

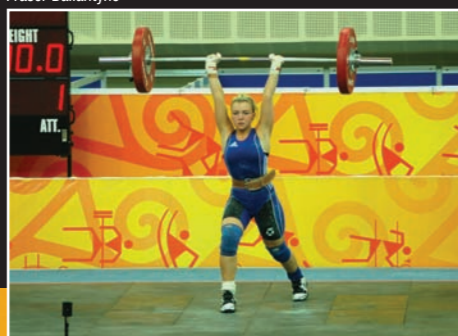
STRENGTH & CONDITIONING



Kareena Marshall



Fraser Ballantyne



Amy Hamilton Jerking at Commonwealth Youth Games



STAFF

The Strength & Conditioning team has developed from one consultant High Performance Coach in 1998/99 to 2 full-time High Performance Coaches and one Assistant High Performance Coach in 2009.

2001 saw the first major change to the team with the appointment of Kirstie Law as a High Performance Strength Coach. Raymond Cavanagh was appointed as an Assistant High Performance Strength Coach in 2004. Kevin Watson, appointed later that year as High Performance Strength & Conditioning Coach, completed the team. This marked a significant change for the school, recognising the need for development of both strength and conditioning based programmes.

The team at the School of Sport bring a wealth of professional knowledge as well as personal experience as former national and international athletes in the sports of Olympic weightlifting and rowing.

OUTSTANDING ACHIEVEMENTS

The strength & conditioning team has supported and contributed to the success of several School of Sport athletes in achieving international honours during their time at the school.

Through the sports transfer programme, the S&C team have contributed to the success of a small number of athletes in Olympic Weightlifting.

Most noticeably, Amy Hamilton transferred from gymnastics to weightlifting with considerable success. Under the tutelage of Raymond Cavanagh she has moved quickly through the junior ranks and established herself as a potential lifter for the 2014 Commonwealth Games in Glasgow.

Amy's other successes include:

- 2008 World Class Youth Squad
- Commonwealth Youth Games Representation
- European Youth Championships representing GB
- British Under 18 Champion
- Scottish Senior Champion

Two other athletes at the school of sport have showed promise in Olympic weightlifting but still commit fully to their own sports of hockey and gymnastics, respectively:

Amy Lui

- 2008 British Under 18 Champion
- Scottish Schools Champion

Colette Will

- 2008 British Under 18 Champion
- Scottish Schools Champion

INTERNATIONAL CAMPS AND EXCHANGES

2007 – Kirstie Law assisted in the Swim team's warm weather training camp to Lanzarote.

WHERE ARE THEY NOW?

Several ex-school of sport pupils from a variety of sports are now under the S&C guidance of Paul Coyle and his team at the West of Scotland Area Institute of Sport.

Amy Hamilton is preparing to move to Leeds to be part of the World Class Weightlifting Youth Squad.

All current pupils continue to receive a minimum of two S&C sessions per week within their sport specific programmes.

High Performance Coach Kirstie Law has recently embarked on a new career with Strathclyde Police.

THE FUTURE

Will weightlifting be considered as a 6th Sport at the Glasgow School of Sport?

KEY EVENTS

1998-2001

The opening of the school of sport in 1998 saw the inclusion of land base conditioning sessions in hockey and gymnastics. Conditioning programmes were introduced with the other 3 sports over the next 3 years.

2001/02

Kirstie Law was appointment to introduce free weights to the S&C programmes.

2002

Physiological monitoring was introduced including, fitness testing, anthropometrical profiling and lactate testing.

2003

Free weights programmes utilising Olympic lifts and periodised complex training methods were embedded into all sport specific programmes.

2004

The introduction of Kevin Watson as High Performance Coach saw development of an S3 sport education syllabus.

A review of the conditioning components of the programme was undertaken.

2005

Development of the conditioning programmes was undertaken in all sports to ensure conditioning programmes complimented sports specific training.

2006

Kevin Watson was accredited to deliver the UKCC Level 2 in Strength & Conditioning for Sport award, increasing the coaching qualifications available to pupils.

Revamp of the Sports Leader Level 1 and Level 2 awards embedded in the S4 and S5/6 sport education programmes.

The S1/2 conditioning programme was reviewed and the generic movement programme was introduced alongside the development of a long-term player development strategy for the School of Sport.

Specific recovery training sessions including pool recovery and hydrotherapy were introduced into the S&C programmes.

2008

Kirstie Law linked with Hampden Sports Health and injury Clinic to monitor/develop the link between physiotherapy rehab and S&C.

Aqua running was introduced to compliment the conditioning training of injured players.

Raymond Cavanagh introduced the BWLA Resistance Training award to the school as a coaching award available to pupils.

A parent's education seminar series entitled the Performance Parent was introduced for all parents of the new S1 pupils.

The S&C team liased with Bellahouston Academy to develop Health Promotion modules and Sport Psychology within learning.

2009

Writing of the syllabus for 3 modules within the NC in Sport and Recreation. Selected modules will be delivered from August 2009 as part of the S3, S5 and S6 sport education programmes.

With High Performance Coach Kirstie Law leaving to pursue a new career, 2009 will likely see some significant changes to staff and potentially the direction of the programme.

THE FUTURE

With the 2014 Commonwealth Games coming to Glasgow the S&C team will ensure the pupils at the Glasgow School of Sport are in the best physical condition they can be to maximise their chances of being part of the Scotland Squad in their chosen sport.



Amy Snatching at Commonwealth Youth Games