



# **Handbook 2020-2021**



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# 1. Welcome to Glasgow School of Sport

It gives me great pleasure to introduce Glasgow School of Sport. We continue to lead the way in sporting schools throughout Scotland and the United Kingdom. For over twenty years we have supported hundreds of young athletes on a sporting journey as they strive to meet their full potential. A number of high profile athletes have come through our school and enjoyed success at European, Commonwealth, World and Olympic levels whilst becoming role models for our current pupils. Current and former pupils have achieved medal positions at Scottish, British, European, World and Olympic Games.

“At Glasgow School of Sport our aim is to develop the sporting champions of the future”.

We currently have pupils from 19 local authorities striving for excellence in both their academic and sporting studies. Our highly experienced and motivated staff work tirelessly to support our pupils and contribute enormously to the exciting environment within our school each day. The integration between Bellahouston Academy and Glasgow School of Sport allows us to provide a balanced curriculum and nurture the talented pupils on our programmes.

Our handbook aims to provide you with an easy and practical guide to answer the many frequently asked questions and so give you the information you will need to support your child throughout their time at Glasgow School of Sport. This document should be used along with our website and social media platforms which provide ongoing updates about our programmes and young athletes. In addition, further information can be found within the Bellahouston Academy Handbook which is produced annually.

Whether starting as a new S1 or joining the team as a late entry, your child will quickly find the programmes at Glasgow School of Sport to be challenging, inspiring, exciting and stimulating. I am also sure your child will feel proud to be part of our team and strive to achieve in every aspect, both in sport and academic studies.

The strong and valuable partnership we have with parents is a very important factor contributing to the success of the School of Sport, and we look forward to getting to know you and your child in the coming years.

Wishing you all the very best.

Craig Robertson  
Sports Performance Manager



**Michael Jamieson**

Silver Medal Men's 200m Breaststroke

**Kirsty Gilmour**

Ladies Singles



## 2. School Day and Term Dates

The sport specific timetable is an integral part of Bellahouston Academy timetable. The new timetable will start on Monday 3rd June.

S2 – S6 pupils will receive their timetable on June 3rd.

S1 pupils will receive their timetable on Wednesday 14th August.

### Monday – Friday

Tutor Group	8.50 a.m.	-	9.00 a.m.	
Period 1	9.00 am	-	9.50 a.m.	
Period 2	9.50 a.m.	-	10.40 a.m.	
INTERVAL	10.40 a.m.	-	10.55 a.m.	
Period 3	10.55 a.m.	-	11.45 a.m.	
Period 4	11.45 a.m.	-	12.35 p.m.	
LUNCH	12.35 p.m.	-	1.20 p.m.	
Period 5	1.20 p.m.	-	2.10 p.m.	
Period 6	2.10 p.m.	-	3.00 p.m.	(Close Monday/Wednesday/Friday)
Period 7	3.00 p.m.	-	3.50 p.m.	(Close Tuesday/Thursday)

Pupils are expected to be on the school premises before 8.50 a.m. to ensure a prompt start to the morning and afternoon sessions.

## School term dates 2020

### August

- Tuesday 11 August 2020 (Return date for Teachers & In-Service Day)
- Wednesday 12 August 2020 (In-Service Day)
- Thursday 13 August 2020 (Return date for the pupils)

### September Weekend

- Friday 25 September 2020
- Monday 28 September 2020

### October

- Friday 9 October 2020 (In-Service Day)
- Monday 12 to Friday 16 October 2020 (October Week)

### December - Christmas and New Year

- Schools close at 2.30 pm on Tuesday 22 December 2020
- Wednesday 23 December 2020 to Tuesday 5 January 2021 (Christmas holidays)

# **School Term Dates 2021**

## **January**

- Schools return on Wednesday 6 January 2021

## **February Mid-term break**

- Monday 8 February 2021
- Tuesday 9 February 2021
- Wednesday 10 February 2021 (In-service day)

## **April - Spring Holiday (Easter)**

- Schools close at 2.30 pm on Thursday 1 April 2021
- Good Friday 2 April 2021
- Easter Monday 5 April 2021
- Schools return on Monday 19 April 2021

## **May**

- Monday 3 May 2021 (May Holiday)
- Thursday 6 May 2021 (In-Service day to coincide with Scottish Parliament Elections)
- Friday 28 May 2021 and Monday, 31 May 2021 (May Weekend)

## **June**

- Schools Close at 1.00 pm on Thursday 24 June 2021

## **August**

- Thursday 12 August 2021 (Return date for Teachers & In-Service Day)
- Friday 13 August 2021 (In-Service Day)
- Monday 16 August 2021 (Return date for the pupils)

## **September Weekend**

- Friday 24 September 2021
- Monday 27 September 2021

## **October**

- Friday 8 October 2021 (In-Service Day)
- Monday 11 to Friday 15 October 2021 (October Week)

## **December - Christmas and New Year**

- Schools close at 2.30 pm on Wednesday 22 December 2021
- Thursday 23 December 2021 - Tuesday 4 January (Christmas holidays)

## **3. Meet the team 2020**



**Craig Robertson**  
Sports Performance Manager



**Loraine Henderson**  
Coordinator

### **Athletics**

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**Norrie Hay**  
High Performance Coach



**David Watson**  
Assistant High  
Performance Coach

### **Badminton**

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**Lena Robertson**  
Assistant High Performance  
Coach



**Ian Pringle**  
Assistant High  
Performance Coach

### **Gymnastics**

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**Sandra Stevenson**  
High Performance Coach



**Pusha Gherman**  
Assistant High  
Performance Coach

## Hockey

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**Harry Dunlop**  
High Performance Coach



**Euan Miller**  
Assistant High  
Performance Coach



**Derek Forsyth**  
Assistant High Performance  
Coach

## Swimming

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**Heather Campbell**  
High Performance Coach



**Jamie McKinley**  
Assistant High  
Performance Coach

## Strength and Conditioning

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**Kevin Watson**  
High Performance Coach



**John McEwan**  
Assistant High  
Performance Coach

## Support Staff

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**George Williamson**  
Transport



## 4. Keeping in Touch

General enquiries should be directed to our Co-ordinator, Loraine Henderson. For more sport specific enquiries please contact the High Performance Coaching Team.

Glasgow School of Sport  
30 Gower Terrace  
Glasgow, G41 5QE  
Telephone: 0141 582 0034  
Office Hours: Monday to Friday 8.30 a.m. – 4.30 p.m.

