

GYMNASTICS



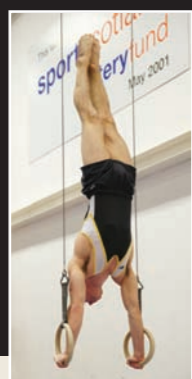
David McKee



Philippa and Craig Downie



Ruzana Nabokova, Russia



Ryan McKee



Gymnasts promote 2014



STAFF

Philippa Musikant has led the gymnastics programme since 2002 and over the past 7 years has been joined at various times by Shelley Taylor, Sharon Forsyth and more permanently John Hill. Input from coaches at the City of Glasgow GC and other partnership clubs ensures that relationships with local clubs remain strong.

Aside from running the gymnastics programme at the GSOS, Philippa and Shelley established a very successful primary schools programme from which gymnasts are now entering the GSOS.

Philippa also delivers in-service gymnastics training for primary and secondary teachers in Glasgow.

OUTSTANDING ACHIEVEMENTS

Over the past 10 years, there has been an exceptional number of pupils who have been part of the Scottish National and Regional Squad programme. Many have represented Scotland in National Development Finals, competed in British Championships in all disciplines and been selected for National teams in international competitions.

Special mention must go to Fraser Gibson and Damien McLaughlin who represented Scotland in the World School Games in 2002.

Also to Amy Hamilton, who made the successful transition to another sport and was selected to represent Scotland in the Commonwealth Youth Games.

However, the most outstanding achievement is that of Lynne Donaghy who competed in Manchester at the Commonwealth Games 2002.

INTERNATIONAL CAMPS AND VISITS BY COACHING EXPERTS

The gymnastics programme has benefited from a partnership with the Dance school of Scotland at Knightswood Secondary School. Philippa has worked with the pupils on the Musical Theatre course in exchange for choreographic input from Dance School teacher Lynne Bustard.

18 months working with Cristina Predescu, coach to numerous European Champions, in 2007 – 2008, enabled more advanced preparation programmes to be established across all disciplines.

The international exchange programme established in 2008 with the Olympic Reserve School in Rostov-on-Don, Russia, has widened the gymnasts and coaches perspective from both a social and performance aspect. This opportunity has enabled closer links to develop between the GSOS, City of Glasgow GC and Scottish Gymnastics as our Womens Artistic Gymnasts work towards selection for the 2014 Commonwealth Games.

WHERE ARE THEY NOW?

Many of the gymnastics pupils have gone on to study at colleges, with some progressing through to University where former pupils are currently studying subjects such as pharmacy, nursing, sports science, law and coaching.

Main photo: Shannon Laing



INTERNATIONAL REPRESENTATION

1998 (2)
Lynne Donaghy, Julie Sutherland.

1999 (4)
Lynne Donaghy, Julie Sutherland, Kirsty Martin, William Smith.

2000 (8)
Lynne Donaghy, Julie Sutherland, Kirsty Martin, William Smith, Shereen Gibson, Sia Dauda, Fraser Gibson, Damien McLaughlin.

2001 (5)
Lynne Donaghy, Julie Sutherland, Shereen Gibson, Sia Dauda, Phulah Pall.

2002 (7)
Lynne Donaghy, Julie Sutherland, Shereen Gibson, Sia Dauda, Emma Graham, Fraser Gibson, Damien McLaughlin.

2003 (1)
Emma Graham.

2004

2005 (1)
Ryan McKee

2006 (4)
Ryan McKee, Steven Bruynseels, Douglas Ross, Laura Mullen.

2007 (1)
Gemma Aird.

2008 (1)
Jamie Aird.

2009 (2)
Ryan McKee, Douglas Ross.

Ryan promotes the World Sports Acrobatics Championships



KEY EVENTS

1998
• First gymnasts started (2).

1999
• All gymnasts accepted into Scottish National Squads.

2000
• HPC Mike Weinstock appointed (Dec 2000 – Dec 2001).

2001
• Shereen Gibson accepted into the British Junior Squad.

2002
• HPC Philippa Musikant appointed.
• Lynne Donaghy selected to represent Scotland at Commonwealth Games in Manchester.
• Fraser Gibson and Damien McLaughlin selected to represent Scotland at World School Games.
• All MA gymnasts compete in USA Invitational International.

2003
• First S5 gymnast graduation – Lynne Donaghy.

2004
• Introduction of Sports Acrobatics Into GSOS gymnastics programme.

2005
• Jonathan Cecchetti achieved 2nd place in British Tumbling NDP Champs.

2006
• Introduction of Trampoline to GSOS gymnastics programme.

2007
• Amy Hamilton re-directed from gymnastics programme into weight-lifting.
• Gymnasts assist in the promotional campaign to bring the 2014 Commonwealth Games to Glasgow.

2008
• Olympic Reserve School from Rostov-on-Don exchange to Glasgow in May 2008.
• 9 gymnasts from GSOS, City of Glasgow GC and Dundee GC train and live on site at the Olympic Reserve School in Rostov-On-Don.
• Ryan McKee achieves top 12 place and 2nd on Vault in British MA Championships.
• Gymnasts assist in the promotion and launch of World Sports Acrobatics Championships.

2009
• 10-Year Anniversary.