

GLASGOW SCHOOL OF SPORT ANNUAL AWARDS 10-11

MOST IMPROVED PERFORMER AWARD	
NOMINEES (5)	
NAME	JOSEPH AMOUZOU ATHLETICS S3
ACHIEVEMENT / CURRENT PROGRESS	Joseph has been at the GSOS since 1 st year and is about to start his 4 th year. Over the last 6-12 months he has made great strides forward. He has gone from an athlete who struggled to progress from heats to finals to someone who is now looking to medal in every competition that he contests. This includes the following medal winning performances – Scottish u16 National Open – Triple jump – Gold Medal Scottish Indoor u17 Championships – Triple Jump – Silver Medal Glasgow Schools Triple Jump – Silver medal.
CURRENT RANKING	Scottish – Triple Jump – 5 th Scottish – Long Jump – 19 th
PERSONAL QUALITIES	Joseph is a very popular member of the athletics programme, both amongst the athletes and coaches. He works very hard and is focused to improve his events and challenge for the top honours.
SUMMARY PARAGRAPH	To win this award would be a great boost to Joseph and further encourage him to strive for the very top in his sport. He is well regarded in his academic classes and is a well mannered and polite pupil.
NAME	VICTORIA MILBURN SWIMMING S4
ACHIEVEMENT / CURRENT PROGRESS	Victoria has had a very successful year and has made personal bests in every competition. She is now beginning to reach her full potential due to the hard work and consistent performance she devotes to all aspects of her swimming. She has worked extremely hard on the technical aspects of her swimming which has seen her progress from 36 th to narrowly missing out on the final of the National Age Groups finishing 11 th .
PERSONAL QUALITIES	Victoria is a hard working, conscientious pupil who is prepared to listen and take on board advice offered. She is capable of analysing her own performance and making the adjustments required to perform at a higher level.
SUMMARY PARAGRAPH	Last year Victoria, despite all her efforts did not achieve the results she deserved. This made her more determined and in the last year the hard work and commitment has paid off with her making tremendous strides forward.
NAME	JAMIE AIRD GYMNASTICS/ TRAMPOLINING S4
ACHIEVEMENT / CURRENT PROGRESS / CURRENT RANKING	Scottish Champion 3rd in Britain
PERSONAL QUALITIES	Jamie is a hardworking gymnast who has shown true commitment to his sport. He has remained focussed and committed through several hard training phases when his skill level was digressing instead of progressing. Jamie's mental strength and hard work paid off and over the last year Jamie has fought back from 'loss moves' syndrome successfully. His results this year have included gaining back all his old routines and progressing beyond the old difficulty tariff.
SUMMARY PARAGRAPH	Jamie is the current Scottish Champion in his level and age group. Jamie has also taken a bronze medal at the British Gala competition in Gillingham this year and is

	currently sitting in 3 rd position in GB rankings. These results place Jamie in a strong position to be selected to take part in the World age group championships later this year.
NAME	CALUM STEVENSON BADMINTON S4
ACHIEVEMENT / CURRENT PROGRESS	<p>National Championships</p> <ul style="list-style-type: none"> • National Boys Singles Under 19 Quarter Final (October 10) • National Boys Singles Under 17 Quarter Final (April 11) • National Boys Doubles Under 17 Quarter Final (April 11) <p>Scottish Schools Championships</p> <ul style="list-style-type: none"> • Boys Singles Under 16 Runner up (March 11) • Boys Doubles Under 16 Runner up (March 11) <p>Domestic Highlights (September 10 – April 11)</p> <ul style="list-style-type: none"> • North of Scotland Boys Doubles Under 17 Runner up • Glasgow Under 19 Boys Doubles Semi Final • Glasgow Junior Under 17 Boys Doubles Semi Final
CURRENT RANKING	Ranked in top 5 of singles and doubles for UK School Games qualification
PERSONAL QUALITIES	<p>Calum has shown 100% commitment to improving his game over the last 4 years. His dedication and desire to improve and be the best is visible in all areas of his game. His physical training and overall approach to this is second to none and he now competes physically with players in S5 and S6.</p> <p>On arrival at GSoS Calum was a few years behind in terms of experience. His work ethic has now brought him into line with his peers who are at National Team level. Calum has the potential to represent Scotland in the coming years.</p>
SUMMARY PARAGRAPH	Calum is a joy to work with and is also well respected amongst his peers. He is always keen to support younger players and help them develop. His approach to GSoS lifestyle is excellent and his dedication has led to Calum becoming a strong competitor in not only his age group but in the under 17 age group as well.
NAME	JOCK BRECKENRIDGE HOCKEY S3
ACHIEVEMENT / CURRENT PROGRESS	<p>District U16 selection 2010/2011.</p> <p>Selection for Scotland U16 Development team v Wales 2011</p>
CURRENT RANKING	Scotland U16 Development Squad.
PERSONAL QUALITIES	Jock began this year as a competent & reliable pupil in the hockey program. Selection for district was likely but Scotland selection may have been out of Jocks reach. This year Jock has made such steady progress that he was selected for the Scotland development Squad & received very positive feedback. Jock is likely to progress to being a Starting player in the U16 Scotland team & onward to the U18 Squad mainly on the back of progress made this year.
SUMMARY PARAGRAPH	The hockey program has seen many great improvements in players this year, which makes it difficult to choose a "Most Improved Player" however all three coaches independently chose Jock for this award which shows the clear & deliberate progress he has made.