### Staff

Sports Performance Manager	Craig Robertson	craigEW.robertson@glasgowlife.org.uk
Co-Ordinator	Loraine Henderson	loraine.henderson@glasgowlife.org.uk

### Athletics Team

Norrie Hay	High Performance Coach	norrie.hay@gasgowlife.org.uk
David Watson	Assistant High Performance Coach	david.watson@glasgowlife.org.uk

### Badminton Team

Iain Pringle	Assistant High Performance Coach	iain.pringle@glasgowlife.org.uk
Lena Robertson	Assistant High Performance Coach	lena.robertson@glasgowlife.org.uk

### Gymnastics Team

Sandra Stevenson	High Performance Coach	sandra.stevenson@glasgowlife.org.uk
Florica Gherman	Assistant High Performance Coach	florica.gherman@glasgowlife.org.uk

### Hockey Team

Harry Dunlop	High Performance Coach	harryGSOS.dunlop@glasgowlife.org.uk
Euan Miller	Assistant High Performance Coach	euan.miller@glasgowlife.org.uk
Derek Forsyth	Assistant High Performance Coach	derek.forsyth@glasgowlife.org.uk

### Swimming Team

Heather Albin	High Performance Coach	heather.albin@glasgowlife.org.uk
Jamie McKinlay	Assistant High Performance Coach	Jamie.mckinlay@glasgowlife.org.uk

### Strength & Conditioning

Kevin Watson	High Performance Coach	kevin.watson@glasgowlife.org.uk
John McEwan	Assistant High Performance Coach	john.mcewan@glasgowlife.org.uk



Aiden Quinn in action

# Athletics

The Athletics programme follows the general principles of long term athlete development. We work towards late specialisation with our athletes, with awareness towards allowing them to compete successfully along that pathway.

The overall aim is to give our athletes the platform to become the best athlete and person they can be. The route to this is to build gradually on the core fundamentals developed through our S1 - S2 programmes.

In this initial two year block we look to develop the fundamental movement, athletic, conditioning and mobility skills necessary to become a top class athlete.

This initial patient approach allows us to focus in the later years on event selection and specialisation. Athletes in S3 - S6 begin to learn the training and lifestyle skills necessary

to be successful. Throughout their journey our athletes are exposed to an appropriate level of competition whether that is local, national or international opportunities.

At this later stage we introduce individual training programmes both in Strength and conditioning and Athletics specific training sessions. We develop all our athletes at the rate most beneficial to them as individuals.

Ultimately we want our athletes to graduate at the end of six successful years into a positive destination both academically and athletically. This could be into further or higher education or indeed as many have into sports scholarships in the UK or the United States.

## 5. Website and Social Media

The School of Sport website can be viewed on [www.gsos.org.uk](http://www.gsos.org.uk)

Social media sites are also updated regularly and can provide a more active look at our programmes, activities and athletes. Social media is an important vehicle and can support the School of Sport in raising our overall profile. We encourage parents and children to act with caution in relation to any comments or posts that may be harmful to themselves or the School of Sport.

Join us on the following sites:



Facebook



Instagram



Youtube



Twitter

Please also visit the Bellahouston Academy Website for further details regarding the wider school.

## 6. Publicity Consent

On accepting a place at the School of Sport you may have already signed the consent form required. As the National Centre of Excellence our programmes, coaches and pupils are regularly involved in a variety of publicity and media opportunities related to our key sports. This may include photographs, press and media opportunities.

## 7. Pupil Absence Reporting

If your child is absent due to sickness or is due to attend a medical or dental appointment you should call the Pupil Absence Reporting Team. Following this you should contact the School of Sport to inform the Co-ordinator of the same. This will allow the School of Sport to make any adjustments to sessions, travel or coaching arrangements for the day concerned.

Pupil Absence Reporting Team	0141 287 0039
School of Sport Co-ordinator	0141 582 0034

Please make every effort to schedule medical and dental appointments out with the school day.

## **8. Authorised Absence**

If your child has been selected to participate in training or competition at National and International levels organised by an external partner such as their club or Governing Body that involved him/her being absent from school the following procedure should be adhered to:

The School office should be notified in writing a minimum of 1 week before the event. Please provide the School with the name of the pupil, their class and reason for absence. A copy of the official invite or letter should be sent, handed in or emailed to the Co-ordinator informing her of the same.

Pupils should inform their coach as soon as possible allowing the coach to put the necessary arrangements in place.

If the training or competition is being arranged by School of Sport the High Performance Coach will inform the Co-ordinator and no letter is required.

## **9. Time Off Arrangements**

It is extremely important that pupils are not absent from Bellahouston Academy during term time to participate in family holidays. As a School of Sport pupil there are already several dates throughout the year that permission has been sought for pupils to be absent from school to attend competition etc. It is essential that there is minimum disruption to a sports pupil's academic timetable, which has already been adjusted to meet the demands of the sports curriculum.

## **10. Record of Absence and Work Missed**

Pupils who will be absent for training or competition are required to complete a Record of Work Form. Pupils are responsible for this form being completed by teachers who will provide any work missed during the absence period. A copy of the record of work form is available at the back of the handbook.

## **11. Out of Hours and Holiday Training Sessions**

Certain sessions, and in particular those which run after school and during holiday periods are essential to the development of all pupils. All five sports run slightly differently and provide a varying degree of sessions out with the normal timetable. Pupils are requested to prioritise School of Sport sessions and make every effort to attend when possible. During holiday periods please inform the sport specific High Performance Coach of times that your child will not be available for training.



# Badminton

Glasgow School of Sport's Badminton programme supports and assists pupils' development in technical, tactical and physical aspects of badminton. This is achieved through individual and group training sessions during curricular time, before and after school hours. Training is aimed around providing players with an opportunity to achieve excellence and work through a pathway of representation starting with Area Teams, National Teams and International competitions.

Long-term, players will aim for inclusion into BADMINTONScotland's Junior and Senior Performance Programmes and eventually join the Scottish Institute of Sport. Training programmes are based on four key areas; Stroke Production, Specific Badminton Movement, Tactical Awareness and Physical aspects (Specific and Generic). As players move through years 1 – 6 the demands of each are adjusted to support development of each individual player. The School of Sport badminton programme is supplemented with individual and team competition programmes at local, national and international events.

In addition to the competition programme, players have access to support in Psychology, Nutrition, and Sports Science and undergo regular fitness testing to monitor and evaluate each individual player's progression. Training camps also provide a chance for players to work on specific areas during the year to ensure maximum gains from the periodic training programmes. The overall badminton programme has led to an experienced team of coaches providing quality planned sessions to facilitate excellent opportunities maximising the potential of players in the School of Sport.

