



GLASGOW SCHOOL OF SPORT

Developing champions of the future

In partnership with Bellahouston Academy and City of Glasgow Swim Team

FOR FURTHER INFORMATION

www.gsos.org.uk

heather.albin@glasgowlife.org.uk | 0141 582 0034





Former pupil Michael Jamieson, Olympic Silver medallist London 2012 and Double Commonwealth Games Medallist 2010, 2014 - 200m Bst

“Glasgow School of Sport was the start of my sporting ambitions. I learned about the process of becoming an international athlete, about time management and self-discipline. I have now represented Great Britain in competition and studied at Bath University”

Images courtesy of Ian MacNicol

DRIVE, AMBITION & ABILITY!

At the **Glasgow School of Sport** we are developing sporting champions of the future. We aim to assist swimmers to reach their full potential, limited only by their drive, ambition and ability. We are dedicated to providing a platform for the athletes to discover, enjoy and conquer the realm of competition through their swimming

The **Glasgow School of Sport** will enable the swimmers to learn lifelong skills such as effective time management, dedication and goal setting, transferable skills that are also essential in life outside sport. This combined programme offers many unique benefits which will allow swimmers to flourish both in the pool and in the classroom.

AT THE GLASGOW SCHOOL OF SPORT WE PROVIDE:

- Training within school hours with highly experienced coaches
- Competition and training with the City of Glasgow Swim teams' performance group(s)
- Access to Long and Short course training
- Strength and Conditioning coaches on site at the school
- Sport science and sport medicine support
- Lifestyle management
- A balanced curriculum of academic studies
- Prove excellent Academic results over the last 20 years
- Additional qualifications in Sports Leadership and Coaching and a Sport Education syllabus

Please contact Heather Campbell, High Performance Swimming Coach at Glasgow School of Sport, Bellahouston Academy on 0141 582 0034 | www.gsos.org.uk