

## **“My First Month at Glasgow School of Sport” by David Colley - Swimmer**

Hello, my name is David Colley, I am twelve years old and my sport is swimming. I first found out about the Glasgow School of Sport (GSOS) through some of the older swimmers at my club who went to GSOS. I decided to apply as attending would allow me to combine my school work and sport in a way that would benefit both.

The process for getting into the GSOS is challenging. I had to get a recommendation from my coach and undergo a swimming trial with Andrena and Bill, the coaches, to make sure that I was able to keep up with the training. I was successful in this and then came the part I found the hardest, which was an interview with Angela Porter, the director, and teachers from the school, to see if I had the right attitude. I was nervous and not sure what they were going to ask? They asked questions about school, swimming, my favourite swimmer and my sporting goals. After the interview the next step was a medical. The doctor was nice and kept making jokes, the last part was a test to see how big my lungs were and I had to use the adult tube. A week later I received a letter from GSOS saying that I been accepted, which was great.

When I got into the School of Sport I had go for a taster day at Bellahouston Academy. During the taster day I got to do a period of art and maths then I got to go swimming for two periods. This gave me a good idea of how the school of sport worked. Over the summer holidays, Andrena and Bill organised a series of training days, we did lots of running, relaxation techniques and discussed goals but the two best bits were playing on the Wii and going bowling!

A typical week at school involves getting up at seven o'clock in the morning and going to bed at half past nine in the evening. I live in Bearsden and for me to get to school I have to get the train from Westerton to Partick then get the subway to Cessnock and walk to the school. Since I am at GSOS I have a different timetable to the other children at Bellahouston. I give up certain subjects to allow me to swim three times and do two conditioning sessions a week. I do another three sessions with my club who I compete for on a regular basis.

The best part of being at the School of Sport is the swimming, it's the bit I enjoy the most. The hardest thing about it is trying to manage your time between your homework and your sport. Swimming is definitely the best sport that you can do at GSOS, although training is hard and tiring, you always get out what you put in.

I am really excited about the Commonwealth Games in 2014 as, if I continue to do well at my swimming, this would probably be my first major competition and to be able to swim in my home city would be great. My main sporting goal is to win a gold medal at the Olympic Games, fingers crossed.

I hope you have enjoyed hearing about my first month at the School and I hope this has encouraged you to think about trying out for GSOS swim team.