## **12. Transport**

School of Sport have a number of sessions taking place out with our facility during the school day. The High Performance Coach has responsibility for arranging transport to and from sessions during the normal school day. Transport will be School of Sport Minibus.

On receiving the timetable it may be more suitable for parents to speak with their High Performance Coach and arrange either arrival or departure directly to or from external facilities. Consent will be required to allow pupils to end their day at any external facility.

We are also aware that the School of Sport pupils often travel independently in small groups throughout the city. Please be mindful that our pupils will always be in the public eye and it is important that we encourage the highest levels of behaviour at all times.

For pupils being collected or given consent to travel home directly from the venue, supervision will stop when the School of Sport sessions ends.

If pupils are being met at the school or making their own way home from school, supervision will stop when the School of Sport sessions ends.

### **Travel Provision**

A number of pupils who are eligible for a travel pass will be issued with this on a monthly basis. This pass will allow pupils to travel between home and School of Sport. Pupils who lose their travel pass must meet the cost of a replacement until the following month's pass is available.

### **Travel Guidelines (During School)**

- Always be early
- Take all clothing, equipment, water bottle and any other items required
- Aim to keep the bus tidy at all times
- Inform School of Sport staff if the bus is late or has not arrived
- Always wear a seatbelt

## 13. School Uniform within Bellahouston Academy

As a Bellahouston Academy pupil there is an expectation that all pupils wear the 'core' items including **blazer, shirt and tie**. The main specification for the other items are follows:

- Girls' skirts – these must be a minimum of 20 or 22 inches in length. These are available from our suppliers but can also be secured elsewhere
- Trousers (boys or girls) these should be black dress trousers. No jeans or chinos of any type are allowed; leggings/jeggings or trousers which are not full length or which are gathered at the leg are not allowed; dress shorts are not allowed
- Footwear – shoes must be predominantly black; no white trainers are allowed
- Shirt – white or black only
- Hijab – this should be black only
- No earphones/headphones should be visible whilst within school
- PE – a change of clothes and footwear should be brought on PE days
- There should be no football tops or any item which might cause offence

**Under no circumstances should School of Sport Kit be worn as part of the main uniform for Bellahouston Academy.**

## 14. Clothing, Kit and Equipment

Due to the nature, intensity and demands of our programmes all athletes are requested to purchase a minimum kit list to ensure you wear School of Sport uniform on a daily basis. On occasion you may train more than one session per day, so we do recommend that you have enough clothing to cover your sports specific timetable.



Each sport has very different equipment requirements. We recommend that parents or pupils have a discussion with their High Performance Coach to establish which pieces of equipment will be required for training and competition.

Recommended Minimum Kit List:

Training Shirts	x4
Training Shorts	x2
Tracksuit Top or GSOS Hoody	x1
Tracksuit Bottoms	x1

Kit can be purchased directly from our online shop. Please try to order kit well in advance to reduce any disappointment due to unforeseen delays.

## 15. Lockers

We will continue to offer lockers to all our pupils at School of Sport. All our pupils are required to make use of this service which will provide a secure unit for their sports kit, valuables and belongings.

Lockers will cost £10 per academic year - £5 rental which will be non-refundable (this will be used to repair any damaged lockers, replace lost keys or source additional lockers) and £5 deposit which will be returned in exchange for the key.

Lockers will be allocated on an annual basis with keys being returned prior to end of summer break.

S4, 5 and 6 pupils will return keys prior to SQA exam diet, 2021.

S1 – S3 pupils will return locker keys by Wednesday 23rd June 2021.

Forms to secure lockers are available at the rear of the handbook and will also be available from Mrs Henderson, our Co-ordinator.

## 16. Mobile Phone Guidelines



On joining Glasgow School of Sport and Bellahouston Academy pupils sign a student agreement. The basis of the agreement is to display a high level of behaviour, effort and commitment whilst recognising the importance of professionalism at all times.

The following guidelines are in place to ensure pupils are working towards the highest levels possible and aiming to reach their full potential. We are keen to ensure an enjoyable experience for all and ask that pupils and parents are fully aware of the expectations of those involved in the Glasgow School of Sport programmes.



Mobile phones should be stored in pupils' lockers for the duration of all training, gym and classroom sessions.

Pupils are not permitted to charge Mobile Phones within the GSOS facility.



# Commonwealth Games



**Lynne Donaghy**

Gymnastics



**Michael Jamieson**

Swimming

● *Silver Men's 200m Bst*

**Kirsty Gilmour**

Badminton

**Ryan McKee**

Gymnastics

**Kareena Marshall**

Hockey

**Amy Gibson**

Hockey

**William Marshall**

Hockey

**Kenny Bain**

Hockey



**Kirsty Gilmour**

Badminton

● *Silver Ladies Singles*

**Michael Jamieson**

Swimming

● *Silver Men's 200m Bst*

**Rebekka Findlay**

Badminton

**Caitlin Pringle**

Badminton

**Cara Kennedy**

Gymnastics

**Amy Regan**

Gymnastics

**Carly Smith**

Gymnastics

**Amy Gibson**

Hockey

**Susan McGilveray**

Hockey

**Kenny Bain**

Hockey

**William Marshall**

Hockey

**David McNamee**

Triathlon



**Kelvin Cham**

Gymnastics ● *Silver Men's Team*

**Kirsty Gilmour**

Badminton

**Charlotte McShane**

● *Bronze Ladies Singles*

**Eleanor O'Donnell**

Triathlon (Athletics)

**Adam Hall**

Badminton

**Shannon Archer**

Badminton

**Cara Kennedy**

Gymnastics

**Kareena Cuthbert**

Gymnastics

(Nee Marshall)

Hockey

**Amy Gibson**

Hockey

**Kenny Bain**

Hockey

**William Marshall**

Hockey

**Lee Morton**

Hockey

**Jamie Graham**

Swimming

# Gymnastics



The Gymnastics Programme Structure is constructed in order to develop each of the gymnasts: General physical preparation; Conditioning and Flexibility; Perfection of Basic and Fundamental Gymnastic Skills; Choreography; Advanced Skill Development; and Competition Preparation.

These fundamentals ensure that every School of Sport gymnast meets their full potential and are core to all gymnastic disciplines undertaken at the school. Whether it be Men's Artistic, Women's Artistic, Gymnastic Acrobatics or Tumble.

Coaches at the School of Sport work closely with Club Coaches to develop a training programme unique to each individual gymnast with the main aim, to complement and support the gymnast's progression through the elite pathway. The Glasgow School of Sport also works in partnership with National Coaches in order to ensure the gymnasts who compete internationally are fully supported and have flexible training times to make certain their wellbeing

and recovery are catered for.

