



JESS
FOR AU PRES

SPORT FOR ALL
EXCELLENCE & DEVELOPMENT
TRANSPARENCY



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About Me

I'm Jess, and as AU President I want to make sport the best, for everyone. My three main goals are: (1) sport for all, (2) excellence and development, and (3) transparency.

Here's why I think I'm a good fit:

- 1) **I really love sport:** I've played badminton since I was 5 years old. I'm a level 2 coach, with over 8 years coaching experience. I'm passionate about sharing the mental health benefits of sport, because I know what a great way it is to relieve stress and meet new people.
- 2) **I know the AU inside out:** I've been Badminton Club President for two years and Captain the year before that, so I've been heavily involved in all things AU. I've worked closely with the AU on club development, schools volunteering, BUCS and redeveloping the Saints Sport website. I'm also a Saints Leaders graduate.
- 3) **I work hard and focus on results:** Over 400 hours of volunteering with the AU, I have helped to grow the badminton club to 150 members, to build a development pathway, and while I was captain, I helped secure promotion for both teams. These roles have given me transferrable leadership skills, such as resilience, idea generation, feedback responsiveness, and relationship building.

I've built this manifesto by talking to students and club leaders about what they really want.



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Sport for All

Sport has incredible benefits - mental, physical, and social - which *everyone* should have the chance to experience. I want to make Saints Sport welcoming and inclusive for all students, and here's how I'll do it:

Fighting discrimination

- Improve the **diversity training** offered to committees – making sure that it is active, up-to-date, and relevant to sport (unlike the Moodle training). I will work with the new Saints Sport for All subcommittee so that the training works for everyone.
- Help clubs write **anti-discriminatory clauses** into their constitutions and provide clearer guidelines for how clubs should act in cases of discrimination.
- Build a **universal Code of Conduct** that you agree to when you buy membership.
- Help the AU become a **better ally to the LBGT+ community** by making progress and showing support throughout the year, rather than just LBGT+ history month.
- **Fight gender bias in sport** through workshops and awards.
- Support better **disability access and inclusion** by investigating provisions to help students access sport equally, such as signposting sports' adaptability and their requirements.



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Sport for All

Widening access

- Make sport in St Andrews more **financially accessible** by championing new provisions.
- Help **beginners feel welcome**, by encouraging clubs to publicise what equipment/clothing players should wear, sessions for new players, and how to get extra support.
- **Improve gym accessibility** – support the implementation of the upcoming Saints Peer Support scheme, identify quieter times, and promote gym etiquette.

Supporting mental health

- Make sure all students have **a place to meet new people, even with Covid restrictions**, by continuing Sophie's work bringing together the AU and Students Union.
- Promote the **mental health benefits of sport**, by pooling and sharing knowledge between clubs.
- Revive the **funding support** for students whose mental health would benefit most.



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Excellence & Development

I want to help athletes compete at their highest levels, spotlight their success, and help clubs deliver a world-class sporting experience. Here's how I'll do it:

Improving execution

- Ensure a **smooth post-Covid return to sport**: clarify guidelines, keep clubs updated, and support clubs' use of equipment when the sports centre is closed.
- Let committee members **easily share player and club successes** when they happen, and broadcast these.
- **Maintain sporting excellence** in the transition to performance programmes.
- **Support athletes not in performance sports** to access the performance programme.
- Continue Sophie's work getting more **commendation for committee members**.
- Make the **Saints Leaders+ course open** to more club organisers.
- Publicise fixtures better and **promote inter-club support**, like cheerleading.



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Excellence & Development

Building new initiatives

- Encourage collaborations between sports clubs and societies for events like beach cleans, fundraisers, and protests – so many sports clubs are involved with volunteering, fundraising, and activism, and it would be great to use this energy to create larger change.
- Set up 'sport swaps', to help clubs and their members interact more with each other.
- Make the committee forums more learning oriented, with student-led skill sharing in outreach and fundraising, and workshops on conflict resolution and club culture.
- Advocate for sustainability in sport, by working with the Green Group.
- Continue club development by supporting coaching initiatives, alumni engagement, and future planning.



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Transparency

Saints Sport does amazing work, but students often don't know about the support and opportunities available. Here's how I'll fix that:

Fostering accountability

- Track club structure, diversity, and outreach more effectively, to identify areas for improvement and celebrate the hard work of committees.
- Focus on effectiveness in charitable fundraising, helping clubs maximise the impact of their efforts.
- Make the AU more accountable to students' needs, by introducing a 'you asked, we did' section of the website.
- Clearly communicate AU progress on equal access.



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Transparency

Communicating better

- Advocate for *all* sports, regardless of club size or performance level. I'll be an accessible and efficient point of contact.
- Regularly approach clubs for feedback, to better understand their needs. Transparently communicate new initiatives, so clubs can have their say in AU development.
- Help clubs make informed decisions, by communicating promptly about matters such as funding, AU development, and events.
- Increase transparency about budget requests and allocations by implementing and elucidating the membership restructure.
- Start a monthly email bulletin for all students to share updates on progress, upcoming events and activities.
- Continue with the AU president reports



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Transparency

Simplifying information

- Clearly signpost staff and exec roles, so you'll always know who to contact.
- Make the Saints Sport social media more useful, accessible, and engaging.
- Make the Saints Sport website less of a worm-hole.



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Vote on 4-5 March