

GLASGOW SCHOOL OF SPORT ANNUAL AWARDS 09-10

MOST IMPROVED PERFORMER AWARD

NOMINEES (4)	
NAME	BROGAN WALLACE ATHLETICS S4
ACHIEVEMENT / CURRENT PROGRESS	Brogan is currently ranked 3 rd in the Scottish 1500m ranking. She won the silver medal in the recent Scottish 1500m Championships in a new personal best time of 4.59.02 improving her pb by a massive 7secs. During the winter cross country season Brogan performed with distinction, despite being in the 1 st year of her age group she was 5 th in the West Championships, 10 th in the Scottish Champs and 6 th in Scottish Schools performances that saw her receive her 1 st representative honour competing for Scottish Schools in Truro where she finished 16 th overall, part of the Silver Medal winning team. During the indoor track season she won bronze in the Scottish 1500m Champs and 2 nd in the West 800m champs.
CURRENT RANKING	3 rd in Scotland 1500m
PERSONAL QUALITIES	Brogan is a fantastic athlete, a real delight to coach. She is always ready to train, has her kit, on time and is a credit to not only the athletics programme but to the GSOS as a whole.
SUMMARY PARAGRAPH	To win this award would be fantastic for Brogan. She has a slight lack of self-confidence and to win this would really help build that confidence. Also it couldn't go to a nicer, more pleasant pupil who combines a steely determination and desire with manners and a "smiley" demeanour at all times.
NAME	CARLY SMITH GYMNASTICS S2
ACHIEVEMENT / CURRENT PROGRESS	Carly is a member of the 2014 Commonwealth Games squad, Scottish Gymnastics National Youth Squad and Northern European Championships squad. In 2009/2010 she represented Scotland at the UK school games as part of the bronze medal winning team. She also qualified for the floor final at this event. Carly represented Scotland at the 2010 Celtic Cup and won a gold medal on vault. At the Scottish Championships earlier this year she was part of City of Glasgow's gold medal team and won individual gold on floor and bars.
CURRENT RANKING	Ranked 4 th in age group in Scotland. Qualified for British championships National Youth squad member 2014 Commonwealth games squad member
PERSONAL QUALITIES	Kind, caring, well-mannered, determined, hard-working, conscientious, focussed, motivated, dynamic and all this with a great smile!
SUMMARY PARAGRAPH	Having only joined the GSOS/Bellahouston in August 2009 Carly has made great strides in her gymnastics. The daily programme and extra GSOS sessions, together with the Rostov exchange have enabled her to move up a gear. At the recent Scottish Championships she made such an impression that the British national coach picked her out as one of the "best potentials" of her age in GB.
NAME	JACK MCALLISTER HOCKEY S2
ACHIEVEMENT / CURRENT PROGRESS	District Under 15s/Under 16s 2009/2010 Scotland Under 16s Training Squad Scotland Under 16 Squad V Wales 2010
CURRENT RANKING	Scotland Under 16 Squad
PERSONAL	Jack is very well mannered, quiet and polite. He consistently puts in maximum

QUALITIES	effort. He is a real team player and his consistency and dedication inspires others to raise their game to a similar standard.
SUMMARY PARAGRAPH	2 nd year pupil Jack has improved enormously in the last 12 months. Going from a fringe member of the district training squad, to a starting player in the team and then progressing to his well deserved position in the Scotland Under 16 Scotland squad. Jack sets the highest standards of effort and commitment in sessions in both hockey and strength and conditioning. He is the most consistent performer in his training group and thoroughly deserved his recent 1 st cap
NAME	JORDAN GILVEAR BADMINTON S4
ACHIEVEMENT / CURRENT PROGRESS	<p>British Championships</p> <ul style="list-style-type: none"> Boys Singles Silver Medallist (April 10) Boys Doubles Silver Medallist (April 10) <p>National Championships</p> <ul style="list-style-type: none"> National Boys Singles Under 15 Runner – up (October 09) National Boys Doubles Under 15 Runner – up (October 09) National Mixed Doubles Under 15 Bronze Medallist (October 09) <p>Scottish Schools Championships</p> <ul style="list-style-type: none"> Boys Singles Under 16 Champion (March 10) Boys Doubles Under 16 Champion (March 10) Mixed Doubles Under 18 Runner – up (March 10) <p>National Team Representation</p> <ul style="list-style-type: none"> British Quadrangular Championships Under 15 (Apr 10) <p>Domestic Highlights (September 09 – April 10)</p> <ul style="list-style-type: none"> East of Scotland Boys Singles Runner – up Under 17 East of Scotland Boys Doubles Champion Under 15 East of Scotland Mixed Doubles Champion Under 17 Badminton England Gold Boys Singles Runner - up Under 15 Midland Junior Boys Singles Runner – up Under 17 Glasgow Junior Boys Singles Champion Under 15 Glasgow Junior Boys Doubles Runner – up Under 15 West of Scotland Boys Singles Champion Under 15 West of Scotland Boys Doubles Champion Under 15 <p>Additional Information</p> <ul style="list-style-type: none"> Selected to BADMINTONScotland Development Squad (Apr 10) Gained Automatic Selection to UK School Games in September 2010
CURRENT RANKING	Ranked Scottish No2 Under 15 (Singles) Ranked Scottish No2 Under 15 (Doubles)
PERSONAL QUALITIES	Jordan has shown 100% commitment to improving his game over the last 12 months. His dedication and desire to improve and be the best is visible in all areas of his game. His commitment to travel to and from Falkirk on a daily basis is clear evidence of his focus and drive.

	Generally Jordan prefers singles play however he has improved in both doubles and mixed doubles this season. His improvements have led to Jordan competing at the under 17 age group and making significant progress.
SUMMARY PARAGRAPH	<p>Jordan is a joy to work with and is well respected amongst his peers. His drive and determination has been the major factor in his progress and this year has probably been the most rewarding so far. Jordan will aim to compete with distinction at the UK School Games in England (Sept 10) and build on this seasons progress.</p> <p>Long term Jordan main aim is to play International for Scotland at Senior Level and become a full time player.</p>