Moreover, specialist guest coaches, Olympic coaches and international training camps are built into the gymnastic programme in order to give School of Sport pupils a winning advantage when striving to achieve their goals.

As the gymnasts progress through the years, their individual training programmes are changed and adapted as necessary. The implementation of specific sports science testing and monitoring, strength and conditioning training, nutritional support, sport psychology and pre and rehabilitation work becomes more specialised, in order to support the gymnasts individual needs. Thus providing the knowledge and skills essential for gymnasts to enjoy a long and successful gymnastic career during and beyond their time at the School of Sport.

# 17. Student Agreement (Athletics Badminton/Gymnastics/Hockey)

On gaining a place at Glasgow School of Sport, all pupils are required to sign a student agreement. Please refer to the following agreement which outlines what is on offer and what is expected from each athlete.

<b>Name of Pupil</b>	
<b>Sport</b>	
<b>Year of Entry</b>	

On behalf of Glasgow School of Sport, I am delighted to invite you to become a School of Sport Athlete and receive associated support and assistance to further your sporting career.

Our partnership with Bellahouston Academy allows the School of Sport to support young athletes and enable them to strive towards sporting excellence providing a performance pathway to International levels in one of our five key sports of Athletics, Badminton, Hockey, Gymnastics and Swimming.

We understand that not all young athletes can achieve sporting success immediately and as such we aim to deliver quality programmes to develop our athletes over time.

An annual programme will be developed to improve your performance. This will be led by the High Performance Coaching Team at the School of Sport, who will also aim to work with external partners, clubs and coaches, regional and National organisations to develop each athlete.

The provision and support available from the School of Sport is aimed at ensuring you become a robust athlete and progress through the performance pathway throughout your career.

In return the School of Sport asks for you to:

- Work to the best of your abilities in sport specific sessions at all times
- Work to the best of your abilities in strength and conditioning sessions at all times
- Understand that School of Sport commitments override all other sporting commitments
- Communicate with your High Performance Coach in all sporting matters
- Attend after school and weekend training sessions, competitions plus any general School of Sport activities
- Bring and wear all necessary specified School of Sport kit to training each day
- Be committed to developing and improving at all times
- Ensure your attendance and timekeeping are excellent

- Follow a restricted choice of subjects to allow you to pursue a sports timetable
- Display a high level of behaviour, effort and commitment at all times in both School of Sport sessions and academic studies
- Commit to the Sport Education Curriculum
- Complete athlete wellness forms, sport specific competition evaluations and any other documents requested by your High Performance Coaches
- Be a role model and ambassador for Glasgow School of Sport

As an athlete supported by the School of Sport we would expect that you display high standards of professional behaviour when training and competing at all times.

In addition, we would expect that these standards are applied in your day to day life away from sport as well.

### Student Agreement

I (pupils name) understand that the specialist (sport) programme runs from years S1 to S6 and I commit myself to participate in the programme throughout my schooling.

As a participant in the programme I will display a high level of behaviour, effort and commitment.

I realise that if my behaviour, effort and commitment falls below an acceptable standard my position in the programme may be in jeopardy. I realise that if I then did not develop and improve to an acceptable level, following a strict process of monitoring and review, I may also be asked to leave the School of Sport.

If I am no longer involved in the School of Sport I accept that I will be required to make a placing request to Bellahouston Academy to determine if I am able to remain at Bellahouston Academy for the duration of my schooling.

<b>Signature Agreement</b>		<b>Date</b>	
<b>Athlete</b>		<b>Parent/Guardian</b>	
<b>High Performance Coach</b>		<b>Sports Performance Manager</b>	

## 18. Student Agreement (Swimming)

On gaining a place at Glasgow School of Sport, all pupils are required to sign a student agreement. Please refer to the following agreement which outlines what is on offer and what is expected from each athlete. The Swim Programme is in partnership with City of Glasgow Swim Team.

<b>Name of Pupil</b>	
<b>Sport</b>	
<b>Year of Entry</b>	

On behalf of Glasgow School of Sport, I am delighted to invite you to become a School of Sport Athlete and receive associated support and assistance to further your sporting career.

Our partnership with Bellahouston Academy allows the School of Sport to support young athletes and enable them to strive towards sporting excellence providing a performance pathway to International levels in one of our five key sports of Athletics, Badminton, Hockey, Gymnastics and Swimming.

We understand that not all young athletes can achieve sporting success immediately and as such we aim to deliver quality programmes to develop our athletes over time.

The School of Sport Swimming Programme is a partnership with City of Glasgow swim team and swimmers must become a member of COGST prior to starting at the School of Sport.

Swimmers must note that they are in jeopardy of losing their place at the School of Sport if they do not commit to the required minimum number of session asked of them in relation to their Squad.

An annual programme will be developed to improve your performance. This will be led by the High Performance Coaching Team at the School of Sport, who will also aim to work with external partners, clubs and coaches, regional and National organisations to develop each athlete.

The provision and support available from the School of Sport is aimed at ensuring you become a robust athlete and progress through the performance pathway throughout your career.

### **In return the School of Sport asks for you to:**

- Work to the best of your abilities in sport specific sessions at all times
- Work to the best of your abilities in strength and conditioning sessions at all times

- Understand that School of Sport commitments override all other sporting commitments
- Communicate with your High Performance Coach in all sporting matters
- Attend after school and weekend training sessions, competitions plus any general School of Sport activities
- Bring and wear all necessary specified School of Sport kit to training each day
- Be committed to developing and improving at all times
- Ensure your attendance and timekeeping are excellent at both GSOS & COGST
- Follow a restricted choice of subjects to allow you to pursue a sports timetable
- Display a high level of behaviour, effort and commitment at all times in both School of Sport sessions and academic studies
- Commit to the Sport Education Curriculum
- Complete athlete wellness forms, sport specific competition evaluations and any other documents requested by your High Performance Coaches
- Be a role model and ambassador for Glasgow School of Sport

As an athlete supported by the School of Sport we would expect that you display high standards of professional behaviour when training and competing at all times.

In addition, we would expect that these standards are applied in your day to day life away from sport as well.

#### Student Agreement

I (pupils name) understand that the specialist Swimming programme runs from years S3 to S6 and I commit myself to participate in the programme throughout my schooling.

As a participant in the programme I will display a high level of behaviour, effort and commitment.

I realise that if my behaviour, effort and commitment falls below an acceptable standard my position in the programme may be in jeopardy. I realise that if I then did not develop and improve to an acceptable level, following a strict process of monitoring and review, I may also be asked to leave the School of Sport.

