

20



Anniversary

1998 - 2018

Commemorative Brochure



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Glasgow School of Sport is truly special. It's the only facility of its kind in the country and has been hugely successful in educating and inspiring young people for the last 20 years.

Having produced some of the finest modern athletes our country has ever seen, we should all be proud of the role GSOS has played in making Scotland, and particularly Glasgow, one of the sporting capitals of the world.

The School of Sport is a credit to our country, and alumni often speak about fond memories of their time at the school. That the school receives applicants from across the country speaks volumes of the quality of education and support pupils receive.

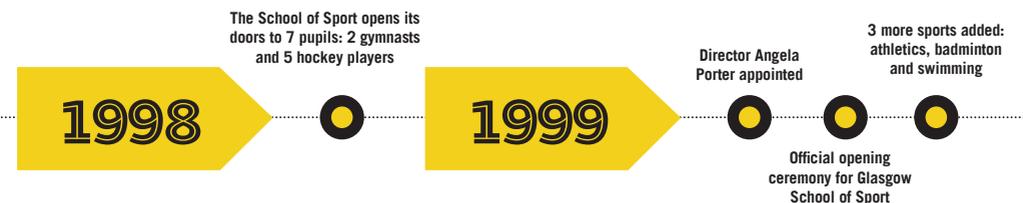
Not only have former pupils gone on to represent their country in the World Championships of their selected sports, but many have also competed for their country at numerous Commonwealth and Olympic Games. I was particularly proud to see the largest selection of former School of Sport pupils contribute to Team Scotland's biggest-ever overseas medal haul during the Gold Coast 2018 Commonwealth Games earlier this year.

Special thanks must go to Angela Porter and Craig Robertson for their unwavering dedication. Their guidance and support has seen the school move from strength to strength, and allows us to be here tonight celebrating 20 years of nurturing and developing the country's best sporting talent.

Equally, the coaching team is widely recognised as one of the best in the country, and I struggle to think of anywhere else you'd find a group of individuals as dedicated to teaching and allowing pupils to grow and improve their own talents. Thank you for the vital work you carry out every day.

I'm sure I'm not alone when I say I can't wait to see what future success lies ahead for Glasgow School of Sport as they seek to inspire the next generation of talented athletes.

Billy Garrett
Director of Sport and Events, Glasgow Life



The journey to excellence starts here...

It is hard to believe that back in 1998 the Glasgow School of Sport opened its doors to 7 pupils; 2 gymnasts and 5 hockey players. Twenty years later the school is striving with 120 pupils in five sports and can now be proud of all our graduates, many of whom have gone on to have successful careers which has been supported by Glasgow School of Sport and Bellahouston Academy.

Our pupils contribute to regional and national teams within our five sports and ensure that Glasgow School of Sport is recognised as the National Centre of Excellence. Our focus of developing sporting stars of the future really has become a driving force and plays a key role within Scottish Sport.

Over the years we have worked incredibly hard to forge the pathways required for our young athletes and provide them with the key skills required to reach the top in their sport. School of Sport pupils have gained selection to European, World, Commonwealth and Olympic competitions, winning medals at the very highest levels.

Over 300 pupils have represented Scotland on more than 1000 occasions, which is a truly remarkable achievement. More than 450 pupils have gained qualifications in Sports Leadership, many of whom are now starting their own coaching careers at home and abroad. Over 76% of sports graduates have gone on to further or higher education and all have pursued positive career destinations.

We have continued to build on our relationships with twin cities and have strong gymnastic links to Rostov-on-Don in Russia and the badminton links to the Chinese city of Dalian. The opportunities gained by our staff and pupils over the years have shaped and educated our way of thinking and contributed to some outstanding results.

It's our 20th anniversary and we proudly celebrate our success. At the same time our pupils are training hard to emulate the many role models we have and look to gain Commonwealth or Olympic selection in the future and compete at the very highest level.

With the continued support from parents, clubs, partners in sport and businesses, all integral to our success, we will do our utmost to provide new pathways and widen opportunities for our pupils to perform with excellence in the years to come.

The success of our pupils is driven by our amazing team of staff and coaches. In school, Bellahouston Academy continues to embrace the School of Sport and combines high performance sport with a quality education.

The School of Sport is generously provided by Glasgow City Council through Education Services and Glasgow Life, with core funding from Scottish Government. We are indebted to them for their continuing commitment and support. Together we look forward to a bright and exciting future, building on the success of the last 20 years.

Craig Robertson
Sports Performance Manager (acting)



Twenty Years on...

