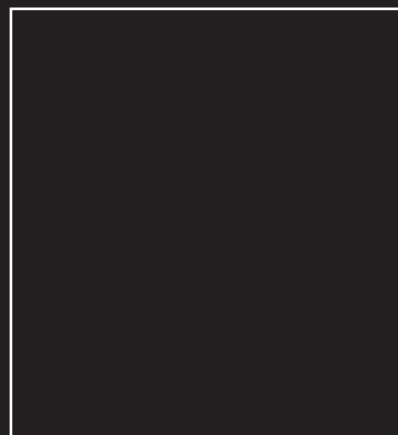


GYMNASTICS



Douglas Ross at Northern European Championships



Cara Kennedy at British Championships



Ryan McKee on pommel, Commonwealth Games 2010



Cara, Douglas and Carly Smith selected for Commonwealth Youth Games.

PROGRAMME STRUCTURE

The foundation of the gymnastic programme is built around developing each gymnast's:

- General physical preparation
- Conditioning and flexibility
- Concentration on basic skills
- Choreography
- Competition Preparation
- Progression of talent

These fundamentals ensure that every School of Sport gymnast meets their full potential and are core to all the current gymnastic disciplines active at the school. Whether it be Men's Artistic, Women's Artistic, Gymnastic Acrobatics and Trampoline.

Coaches at the School of Sport work closely with club coaches to develop a training programme unique to each of the individual gymnasts with the main aim, to complement the gymnast's progression through the elite pathway of gymnastics.

The Glasgow School of Sport also works in partnership with National Coaches in order to give the best possible training for gymnasts progressing along the National and International Pathways. Moreover, guest specialised coaches and international training camps are built into the gymnastic programme in order to give School of Sport pupils the best possible chance to achieve their aims and goals.

As the gymnast's progress through the years, their individual training programmes are changed and adapted as necessary. The implementation of sports science, strength and conditioning, nutrition and prehabilitation work becomes more specialised in order to support the gymnast's individual needs and to provide the knowledge and skills essential for gymnasts to enjoy a long and successful gymnastic career during and beyond their time at the School of Sport.

STAFF

High Performance Coach Sandra Walsh leads the gymnastics programme. Sandra was previously the Head Women's Artistic coach at the City of Glasgow Gymnastics Club.

Input from coaches at the City of Glasgow Gymnastics Club, Scottish Gymnastics' National Coaches and other partnership clubs ensure that relationships with local clubs and governing bodies remain strong.

OUTSTANDING ACHIEVEMENTS

There have been an exceptional number of pupils who have been part of the Scottish National and Regional Squad programmes. Many have represented Scotland in National Development Finals, competed in British Championships in all disciplines and been selected for National teams in international competitions.

At Junior level Cara Kennedy, Carly Smith and Douglas Ross were all selected to represent Team Scotland at the 2011 Commonwealth Youth Games. Cara and Carly helped the Women's Team to a very respectable 4th position and in the Men's event Douglas Ross stole the show with a Gold medal on the Vault.

The most outstanding achievements arguably are those of Lynne Donaghy who competed in Manchester at the Commonwealth Games 2002 and Ryan McKee who competed in Delhi at the Commonwealth Games 2010.



Lynne Donaghy at Manchester 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 with an exchange of sports acrobatic and choreography skills.

Guest coaches include Mike McGee Scottish National Trampoline Coach. Mike's past accolades of achievements are fantastic and include many Scottish champions, British champions and World Class gymnasts.

2014 COMMONWEALTH GAMES ARTISTIC GYMNASTICS EXCHANGE

An exciting international exchange programme has been developed with the Olympic Reserve School in Glasgow's twin city of Rostov-On-Don in Russia.

Russia is regarded as one of the leading countries in the world in Artistic gymnastics and the Olympic Reserve School is one of the reasons why, with the school winning an incredible five Olympic medals.

The Lord Provost of Glasgow and the Mayor of Rostov-On-Don signed an agreement that the Olympic Reserve School will work with Glasgow School of Sport to support Glasgow and Scotland's young gymnasts in their preparation for the 2014 Commonwealth Games and beyond.

From Russia with love

This exchange programme allows Scottish gymnasts and coaches to observe and train alongside the best in the world.



Julia Belokobylskaya on beam

Each year we host gymnasts and coaches from the Olympic Reserve School in Glasgow for 2 weeks. During this time Russian gymnasts train daily alongside Scottish Gymnasts and at the end of their visit there is an action-packed display for aspiring gymnasts and enthusiasts from all over Scotland to come and watch.

Coaches benefit too with school, club, national and personal coaches working alongside Russian coaches learning from their cutting edge techniques and methods and gaining advice to progress their gymnasts.

To Russia with love

Each year top Scottish gymnasts and coaches travel to Russia and live on site at the Olympic Reserve School. They work intensively in a world-class facility with coaching input from honoured Russian coaches. In addition gymnasts experience the lifestyle of Russia's top gymnasts. It is a valuable team building opportunity for gymnasts and coaches preparing for 2014.

Video has been used to document the exchange and to capture skills and techniques. You can watch these on our website.

This exchange programme receives funding support from the Lord Provost International Office and Glasgow City Council 2014 legacy programme. In addition Glasgow Sport, Scottish Gymnastics and the City of Glasgow Gymnastics club play a key role.



CAREER PATHWAYS

Many of the gymnastics pupils have gone on to study at colleges and universities in subjects such as pharmacy, nursing, sports science, law and coaching.



INTERNATIONAL REPRESENTATION

2012 (6)
Douglas Ross, Amy Regan, Cara Kennedy, Carly Smith, Emma Mackey, Craig Downie.

2011 (5)
Douglas Ross, Carly Smith, Craig Downie, Cara Kennedy, Emma Mackey.

2010 (7)
Shaun Bryson, Janice Buchanan, Megan Glass, Ryan McKee, Cara Kennedy, Douglas Ross, Carly Smith.

2009 (7)
Janice Buchanan, Craig Downie, Megan Glass, Ryan McKee, Cara Kennedy, Douglas Ross, Carly Smith.

2008 (1)

Jamie Aird.

2007 (1)

Gemma Aird.

2006 (4)

Ryan McKee, Steven Bruynseels, Douglas Ross, Laura Mullen.

2005 (1)

Ryan McKee

2004

2003 (1)

Emma Graham.

2002 (7)

Lynne Donaghy, Julie Sutherland, Shereen Gibson, Sia Dauda, Emma Graham, Fraser Gibson, Damien McLaughlin.

2001 (5)

Lynne Donaghy, Julie Sutherland, Shereen Gibson, Sia Dauda, Phulah Pall.

2000 (8)

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

1999 (4)

Lynne Donaghy, Julie Sutherland, Kirsty Martin, William Smith.

1998 (2)

Lynne Donaghy, Julie Sutherland.



Main photo: Alina Khristenko ORS

USEFUL CONTACTS

Glasgow School of Sport
www.glasgow-school-of-sport
bellahoustonacademy.co.uk
Telephone: 0141 582 0034

Information on gymnastics classes and coaching courses available in Glasgow and the West of Scotland:
http://www.glasgowlife.org.uk/sport/sports-development/gymnastics
Telephone: 0141 287 5948

Scottish Gymnastics
http://www.scottishgymnastics.com
Telephone: 01786 466232

British Gymnastics
http://www.british-gymnastics.org
Telephone: 0845 1297129