If I am no longer involved in the School of Sport I accept that I will be required to make a placing request to Bellahouston Academy to determine if I am able to remain at Bellahouston Academy for the duration of my schooling.

<b>Signature Agreement</b>		<b>Date</b>	
<b>Athlete</b>		<b>Parent/Guardian</b>	
<b>High Performance Coach</b>		<b>Sports Performance Manager</b>	



“The school of sport gave me the support and tools to develop my skills as an athlete to compete on a world stage but it also nurtured invaluable life skills like confidence, commitment and time management to allow me to balance my sporting commitments whilst achieving my degree as a physiotherapist. I am now successfully working and playing to the best of my ability.”

*Kareena Marshall –  
Scottish Internationalist*

# Hockey

Glasgow School of Sport’s Hockey programme focuses on the development of core skills and techniques, as well as the technical and tactical aspects of hockey. Although our main focus is on outdoor hockey, we incorporate an indoor hockey module for all year groups during the indoor season where we focus on specific indoor skills and systems of play. Extra curricular and club hockey sessions also form part of the hockey programme, as it is during these sessions that real time decision-making, tactical concepts, game knowledge and understanding is applied.

Hockey in keeping with other sports offered at Glasgow School of Sport, provides a holistic programme for the development of our young athletes. Through an individualised approach to programme development and delivery, our coaching staff aim to encourage each pupil selected into the school to reach their full sporting and academic

potential. This individualised, skill based approach is complementary with the Scottish Hockey Performance Pathway incorporating the “Stronger Game “ model and models used by both the West Area Institute of Sport and the Scottish Institute of Sport, into whose programmes we hope our athletes will progress.

Although the primary entry point into the hockey programme is at S1, we also offer entry points at S3, S5 and S6. These later entry points have proved to be very popular and allow for a variety of entry levels and the opportunity for late developers to join the school. Hockey applicants applying for late entry will be individually assessed and placed in the programme at the appropriate level

## **19. Code of Conduct**

On joining Glasgow School of Sport and Bellahouston Academy athletes sign a student agreement. The basis of agreement is to display a high level of behaviour, effort and commitment whilst recognising the importance of professionalism at all times. The following information supports the student agreement and provides further specific details in relation to the School of Sport. We are keen to ensure an enjoyable experience for all and ask that athletes and parents are fully aware of the expectations of those involved with the School of Sport.

### **IN TRAINING**

- Mobile phones should be stored in your locker for the duration of all training sessions
- Arrive early and fully prepared for every session
- Play by the rules
- Work equally hard for yourself and your team. Your team will benefit and so will you
- Demonstrate maximum commitment to improving and developing in your sport
- Treat all team mates, coaches and officials as you like to be treated
- Participate in your sport for your own enjoyment and benefit
- Co-operate with your coach, team mates and opponents

### **DURING COMPETITION**

- Never argue with coaches or officials. If you disagree with a decision during competition, speak with your coach who may decide to approach the organisers for support
- Control your emotions. Abuse of equipment and verbal abuse of other athletes, coaches or officials is not acceptable in sport
- Respect the rights, dignity and worth of all athletes regardless of their gender, ability, cultural background or religion
- As an ambassador for Glasgow School of Sport please remember you are a role model to future athletes – be professional

### **TRAVELLING AS PART OF THE TEAM**

- Co-operate with staff and be on your best behaviour at all times
- Athletes must abide by the curfew rules provided by the coach or group leader
- Under no circumstances is smoking, consumption of alcohol or drug taking tolerated
- Athletes must not leave the competition arena or hotel without prior permission of the coach or group leader
- Athletes should stay in pairs or larger groups at all times
- Athletes are responsible for all monies and valuables. On request, your coach or leader can look after these for you
- Inform your coach or group leader of any medication you may wish to use. Athletes should not carry their own medication; this should be handed to the coach or group leader with the exception of inhalers



## **COACHES' ROLE**

- Coaches and group leaders are appointed to take care of athletes
- Coaches and group leaders have the added responsibility of educating players to eventually become independent travellers as they progress into senior sport

## **PARENTS' ROLE**

- Coaches and group leaders aim to work together with parents to ensure an overall successful experience which enhances the overall development of the child
- Parents choosing to travel are asked to remain at arm's length and respect the role of the coach or group leader
- Parents and athletes are asked to refer to the Bellahouston Academy/Glasgow City Council social media policy

## **SOCIAL MEDIA**

<b>Do's</b>	<b>Don'ts</b>
Do show your personality	Don't talk negatively about organisations, teams, competitors, etc
Do remember everyone can see you	Don't forget your rivals may be reading
Do be responsible	Don't swear
Do share your achievements and performances	Don't presume anything you delete will disappear
Do answer people's questions	Don't ask for or share any personal details
Do be honest	Don't forget about spelling and grammar
Do post regularly	Don't link to any unsuitable links
Do report anything that concerns you	

Should an athlete's behaviour or conduct fall below an acceptable standard their position on the programme may be in jeopardy. I (name of athlete) also understand that if this continues and there is no improvement this will result in me being removed from the Glasgow School of Sport.

I have read the Code of Conduct and agree to abide by it at all times.

Pupil's Name..... Signed.....(Pupil)

Signed ..... (Parent/Guardian) Date.....

Please return the form signed by both player and parent/guardian to the High Performance Coach.

"I was only 12 when I decided I wanted to go to the School of Sport. It's a great school and I encourage anyone to give it a shot, because it absolutely helped me prepare for my life as an athlete and beyond it as well." - Michael Jamieson



# Swimming

Applications are welcomed from Swimmers from across Scotland who would like to join the school in to S3, S4, S5 or S6. Many swimmers have benefited from the programme including Michael Jamieson, Olympic Silver Medallist in 2012.

The swim programme focuses on the development of stroke technique and the acquisition of swimming skills to improve performance in the water. In years S3 and S4 swimmers will focus on specific event training, whilst during years five and six individual training plans will be developed to meet each swimmer's competition calendar, in conjunction with the club coach.

The School of Sport Swim Programme is in partnership with the City of Glasgow Swim Team which enables each swimmer's school training to be fully complemented by a club-led competition programme with regular participation in races at the highest appropriate levels. Training is at Tollcross Swimming Centre with access to both short and long course. All swimmers joining the School of Sport must either be current members of the City of Glasgow swim team, or become a member if they are successful in their

application.

The aims of the coaching programme are:

To provide a secure and enjoyable coaching environment that promotes good practice and aids swimmers to make significant improvements.