As I write these few words for this, the Programme to mark the Twentieth Anniversary of The Glasgow School of Sport at Bellahouston Academy, I have in front of me the introduction I was delighted to write in the Programme for the Tenth Anniversary celebration. Apart from the obvious point I would make about just how quickly the years seem to speed by and how difficult I find it to credit that earlier celebration was ten years ago, I am also struck by how much of what was relevant in that first introduction remains relevant ten years on. For example, back then, I described GSOS as "the leading centre for school-based sport anywhere in the country" – no change there. I also paid tribute to "the best team of High Performance Coaches gathered together on one site" – no change there either.

Ten years ago, I was also able to mention the fact that we were all very excited at the prospect of the 2014 Commonwealth Games coming to Glasgow and the equally exciting prospect of GSOS pupils representing Scotland in this great city. Our anticipation was well-rewarded: 12 graduates of the GSOS programme made the Team for the Glasgow games and, if GSOS had been a country, the two Silver Medals won by Kirsty Gilmour and Michael Jamieson, would have placed GSOS 26th in the medal table. Since then, GSOS pupils have continued to represent their country and to have achieved success at the very highest level.

I finished that Introduction by paying tribute to the work of Angela Porter, the Director of GSOS, whose huge contribution to its success cannot be over-emphasised. Angie's role has been to ensure that the momentum of those first ten years was not only consolidated but increased, so that GSOS has gone from strength to strength. Craig Robertson is currently doing a fine job making sure that that forward progress continues.

Finally, one other area in which there has been no change over the last ten years has been the degree of pride which I feel in the achievements of the Coaches and the fantastic young people of The Glasgow School of Sport. Here's to the next ten years.

Ian Anderson
Head Teacher,
Bellahouston Academy



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.



Aiden Quinn in action

2000

Glasgow School of Sport designated as a National Centre of Excellence and funded by the Scottish Government

High – performance coaches appointed in the 5 sports

2001

International Study visit to Australia to learn from the best and to gauge our progress

Glasgow School of Sport

Meet the team 2018



Angela Porter
Sports Performance Manager



Craig Robertson
Acting Sports Performance Manager



Loraine Henderson
Coordinator

Athletics



Norrie Hay
High Performance Coach



David Watson
Assistant High Performance Coach

Badminton



Lena Robertson
Assistant High Performance Coach



Ian Pringle
Assistant High Performance Coach

Gymnastics



Sandra Stevenson
High Performance Coach



Pusha Gherman
Assistant High Performance Coach

Hockey



Harry Dunlop
High Performance Coach



Euan Miller
Assistant High Performance Coach



Derek Forsyth
Assistant High Performance Coach

Swimming



Heather Campbell
High Performance Coach



Jamie McKinley
Assistant High Performance Coach

Strength and Conditioning



Kevin Watson
High Performance Coach



John McEwan
Assistant High Performance Coach

Support Staff



George Williamson
Transport

The School of Sport moves into a state-of-the-art, purpose-built facility on site at Bellahouston Academy, creating high-performance facilities for badminton, indoor hockey and strength & conditioning

Hockey exchange programme initiated with Como Secondary College in Perth, Australia – considered one of the leading hockey nations in the world. Provides an exciting incentive for our top senior pupils

2002

The first entrants at S3, S5 and S6

Gymnast, Lynne Donaghy, competes at the Commonwealth Games in Manchester

2003

Princess Anne, the Princess Royal, visits our new facility and finds out more from our pupils and staff

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.



2004

Additional coaches appointed to complete the full staffing team of 19

The School of Sport receives an award for excellence in International Education

The School of Sport receives an award for excellence in International Education

As a founder member, Glasgow School of Sport represented Scotland on the European Athlete as Student (EAS) project, supported by the European Commission. The aim of the project was to develop a network of those who work with combining education and sport, sharing experiences and views. Senior badminton player, Kareena Marshal, travels to Germany to share her views on combining education and sport at the Glasgow School of Sport



LEARN TO SWIM WITH GLASGOW SPORT

Lessons available in 12 pools across the city for children and adults of all ages.

Our award winning programme offers a structured Learn to Swim pathway to develop swimming stars of the future. All of our teachers are qualified and trained to deliver the highest standard of teaching within Glasgow.

