

SPORTS UNION

Volunteer Programme

The SU volunteer base is vital to the operation of the SU, and the delivery of a fantastic student experience. Last year, the SU had over 200 registered volunteers and presented approximately 200 awards in partnership with the Government recognised Saltire scheme at the annual Blues and Volunteer Awards Ceremony.

Volunteering Opportunities

OPPORTUNITY	DESCRIPTION	CONTACT
Club Volunteer	An unofficial role in the club but helps the Club in certain areas. Examples may include a minibus driver or club photographer.	Club President/Captain
Club Committee	Elected by club members at their AGM in Semester 2. Roles vary depending on the size and type of club.	Club President/Captain
SU Ambassador	Helps the running of the SU in areas such as promotion, special events and recreational sport. Applications sent out before the Easter Holidays and decided in May. Must be available in Fresher's week.	Jane Benson Sports Union President SUPresident@hw.ac.uk
SU Executive	A committee of eight elected students (one president, six officers and one vice-president) who work closely with the SU office staff to help with the running of the SU.	Jane Benson Sports Union President SUPresident@hw.ac.uk
Volunteer Coach/ Official	The SU offers payment for coaching/ officiating schemes in various sports for members who are willing to use any qualifications gained for the benefit of their club.	David Steers Sports Union Administrator D.Steers@hw.ac.uk
Community Volunteer	HWU has been awarded status as a Community Sports Hub by sportscotland. We are looking for students who are keen to volunteer in the local community. This may be as a coach, official or as a volunteer in community projects and schemes.	Jane Benson Sports Union President SUPresident@hw.ac.uk

Rewards and Recognition

- The SU awards are presented annually, and are based on the number of hours logged by individuals over the course of the year.
- The SU works in partnership with the Saltire Award, a Government recognised scheme for 12-25 year olds, to deliver an award scheme which is recognised outside of the University. Note that any individuals over the age of 25 will still be recognised by the University.
- Award winners are presented with a University and Saltire certificate at the annual Blues and Volunteer Awards Ceremony.

Under Armour is the official kit supplier for Heriot-Watt Sports Union. Visit our online shop at: <http://www.hwusuclimbing.com>



Sports Union (SU) Clubs

The SU has 31 different sports on offer to all students. Some of these sports are teams that represent Heriot-Watt at Inter-University level. The Sports Union also run a range of recreational activities. All SU sports and activities welcome members of all abilities, so come along and try something new!

CLUBS	JOINING FEE
Aikido	£10
American Football	£70
	£20 (American Flag Football)
Archery	£10
Athletics	£15
Badminton	£10 (+£15 team fee)
Basketball	£10 (+£15 team fee)
Boat	£100 (returners)/ £60 (freshers)
Boxing	£15
Cheerleading	£30
Cycling	£15
Dance	£10
Equestrian	£10 (+£25 team fee)
Fencing	£15
Football	£30 (+£35 team fee)
	£15 (women)
Gaelic	£10
Golf	£10 (+£45 team fee)
Handball	£10
Hockey	£20
Jiu-Jitsu	£10
Kayak	£33
Mountaineering	£5
Netball	£15 (+£5 team fee)
Rugby	£20
	£5 (touch membership)
Snowsports	£15 (+£50 race team)
Squash	£17.50 (£26 for a non-student)
Swimming	£20
Tennis	£15 (+£15 team fee)
Taekwondo	£10
Ultimate Frisbee	£10
Volleyball	£15 (+£15 team fee)
RECREATIONAL SPORTS	JOINING FEE
Table Tennis	£5

For further information on the sports above email the name of the sport, followed by @hw.ac.uk. For American Football email americanfootball@hw.ac.uk and for Jiu-Jitsu visit jiu.jitsu@hw.ac.uk

hw.ac.uk/sports

SUPresident@hw.ac.uk

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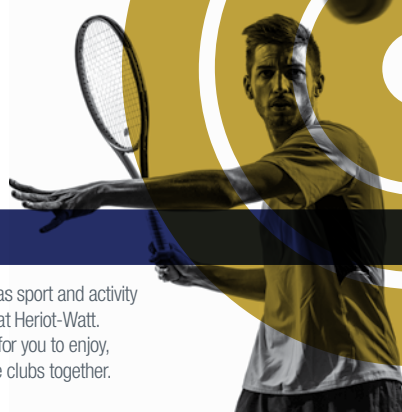
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Oriam
SCOTLAND'S SPORTS PERFORMANCE CENTRE