To ensure long term development of the swimmer by providing a balanced academic and training timetable, to guarantee the best possible balance of training time, study, rest and recovery.

To assist with the setting of realistic and attainable short, mid and long-term goals and to ensure that each swimmer develops the required physical, technical, tactical and psychological skills in order to reach their full potential.

To encourage and guide swimmers towards greater success by the planning and evaluation of performance in training and racing.

To ensure that all our aspiring performers receive the very best coaching, training, and mentoring by regularly reviewing and updating our training and coaching methods, allowing them to reach their full sporting and academic potential without compromise

# Support Services

## Psychology

Psychology support continues to play a key role within the School of Sport. We currently work with Glasgow Caledonian University and have the support from Gillian Strathearn and Rebecca Scott, both currently studying for a Sport and Exercise Psychology Doctorate Postgraduate Degree. Support is overseen by Dr Bryan McCann PhD (Lecturer in Psychology) from Glasgow Caledonian University.

Gillian and Rebecca regularly provide a programme of psychological services year-round to our pupils to support the sports performance and wellbeing of our athletes. Gillian and Rebecca are working along the framework set up by former Sports Psychologist Chris Hartley who worked at the school from 2016 - 2019. During his time at School of Sport, Chris completed a Motivational Climate Intervention Study with our Hockey programme.

## Sports Science

The Glasgow School of Sport is supported by Resilience in their pursuit of sporting excellence. Resilience – sport science keeps our process of developing the sporting stars of the future at the School of Sport true, delivering the facts back to the schools coaching team, athletes and personal coaches.

Resilience have devised and developed our bespoke testing programme, that's foundations are strongly built by working closely with Sport Specific, Strength & Conditioning Coaches and Sports Performance Manager.

Sport Science testing utilises evidence-based scientific protocols to test the underpinning physiology facets that

facilitate best sporting performance. The objective data obtained from testing is then inputted into our bespoke reporting templates that breaks down the complex subject matters and data to a format that is easily understood by all parties, from coaches and athletes to parents.

Reports are then incorporated into the Glasgow School of Sports Coaches, support Staff and Athlete programmes helping develop performance strategies in all aspects from sport specific to strength and conditioning programmes to maximise the athlete's potential.

## Sports Medicine

Glasgow School of Sport has a strong partnership with Hampden Sports Clinic. For many years, Doctor John McLean has been involved from the very start of each athlete's journey. Pupils are screened during the selection phase and required to attend a medical at Hampden Sports Clinic. On site Physiotherapy takes place on Wednesdays, after school, and ensures the provision of support is available in our facility. Overseen by our Strength and Conditioning Team, any injuries or concerns can then be addressed medically and supported by appropriate rehabilitation and conditioning programmes.

## Nutrition

Glasgow School of Sport offers nutritional support to all pupils through education and workshops. Marianne Hayward has worked with our athletes for many years and offers experience gained through working with National Governing Bodies and the Scottish Institute of Sport.

## 20. Strength and Conditioning Programme

The Glasgow School of Sport's Strength and Conditioning Programme plays an integral part in the physical conditioning of all school of sport athletes. The programme is a compulsory part of your child's agreement with the Glasgow School of Sport. As such, any injury or illness preventing participation in the strength and conditioning programme must be supported with a **doctor's letter, medical certificate or a report from the school's physiotherapy provider**, Hampden Sports, Health and Injury Clinic.

Every pupil at the School of Sport has a Strength and Conditioning programme which supports their sports specific development. Pupils receive between two and six hours a week with the number of hours increasing as athletes progress through the school.

### **S1/S2**

Develop fundamental skills in the following areas: ground based movement skills; mobility; flexibility; lifting technique; running; jumping.

### **S3/S4**

Develop base fitness through metabolic conditioning.  
Develop hypertrophy, strength and power.

### **S5/S6**

Develop sport and position specific fitness  
Develop sport specific strength and power while maintaining base strength to protect from injury.

Optimal preparation is crucial to success within the performance model. A high attention to detail is taken to ensure the maximum possible opportunity for development. This requires team work between S&C, sport specific teams and development/national squads to collectively combine factors including number of training hours and loading, fitness testing results, recovery status, nutrition and psychological aspects of performance for each individual athlete.

## **21. Sport Education Programme**

In addition to the academic curriculum your child will receive from Bellahouston Academy, the Glasgow Sport of Sport education programme is a compulsory part of each athlete's timetable. Specific sport education sessions are scheduled for one period per week for athletes in S4-S6. The subjects each pupil will undertake are as follows:

1. S4 – SCQF Level 4 in Sports Leadership
2. S5 – SCQF Level 6 in Higher Sports Leadership
3. S6 – 1st4sport Level 3 Diploma In Sporting Excellence

The above qualification structure is subject to approval and school timetable arrangements.

Each qualification is assessed by a range of methods including formal written assessments, practical observations and project/portfolio based materials. It is essential that all pupils submit work on time and are present for class based assessments. Any pupil who is absent should provide a doctor's letter or medical certificate indicating why they missed the assessment. This procedure is in line with SQA guidelines. Any pupil who does not follow these guidelines may be awarded a fail for the qualification and will be removed from sports participation until the work has been submitted/completed. Exam and portfolio submission dates will be provided to pupils at the start of the academic year.

## **22. Sports Science Programme**

### ***Fitness Testing***

As part of support services offered to all pupils at the Glasgow School of Sport your child will undergo one or all of the following; field based fitness testing, blood lactate testing and anthropometric testing (skinfolds) and in some circumstances VO2 Max.

### ***Procedure for missed tests and payment details***

The sport science support is provided by a consultant sport science company Resilience Physical Preparation Expert and therefore it is extremely important that your child attends all scheduled sessions.

### ***Illness***

Any sessions that are missed will not be offered at another time. A doctor's letter or medical certificate may be required from any pupil who does not attend due to illness. A letter from yourself will not be deemed as acceptable.

## ***Injury***

If your child is injured we require a letter from a qualified physiotherapist (preferably from our partners Hampden) stating the nature of the injury.

## ***Payment details***

Any pupil who does not attend scheduled sport science support and who does not have the appropriate medical/physiotherapist written authorisation will be charged their share of the support. Current charges, per session per child, are as follows:

- Field based fitness testing = £40
- Blood lactate testing = £50
- Anthropometric testing = £35

## ***23. Health and Medical Care***

The health and physical fitness of all the pupils in the School of Sport will be monitored very carefully. This is to ensure that pupils do not overtrain and become susceptible to illness or injury, and to make sure that growing bodies are ready for the extra physical demands, which it may have to meet.