Contact swimming@glasgowlife.org.uk for more details or visit our website at www.glasgowlife.org.uk/sport/learn-to-swim



#LTSGlasgowSport



Scottish Water Learn to Swim Provider of the Year 2018



2005

Number of pupils entering S1 is doubled

Highly successful website launched: www.glasgowchoolofsportbellahoustonacademy.co.uk

Glasgow School of Sport builds on Scotland's support for Malawi by adding a sports development dimension. Sports equipment and coaching resources are shipped to Lilongwe, facilitating schools to initiate their own athletics development programmes. Over 4,000 children participate in weekly sessions

Kelly Holmes visits the school and inspires pupils with her double gold medal win in Athens

Commonwealth Youth Games



Rebecca Hillis Swimming
 ● Gold 50m Breaststroke
 ● Silver 100m Breaststroke

Charles Mills Swimming ● Gold 200m Butterfly



Douglas Ross ● Gymnastics Gold, Men's Vault
Kirsty Gilmour ● Badminton Bronze, Ladies Singles

Josh Neil Badminton
Caitlin Pringle Badminton
Shannon Archer Gymnastics
Cara Kennedy Gymnastics
Carly Smith Gymnastics



Lauren Greig Athletics



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.



2006

Director Angela Porter, has a 10 month leave of absence and Alan McIlvain takes over

School of Sport athletes join the promotional campaign, Back the Bid, for the 2014 Commonwealth Games

School of Sport pupils celebrate the tremendous work that the Commonwealth Games are coming to Glasgow in 2014

Two coaches and nine gymnasts travel to Rostov-on-Don in Russia for ten days training and living on site at the Olympic Reserve School. A school which has 5 Olympians and has pledged to work in partnership with Glasgow School of Sport to raise standards of performance in the run-up to the Commonwealth Games in 2014

2007

Kenny Bain selected for Youth Olympics: team wins silver

Coach, Norrie Hay, and senior athletics pupil, Calum Nichol, organise regional athletics competitions in Lilingwe and Mzuzu, bringing together the most talented athletes to compete for athletics scholarships to Glasgow School of Sport

In partnership with the Lord Provost's International Office, links are established with the Olympic Reserve School of Glasgow's twin-city of Rostov-on-Don, Russia

Our Pupil Pathway Advisory Group is established, bringing together key individuals and organisations from education, business and sport



City of Glasgow Gymnastics Club was established in 1985 and is the only club in Scotland which is focussed specifically on elite performance gymnastics. Talented gymnasts aged 5 years to seniors are supported to compete at the highest level in the country in 4 disciplines including; Men's Artistic, Women's Artistic, Acrobatic and Disability gymnastics.

squad in the club and leads the gymnastics programme within the Glasgow School of Sport. Sandra successfully headed Scotland's Women's Artistic team at the Commonwealth Games this year to their most successful games ever having coached gymnasts to the previous two Commonwealth Games.

We work closely with the Glasgow Life recreational gymnastics programme to identify talented youngsters to ensure that they benefit from the highest standard of coaching at an early age and we take referrals from other clubs in Glasgow and the West of Scotland for experienced gymnasts to join our competitive squads.

This year's success included 9th and 10th place finishes for City of Glasgow GC and GSOS gymnasts Cara Kennedy and Shannon Archer. City of Glasgow Gymnastics Club was also represented by our lead coach in Men's Artistic gymnastics, Marius Gherman, who lead his team, including City of Glasgow GC gymnast David Weir and his teammate Kelvin Cham (who also attended GSOS), to win bronze in the team competition. Marius also has previous experience having lead the silver medal winning team in Glasgow in 2014 and the 2010 games in Delhi.

Our gymnasts are encouraged to apply for selection to the Glasgow School of Sport when they are of age. We maintain the highest standard of facility, equipment and coaching within the club to provide the optimum training environment and we work directly with the school to establish individualised training programmes, which includes strength and conditioning programmes and sports science testing as well as lifestyle, nutritional and psychology advice.

He also coached former GSOS pupil Douglas Ross, who won gold on Vault at the Commonwealth Youth Games in 2011.

