

## **“My First Month at Glasgow School of Sport” by David McKee - Gymnast**

I first found out about the Glasgow School of Sport from my uncle Ryan who is also at the School of Sport for Gymnastics. He told me a few things about it and it sounded great! I got an application form and went for the tests, hoping that I would be good enough to get through.

The selection process involved going to the School of Sport to do some tests, and we had to attend an interview. Just waiting for my turn to do the interview made me really nervous, but after my interview I wondered why I was nervous, there was no need to be. When my letter came through telling me that I had got through to School of Sport, I was really happy and couldn't wait to go!

We had a visit to Bellahouston Academy beforehand and I thought it was very big and busy. I thought it was going to be too hard. It **was** hard and challenging but it wasn't too much for me to cope with. The teachers were very friendly and at the end of the day, I thought it was brilliant!

A typical week at the School of Sport involves putting in your best commitment. We train two periods on a Monday, Tuesday and a Thursday, the rest of the days we only train one period. On a Thursday morning we have to make our own way to Bellahouston Leisure Centre for quarter to nine, on a Monday we have to make our own way home from the Leisure Centre at three o'clock. We train eight periods a week. Philippa and John, who are the School of Sport Gymnastics coaches, who I think have helped me improve a lot, coach us.

My timetable is different from other pupils in my year who are not sport pupils because I get less time in some subjects like art which allows me to spend more time on my sport. It's not too bad as in second year I will get the subjects that I don't get this year.

I am at the School of Sport for Gymnastics and I also train outside the School of Sport at Bellahouston Leisure Centre three nights a week for two hours each night. It can be tiring but good fun.

The best part of Glasgow School of Sport is that I can have fun and work hard at the same time and the coaches are really nice.

The hardest thing about School of Sport is that I have to run from classes sometimes or from School of Sport to classes sometimes to prevent myself from being late.

I think my sport is the best at the School of Sport because there aren't that many people doing it so the coaches can properly help us one on one instead of trying to keep an eye on five people at one time.

My sporting ambition is to get to the Commonwealth Games when they come to Glasgow in 2014 and win a gold medal.

The Commonwealth Games coming to Glasgow is brilliant because they will spend more money on sports facilities and improve them, and encourage children to be more active.