Social Calendar 2018/19

The Sports Union knows that socialising is just as important as sport and activity for an overall positive "student experience" during your time at Heriot-Watt. Although individual clubs will have their own social calendar for you to enjoy, the following are the Sports Union led nights that bring all the clubs together. They are not to be missed!

SEMESTER ONE

Watt-A-Wednesday	Wednesday 12th September 2018 at Shanghai Club
Warm-Up Wednesday	Wednesday 19th September 2018 at Shanghai Club. Pre-Party at Zeroes (Student Union) from 8pm.
Ceildh	Wednesday 24th October 2018 at Murrayfield Stadium (After-party TBC)
Halloween	Wednesday 31st October 2018 at Shanghai Club
Strictly	Wednesday 14th November 2018 at The Jam House (After-party at Shanghai Club)

SEMESTER TWO

Refresher's Party	Wednesday 9th January 2019 at Shanghai Club
Charity Pub Quiz/Bingo	Wednesday 23rd January 2019 (venue TBC)
Sports Union Ball	Friday 22nd February 2019 (Corn Exchange, After-party @ Corn Exchange)
Varsity After-Party	Wednesday 20th March 2019 (venue TBC)

ONE-OFF EVENTS: These events are dedicated to encouraging as much student participation as possible, with an emphasis on enjoyment and flexibility in participation. Keep a look out on our social media pages for more details throughout the year!

Festival of Sport & Exercise	4th - 6th September
Sports Fair	7th September
Warm-Up Wednesday	19th September
Mental Health Week	Week 5 of Semester 1
Communities Week	Week 6 of Semester 1
Equality & Diversity Week	Week 7 of Semester 1
Refresher's Week	Week 1 of Semester 2
Charities' Week	Week 3 of Semester 2
Healthy Body Week	Week 8 of Semester 2
Varsity Week	Week 10 of Semester 2

How to get involved in the Sports Union?

The Sports Union (SU) is the sole student led organisation that is responsible for Heriot-Watt's sporting needs. The SU is headed by a Sabbatical President and an elected student Executive Committee. We are based on a foundation of volunteers, from club officials through to SU Executive Officers. This creates a perfect opportunity to get involved, make a difference and have fun!

Festival of Sport and Exercise (FSE)

Come along to the FSE during fresher's week, Tuesday 4th September 2018 – Thursday 6th September 2018. Check out the FSE flyer for more info.

Sports Fair

Another chance to see what your Sports Union can offer you during your time at University. Takes place on Friday 7th September 2018 12pm - 2pm in Sports Hall 1 in Oriam. With something for everyone, sign up to one of our 31 sports clubs; from football, to tennis and golf and finish the afternoon by supporting our basketball team in their quest to victory!

Online

For further information please refer to: hw.ac.uk/sports

You can also follow our updates on social media at:

f / Heriot Watt Sports Union t / @HWUSportsUnion i / @hwusportsunion

Recreational Sport

Exists to deliver a wide variety of recreational level activities and competitions to encourage maximum student participation in addition to the SU clubs. For more information e-mail SUPresident@hw.ac.uk

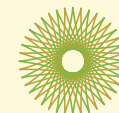
Volunteering

There are plenty of opportunities to help out with your club or the SU in general and be rewarded for your efforts! See further in this leaflet for more information.

How to join the Sports Union?

To join the SU you must become a member of a sport. In order to become a club member you must be a member of Oriam. This can be done online at oriamscotland.com/memberships/ or at Oriam's reception on campus.

- Student Bronze: £108 – per semester
- Student Silver: £158 – per academic year
- Student Gold: £188 – per calendar year



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If you do not buy an Oriam membership you can go along to the gym or fitness classes and pay **£5.10** every time you use the facility as a fitness guest, or **£3.10** as a sport guest.

