

GLASGOW SCHOOL OF SPORT ANNUAL AWARDS 10-11

OUTSTANDING ACHIEVEMENT AWARD	
NOMINEES (5)	
NAME	KIRSTY GILMOUR BADMINTON S6
ACHIEVEMENT / CURRENT PROGRESS	<p>Current World Ranking - Ladies Singles: Number 196 (April 11) Current Senior International Caps: 6</p> <p>National Senior Team Representation</p> <ul style="list-style-type: none"> • Commonwealth Games Team Member (Delhi 2010) • Reached Last 16 of Ladies Singles Competition <p>National Junior Team Representation</p> <ul style="list-style-type: none"> • Commonwealth Games Team Member (Delhi 2010) • European Junior Championships Under 19 (April 11) <p>International Championships</p> <ul style="list-style-type: none"> • Reached last 16 of Scottish International Ladies Singles (November 11) • Reached last 16 of European Junior Championships Singles (April 11) <p>National & Domestic Championships</p> <ul style="list-style-type: none"> • National Senior Ladies Singles Semi Finalist (February 11) • Dunfermline Open Senior Ladies Singles Champion (Jan 11) • Dunfermline Open Senior Ladies Doubles Champion (Jan 11) <p>Additional Information: Selected on to GB Programme and in to the West of Scotland Institute of Sport</p>
CURRENT RANKING	Ranked Scottish No 3 – 4 at Senior Level
PERSONAL QUALITIES	<p>There is no doubt Kirsty is one of the most talented athletes in the country. A major breakthrough this season saw Kirsty gain selection to the Commonwealth Games Team to compete in Delhi, India. Although only 17 years old, Kirsty is gradually making the transition into senior badminton with competition experience and a vision to move forward as a full time athlete.</p> <p>In a short career Kirsty has amassed many titles however it is her professionalism, hard work and dedication mixed in with her desire to learn and improve that backs up her true potential. Scotland has had only one singles player represented at Olympic Games and Kirsty is on track to reach Commonwealth Games in 2014 and Olympic Games in 2016 should her talent be fulfilled. Kirsty has all the potential required to compete at the highest levels in badminton.</p>
SUMMARY PARAGRAPH	<p>Kirsty is a real role model within the programme and sets a great example at all times. Her competitive record is a reflection on the unstinting commitment and effort that she puts in to every training session. Due to Kirsty's high standard of play she follows an integrated programme between Glasgow School of Sport and BADMINTONscotland which allows Kirsty to train with members of Scottish National Team.</p>

NAME	CARLY SMITH GYMNASTICS – WOMEN’S ARTISTIC S3
ACHIEVEMENT / CURRENT PROGRESS	Selection for 2014 Commonwealth Games National Squad Selected into West of Scotland Institute of Sport All Round Scottish Junior Champion
CURRENT RANKING	Scottish Champion
PERSONAL QUALITIES	Carly is a highly motivated dedicated gymnast who devotes her whole life to gymnastics. Carly trains on average 30hrs a week, attends 2 residential National camps a month and travels around the country and world many times a year. Her manner and work ethic is of the highest level and she is a mentor and inspiration to any athlete at the school who seeks to be the very best they can be at their chosen sport.
SUMMARY PARAGRAPH	Carly this year has achieved a vast amount of accolades. These include <ul style="list-style-type: none"> • Securing a place on the National 2014 Commonwealth Games squad • Entry into WSIS • Representing her country at 4 International Competitions • Collecting 9 medals – 2 gold, 3 silver, 4 bronze <p>Carly has also being selected for the squad for the Commonwealth Youth Games later this year and looks set to secure her place on the team after an outstanding performance at the British Team Championships.</p>
NAME	JAMES HIGGINS ATHLETICS S4
ACHIEVEMENT / CURRENT PROGRESS	Since joining the GSOS in 2010 James has made tremendous progress. He has enjoyed competitive success over the last 12 months. His achievements include – Scottish Schools outdoor 200 – Bronze Medal Scottish Schools Indoor 200 – Gold Medal Scottish u17 National Indoor – Gold Medal Scottish u18 National Open – 100m - silver medal Scottish u18 National Open – 200m – Gold Medal
CURRENT RANKING	Scottish -200m – Ranked 1 Scottish - 100m – Ranked - 2
PERSONAL QUALITIES	James is a quiet but determined boy. He works hard in training and has a great competitive spirit. He is able to transfer his training performance into competitive performances.
SUMMARY PARAGRAPH	Although James is relatively new to the GSOS there is no doubt that he has made a tremendous impact in his time here and has provided a great motivating force to a number of our existing athletes.
NAME	GORDON AMOUR HOCKEY S4
ACHIEVEMENT / CURRENT PROGRESS	District U16 selection 2010/2011. Selection for Scotland U16 tour, Holland 2011. Selection to UK Lions U16 Squad 2010/2011. Selection to Scotland U18 Development team to play in Ireland 2011.
CURRENT RANKING	Scotland U16 starting team. Scotland U18 Development Team.
PERSONAL QUALITIES	Gordon is an excellent athlete. He is always prepared, well turned out & ready to train. He has made great progress in his weights programme & his hockey based skills have also greatly improved this year.

SUMMARY PARAGRAPH	Gordon has had an excellent year in 2011 both his hockey and his interpersonal skills have really progressed. Due to this he was selected to captain the GSOS team against Como (an International exchange sports college from Perth Western Australia). I think this award would be a justified & appropriate end to a great year for Gordon.
NAME	MARK DEANS SWIMMING S5
ACHIEVEMENT / CURRENT PROGRESS	<p>Mark has won the Scottish Swimming Junior Open Water swimmer of the year 2011.</p> <p>He has been selected for:</p> <ul style="list-style-type: none"> • the GB Open Water Talent Camp and competition (3rd year running) • the Scottish Open Water team to compete in the German National Open Water Championships in various events, one event being the 25km • the Scottish Open Water development squad trip to France to compete in 3 French Cup events. <p>This is just the start of Mark's open water season and he will be competing almost every weekend at an event either at home or abroad during the summer months. He hopes to do well in the Scottish Senior Open Water Grand Prix as he has now moved up an age group after winning the Junior Grand Prix last year.</p> <p>Mark also won the Millport/ Largs charity swim in the cold Clyde last September!</p>
PERSONAL QUALITIES	Mark is an unassuming swimmer and just gets on with what is required to keep him performing to the best of his ability.
SUMMARY PARAGRAPH	Continues to work and compete at a very high level and is showing real promise to go on to compete at World level.