If you would like any more information about City of Glasgow Gymnastics Club or our performance programme please contact us:

The lead coaches in each discipline within the club are all HPC qualified and have international competition experience, as does Sandra Stevenson who works with the Women's Artistic

Email: info@cityofglasgowgymnasticsclub.org.uk
Tel: 0141 427 4466
Facebook: City of Glasgow Gymnastics Club
Instagram: CityofGlasgowGymnasticsClub

HAPPY 20TH ANNIVERSARY GLASGOW SCHOOL OF SPORT



WISHING YOU CONTINUED SUCCESS

Former students Kelvin Cham and Shannon Archer also celebrated their 20th birthday this year and represented Team Scotland at the Gold Coast 2018 Commonwealth Games

Gold Coast 2018

Number of pupils entering S1 is doubled

From the Olympic Reserve School in Russia, the Director, two coaches and 6 artistic gymnasts visit Glasgow School of Sport for ten days, sharing their skills, techniques and methods through joint training sessions, displays and workshops

2008

From Malawi, three boys (Noel, Lameck and Edward) and three girls (Mwayi, Marium and Lennie) accompanied by their teachers (Susan Mhango and Joel Kumwenda) visit Glasgow School of Sport on athletics scholarship. They sample the life of a sports pupil experiencing school, high-performance coaching, club-training and enjoy a packed social and cultural programme, with one highlighted being the two-night home stay with Scottish families

2009

Kenny Bain (hockey) wins bronze for Great Britain at the Youth Olympics in Australia and finishes as the top goal scorer of the tournament. Amy Gibson (hockey goal-keeper) wins Gold for Great Britain: these outstanding performances kick-start our tenth year in style

Commonwealth Games



Lynne Donaghy

Gymnastics



Michael Jamieson

Swimming
 ● Silver Men's 200m Bst
 Kirsty Gilmour
 Ryan McKee
 Kareena Marshall
 Amy Gibson
 William Marshall
 Kenny Bain



Kirsty Gilmour

Badminton
 ● Silver Ladies Singles
 Michael Jamieson
 Swimming
 ● Silver Men's 200m Bst

Rebekka Findlay
 Caitlin Pringle
 Cara Kennedy
 Amy Regan
 Carly Smith
 Amy Gibson
 Susan McGilveray
 Kenny Bain
 William Marshall
 David McNamee

Badminton
 Badminton
 Gymnastics
 Gymnastics
 Gymnastics
 Hockey
 Hockey
 Hockey
 Triathlon



Kelvin Cham

Gymnastics
 ● Bronze Men's Team
 Kirsty Gilmour
 ● Bronze Ladies Singles
 Triathlon (Athletics)
 Badminton
 Badminton
 Gymnastics
 Gymnastics
 Hockey

Charlotte McShane
 Eleanor O'Donnell
 Adam Hall
 Shannon Archer
 Cara Kennedy
 Kareena Cuthbert
 (Nee Marshall)
 Amy Gibson
 Kenny Bain
 William Marshall
 Lee Morton
 Jamie Graham

Hockey
 Hockey
 Hockey
 Swimming



Angela Porter, Norrie Hay and Craig Robertson visit Zambia as part of Glasgow's support to Commonwealth countries

Michael Jamieson wins Silver in the Men's 200m Breaststroke in Delhi

Glasgow School of Sport hosts a Showcase providing a major sporting exhibition to distinguished guests from Sport, Business and Education

Coach Tsong, from Dalian China, visits the School of Sport, and provides mentoring to the coaches and imparts her knowledge to the Badminton Players

2010

2011

7 Graduates are selected to compete for Team Scotland at the Commonwealth Games in Delhi

6 School of Sport pupils are selected to compete for Team Scotland at the Commonwealth Youth Games in the Isle of Man, in Badminton and Gymnastics



Strength & Conditioning

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.

2012

Glasgow School of Sport Graduate Michael Jamieson, is the school's first Olympian

Michael Jamieson Wins Olympic Silver in the 200m Breaststroke at London 2012

Glasgow School of Sport hosts the Cuban Paralympic team, in their final preparations for London 2012

Support Services

Psychology

Since September 2016 Chris Hartley has been providing Sport Psychology support to the Glasgow School of Sport. Chris is a PhD Researcher at the University of Stirling and a British Psychological Society-registered trainee Sport and Exercise Psychologist. Over the past 2 years, Chris has completed a Motivational Climate Intervention Study at the Glasgow School of Sport with our Hockey programme, and he regularly provides a programme of psychological services year-round to our staff and pupils to support the sports performance and wellbeing of our athletes.

When not working at the Glasgow School of Sport, Chris teaches at the University of Stirling, publishes in the field of sport psychology, and presents at academic conferences; he is particularly interested in how best to support young athletes as they transition through the performance pathway.

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 Director of School.

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.