Ensuring the highest level of Health and Medical Care for all the pupils is a central target of the School. Bearing this in mind we have developed a partnership with Resilience Physical Preparation Expert and we also work closely with the National Stadium Sports Medicine Centre (NSSMC) to establish a professional, quick and effective programme of support.

### ***Medical Care: Sports Injury***

Unfortunately, people who excel in sport occasionally become injured. When this happens it is vital that treatment is received as soon as is necessary. Arrangements have been made so that Doctors and Physiotherapists from the National Stadium Sports Medicine Centre (NSSMC) can treat any pupil who becomes injured. Staff there, have particular qualifications and experience in dealing with sports injuries, and work closely with a team of experts to ensure that the best possible level of care is achieved while getting athletes back performing as soon as possible.

### ***What to do if I am injured***

The School of Sport provides an on site clinic for the diagnosis and treatment of injuries which is led by Senior Physiotherapist from the NSSMC.

It is vital that all injuries are immediately reported to your coach. Your coach will then make an assessment as to whether an appointment is required at the School of Sport on site clinic. This clinic operates in the School of Sport treatment room on a Monday evening from 1515 -1715.

Appointments will last for 20 minutes and pupils are required to book in advance and will then be allocated a time. It is important that pupils arrive at least 10 minutes before the appointment time as the appointment time cannot be extended. The first available appointment is at 1515 and the last is at 1655. Please remember to bring shorts and a t-shirt.

Your coach will notify Kevin Watson, High Performance Coach Strength and Conditioning who will book your appointment time and be present at the clinic to help manage the rehabilitation/recovery from injury and to ensure that information is passed on to sports specific coaches.

Parents and carers should attend the appointment. As the clinics are held on site, sports specific coaches may also be available to attend appointments. Glasgow School of Sport will meet the cost of the first three appointments and thereafter a charge of £25.00 per appointment will be made.

### ***Physiotherapy Support***

The purpose of physiotherapy support is to return the pupil to full training as soon as possible.

Where physiotherapy is required to treat an acute injury, or is required on a long-term basis, this will normally be arranged by the NSSMC. However, this is a costly service and estimates of the total cost of treatment will have to be examined. A decision to proceed with treatment will then be made based on these factors.

### ***Payment***

The Glasgow School of Sport have arranged to pay for a maximum of three appointments or treatments that a pupil may require. Should a pupil require more than three the cost of these subsequent appointments or treatments will need to be met by parents/guardians at the cost of £25.00 each visit. Glasgow School of Sport will issue an invoice and payment should be made at the end of the fourth visit and at the end of any subsequent visits to the centre.

### ***Informing your GP***

Your son or daughter will undertake a very special type of education in the coming years. His or her progress in many areas will be monitored very carefully and health is no exception. In the past when injury or illness has struck your GP may well have been your first point of contact. This will still be the case in the coming years, but it is important that some guidelines are followed in order to ensure that all the various specialists we may call on can work together, rather than possibly working against each other.

The first step to getting the partnership approach we want is for you to inform your GP that your son or daughter is a pupil at the School of Sport, and to give an indication of the amount of training they are being asked to do. Please emphasise the carefully

structured nature of the programme, and the manner in which the School of Sport is monitoring pupils, the Sports Science Professionals and The National Stadium Sports Medicine Centre. Please also ensure that your GP is aware that your son or daughter may be assessed by Doctors from The National Stadium Sports Medicine Centre, and may also be treated by physiotherapists and other qualified personnel at the NSSMC. I would not anticipate that any Doctor will have a problem with this, but should they require further information please ask them to call the Director of the School of Sport.

Hopefully, by informing your GP at this early stage, there will be no problems if and when the services of a Doctor are required for your son or daughter.

### ***Consulting with your own GP***

It is vital that the best possible medical care is established for all pupils. In the event of a sports injury, this will normally be dealt with through the NSSMC. However, should your son or daughter require to see the doctor for any reason that falls out with the 'sports' environment then please simply go ahead and arrange this. What I would ask is that if the doctor prescribes any medication or suggests rest, which may have an effect on the normal school of Sport routine, that this is intimated to the coordinator by letter.

### ***Medicals***

#### ***First Year (S1)***

All S1 pupils are required to take part in a full medical at the National Stadium Sports Medicine Centre. The School of Sport meets the cost of this medical for S1 pupils. Your appointment time will be issued to you in the first few weeks of term.

#### ***Pupils Joining the School out with S1***

All pupils who have joined the School of Sport at any stage other than S1 are required to have a full medical within the first few weeks of term. The School of Sport can arrange this for you if you wish. The cost is £75.00, which you are required to pay to the National Stadium Sports Medicine Centre at the time of your child's appointment. If you would like to arrange the medical yourself please contact the coordinator who will give you details of what type of medical is required.

Full medicals are essential to ensure your child is able to sustain a demanding physical programme and to determine that there are no underlying health problems, which would be detrimental to participation in a specialist sports programme.

### ***Emergency Procedures***

It is inevitable that accidents and injuries will occur in the coming months and years. No top athlete, hockey player, swimmer, gymnast, or badminton player can develop fully by not risking injury at some point. Fortunately most injuries will be easily treated and require little more than simple 'first-aid' type input from the coach. However, sometimes more serious injuries do occur. For this reason an emergency procedure



has been identified. This is listed below, and you should make sure that you are aware of the procedure, especially those parts where you are directly involved.

### ***For sessions within Bellahouston Academy***

- Normal school procedures will prevail, with the School First Aider being informed
- Parents will normally receive a telephone call and be asked to meet their child either at the school, or at the Queen Elizabeth University Hospital Accident & Emergency Unit

### ***For sessions within Bellahouston LC, Palace of Art and Nethercraigs S.C.***

- The coach will utilise the services of Glasgow Life Leisure Staff who will make the initial assessment
- Normally an ambulance will be called and the pupil taken to the Queen Elizabeth University Hospital Accident & Emergency Unit
- Parents will be informed by telephone by the school office or Coordinator of the School of Sport and asked to meet their child at the hospital

### ***For sessions at Scotstoun LC***

- The coach will utilise the services of the Staff on duty who will make the initial assessment
- Normally an ambulance will be called and the pupil taken to the Western Infirmary Accident & Emergency Unit
- Parents will be informed by telephone by the school office or Coordinator of the School of Sport and asked to meet their child at the hospital

### ***For sessions at Tollcross LC and Emirates Arena***

- The coach will utilise the services of Glasgow Life Staff who will make the initial assessment
- Normally an ambulance will be called and the pupil taken to the Royal Infirmary Accident & Emergency Unit
- Parents will be informed by telephone by the school office or Coordinator of the School of Sport and asked to meet their child at the hospital

