frisbee
- Rounders
- Dumyat

Find out more at: www.stir.ac.uk/intramural
Search ‘USIMS’ on Facebook and Twitter

Who will be the USIMS Champion?

Student Sport

Personal Training

Personal Training is all about staying motivated and getting results. We know that Personal Training is not just about having someone with you in the gym, it is about having someone guiding you through your entire programme of health and fitness development, which includes your training inside and outside of the gym, your diet, your lifestyle and all support services to ensure that you are in full health.

Our personal trainers provide a friendly, flexible service.

Ally, Fiona, Kristen and Erin each offer their own specialism. Check out the website if you would like to book a personal training session.

Sports Union

The Sports Union has nearly 50 clubs offering the chance to play in competitive sport or social sport. A number of teams compete in the British Universities and Colleges Sport (BUCS) competitions. To take part, you need a Sports Centre membership as well as Sports Union and Sports Club memberships.

www.stirlingstudentsunion.com/su
Volunteering

Volunteering is one of the best ways to develop your professional skills, gain experience and enhance your CV. There is no better time to do it than at University, or while the Commonwealth Games is in Scotland in 2014.

Stirling University offers an extensive range of sports, health and fitness volunteering opportunities. Choose from sports coaching, event management, facility management, promotion and marketing. As well as local openings on campus and with community sport organisations, Commonwealth Games Lead 2014 and Zambia Ideals offer national and international volunteering experiences.

This year, for the first time, student Activators will be recruited to raise awareness and encourage student participation of sport, health and fitness programmes.

In return, we will provide recognition for your volunteering and support to help you access training and development opportunities.

We offer:

- Positive Coaching Scotland workshops
- Safeguarding and Protecting Children workshops
- Lifestyle workshops
- First Aid training
- PVG check
- Discount on health, fitness and lifestyle qualifications
- Help to secure subsidy on UKCC qualifications

Volunteers for the various roles will be recruited from September. Application forms and further details of the roles are available on the volunteering section of the website. www.stir.ac.uk/sports-centre/volunteering/
If you’re passionate about sport and looking for a rewarding experience, you might be interested in becoming a qualified coach or fitness instructor. We offer:

**Sports courses**
We run these in conjunction with a number of National Governing Bodies and sports organisations such as: Badminton, Football, Hockey, Lifeguarding, Rugby Union, Swimming, Volleyball.

**Health, fitness and wellbeing qualifications**
We are approved to deliver both SQA and CYQ qualifications. These qualifications are endorsed by Skills Active and sit on the Scottish Credit & Qualifications Framework (SCQF).

Gym Instructor and Studio Instructor Awards

are exceptionally popular and spaces fill up quickly. This year we will be offering Level 3 Personal Trainer and Indoor cycling awards.

**Continuing professional development**
Getting qualified is only the first step. All coaches and instructors should undergo continuous professional development to ensure that they remain as up to date as possible. We are able to support you with this by providing a wide array of education and training opportunities throughout the year including essential Safeguarding, Positive Coaching Scotland and Inclusion workshops.

For a full schedule of the courses on offer in 2013-2014 information on how to book, please visit our website.

**Sports Coaching Classes**
If you fancy learning a new sport or just enjoy taking part in sporting activities – then our sports coaching classes are for you. Our expert coaches will guide, encourage and cajole you! There are different sports on offer each semester. September starts with swimming. Sports coaching classes must be booked in advance.

[www.stir.ac.uk/sports-centre/classes/swimming-lessons/](http://www.stir.ac.uk/sports-centre/classes/swimming-lessons/)

**Café**
Sometimes the best bit of a workout comes after the hard work. Our onsite café is the perfect place to recharge after an exercise session or friendly match and a great place to relax with friends.

**Opening hours**
The Sports Centre hours of operation vary for members and non-members:

**Members:**
- Monday to Friday: 7am to 10pm
- Saturday and Sunday: 8am to 8pm

**Non-Members:**
- Monday to Friday: 9am to 10pm
- Saturday and Sunday: 9am to 8pm
Fantastic value at less than £2 per week

Make the most from the University’s first class sports amenities by becoming a member. Why not get your friends together for a game of badminton or basketball – choose a fitness class – or go for a dip in the pool?

Join online at [www.stir.ac.uk/sports-centre/memberships/student/](http://www.stir.ac.uk/sports-centre/memberships/student/)

Contact us
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