Director Angela Porter, 10 Athletes, Coaches Norrie Hay and David Watson visit Trinidad & Tobago as part of an exchange programme

2013

The Duke and Duchess of Cambridge visit the Emirates Arena and the School of Sports Athletics Programme



Michael Jamieson
Silver Medal Men's 200m Breaststroke

Kirsty Gilmour
Ladies Singles



“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

2014

12 School of Sport Graduates and current pupils are selected to compete for Team Scotland at the Commonwealth Games in Glasgow

10 School of Sport Badminton players with Coaches Craig Robertson and Lena Robertson travel to Glasgow's twin City Dalian in Northern China, to learn and train with the Provence team in Dalian

Athletes and Coaches arrive to the School of Sport from Trinidad & Tobago as part of the exchange programme

Kirsty Gilmour and Michael Jamieson win Silver Medals at Glasgow 2014, in Badminton and Swimming

2015

Boys Hockey team win the Scottish School Boys Cup

GSOS develop an Strength & Conditioning voluntary programme

GSOS & Bellahouston Academy received outlining planning permission for Phase 1 of the Outdoor sports facilities specifically for the sand dressed astro turf pitch



"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

Rio Olympics, School of Sport Graduate
Kirsty Gilmour selected to represent team
GB in Rio as part of the Badminton team

2016

GSOS start to deliver SEQF Level 6 Sport Leadership award,
one of only 4 Glasgow Schools providing this Award



CITY of GLASGOW SWIM TEAM

Formed in 1993, City of Glasgow Swim Team has been consistently one of the leading swimming clubs in Scotland and the UK for over 25 years. The Club has a proud history of providing expert swimming coaching and tuition to the local community.

City of Glasgow Swim Team swimmers always enjoy success at regional and national level but the Club has also gained an international reputation by placing multiple athletes on representative teams for Great Britain and other nations at events up to and including the Olympic Games. In fact, some of Britain's best ever swimmers have been developed at City of Glasgow!

Although City of Glasgow Swim Team has over 330 active members, the main body of the Club comprises approximately 290 children, teenagers and young adults who train on a daily basis with the ultimate aim of reaching their full potential within the wonderful sport of swimming. From young developing children, to senior international athletes, City of Glasgow Swim Team is the place to be!

City of Glasgow Swim Team operates within a long term planning strategy that outlines our values, our vision, our mission, and a number of key objectives that we are aiming to achieve in the coming months and years.

Our values include:

- Achieving success at all levels of competitive swimming.
- Providing the highest standard of swimming teaching, coaching and training possible.
- Promoting lifelong positive values and qualities in our members.
- Enhancing the status and reputation of swimming in Scotland and the UK.
- Delivering the beneficial aspects of club membership to swimmers and parents.

The Club has a strong partnership with Glasgow Life to ensure that the programme can take place in the city's world class facilities, with the benefit of expert professional paid coaches at all levels of the pathway, and is accessible and affordable to all sections of the local community. The Club's relationship with the Glasgow School of Sport is a cornerstone of that partnership and we work closely on a daily basis with the School of Sport and the GSOS staff to provide a unique opportunity for school children to combine swimming development with their academic studies.

w: www.swimglasgow.co.uk
t: @cogst & @eyerite
f: www.facebook.com/swimglasgow

The commonwealth game baton starts its
journey to the Gold Coast from GSOS

2017

Athlete Lauren Greig is selected to represent team Scotland at
the Commonwealth Youth Games in the Bahamas



'OWN YOUR JOURNEY'

At the Michael Jamieson Swim Academy we have created a unique learn to swim journey centred around our love for the sport. It is our passion to provide every child with the opportunity to learn to swim in a safe, fun and innovative way.

- Olympian led program driven by silver medalist Michael Jamieson.
- As well as following the leading national learn to swim syllabus children can work towards our unique 'Your Journey' awards which focus on the personal development of confidence, self awareness, communication, and independence.
- Group lessons and 1-2-1 currently available across Glasgow and Lanarkshire.
- Our white (non swimmer) classes have max 4 children and all other levels (blue, back and silver) have max 6 children in each class.

✉ INFO@MJSWIMACADEMY.COM

📱 @MJSWIMACADEMY

#MJSWIMACADEMY

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

Commonwealth Games – Gold Coast Kirsty Gilmour, Kelvin Cham, Cara Kennedy, Shannon Archer, Kareena Cuthbert, William Marshall, Kenny Bain, Lee Morton, Amy Gibson, Eleanor O'Donnell, Adam Hall, Charlotte McShane, Jamie Graham

2018

As we celebrate 20 years of success, it's not just the cups and medals that make us most proud: it's the quality and maturity of our graduates and the contributions they are making to sport and life. Whether pupils enjoy one year or six years at the School of Sport, it's not just what they take with them that's important, it's also what we learn from them



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