## **Hygiene**

Hygiene is a delicate issue when it comes to teenagers at the best of times. The School of Sport pupils will be no exception to this as they go through phases of wanting to wash, not wanting to wash and the like. We would ask for your support in this area, paying particular attention to the following general guidelines:-

- Pupils should, in general, shower quickly following every session
- Socks and underwear should be changed following each session
- Pupils must not wear clothing they have been active in when attending normal lessons
- From experience, dirty clothing will be forgotten about and left in lockers to grow mouldy! We'd be grateful if you could remind your son or daughter to clear dirty clothing out of their locker frequently and at least every Friday
- A towel should be brought to school each day, and dried each night it has been used
- Deodorant spray should only be used after washing, not as a replacement to washing
- Pupils should not wear the same training shoes to school that they use for their sports session. This is both unhygienic and will shorten the life of the shoes

## **Forms:**

### **Locker Application**

#### **Conditions**

We will continue to offer lockers to all pupils at School of Sport. All pupils are required to make use of this service which will provide a secure unit for their sports kit, valuables and belongings.

Lockers will cost £10 per academic year - £5 rental which will be non-refundable (this will be used to repair any damaged lockers, replace lost keys or source additional lockers) and £5 deposit which will be returned in exchange for the key.

Lockers will be allocated on an annual basis with keys being returned prior to end of summer break.

S1 – S3 pupils will return keys by Wednesday 23rd June 2021

S4, 5 and 6 pupils will return keys prior to SQA exam diet, 2021

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I agree to the above conditions and request the use of a locker. I have enclosed £10 and will receive £5 refund on the return of my key.

<b>Name</b>			
<b>Year</b>		<b>Sport</b>	
<b>Amount Paid</b>	<b>£10</b>	<b>Date</b>	
<b>Received by</b>			

#### **Please return this form to:**

Lorraine Henderson,  
Co-ordinator  
Glasgow School of Sport  
30 Gower Terrace  
Glasgow G41 5QE

Alternatively email a signed copy to [loraine.henderson@glasgowlife.org.uk](mailto:loraine.henderson@glasgowlife.org.uk)





# Bellahouston Academy now has a free app

Go to your app store (Android or Apple)

Download **Piota schools**

**Open** the app

Type in **Bellahouston Academy** when asked

No new passwords or PINs needed!

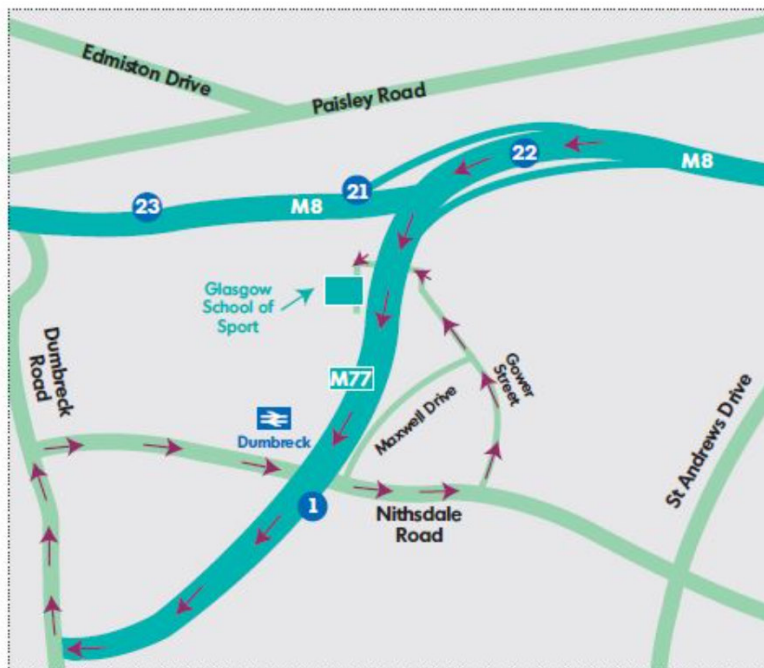
**NEWS**  
**EVENTS**  
**INFORMATION**  
**ALERTS**

Visit our online shop at [www.kitlocker.com](http://www.kitlocker.com)



**KITLOCKER** .COM

# Directions To Glasgow School of Sport



## M8 - Travelling West Bound from Kingston Bridge

From M8 Take left exit to M77 towards Ayr-Kilmarnock-Prestwick  
Take first left exit off the M77 to B768 to Pollokshields - Mosspark  
Turn right at lights onto Dumbreck Road B769 (Haggs Castle Golf straight ahead)  
Follow road straight to outskirts of Bellahouston Park and turn right at traffic lights into Nithsdale Road  
Left after Dumbreck train station into Maxwell Drive  
First left into Gower Street (signposted Academy Business Park)  
Follow road to end and turn left into Gower Terrace  
With School facing you – turn left into School of Sport car park  
Follow path to School of Sport Main entrance

## M8 - Travelling East Bound to Kingston Bridge

Govan / Kilmarnock Junction 24  
Take Slip road and turn left at lights  
Along Helen Street till roundabout  
Right at Roundabout – Towards Ibrox Park  
Right at roundabout and continue straight ahead until you pass over the M8  
You are now on Dumbreck Road (follow directions as above)

# Commonwealth Youth Games



**Rebecca Hillis**

Swimming

- Gold 50m Breaststroke
- Silver 100m Breaststroke

**Charles Mills**

Swimming ● Gold 200m Butterfly



**Lauren Greig**

Athletics

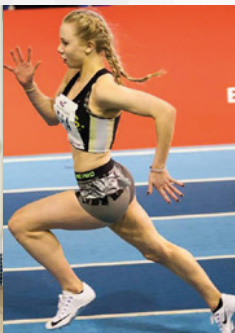


**Douglas Ross**  
**Kirsty Gilmour**

- Gymnastics Gold, Men's Vault
- Badminton Bronze, Ladies Singles

**Josh Neil**  
**Caitlin Pringle**  
**Shannon Archer**  
**Cara Kennedy**  
**Carly Smith**

- Badminton
- Badminton
- Gymnastics
- Gymnastics
- Gymnastics



# ***Thank you to all those who have supported us over the past 20 years:***



Glasgow School of Sport  
Bellahouston Academy, 30 Gower Terrace, Glasgow G41 5QF  
Phone: 0044(0) 141 582 0034  
Web: [www.gsos.co.uk](http://www.gsos.co.uk)