

## High Five! – Awards 2006-2007

Throughout the year all sports pupils work extremely hard training and competing in their sport. One or two individuals within the Glasgow School of Sport will however 'stand out' a little more than others due to an outstanding result or performance or by the tremendous improvements that they have shown in the course of the year.

Glasgow School of Sport is proud of the achievements of all its pupils and each year the coaching team is charged with nominating two pupils within their sport to be put forward for two high profile Glasgow School of Sport Awards: Outstanding Achievement and Most Improved Performer.

Voting takes place in the month of June each year and a range of the School of Sport partners are invited to vote. Coaches are not able to vote for their own nominee.

Congratulations to all nominees and award winners.

Read on to find out about our nominees and winners for 2006-2007!

| <b>OUTSTANDING ACHIEVEMENT AWARD 2006-2007</b> |   |
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| <b>NOMINEES (4)</b>                            |   |
| <b>NAME</b>                                    | <b>KENNY BAIN    HOCKEY    S5</b>   |
| ACHIEVEMENT /<br>CURRENT<br>PROGRESS           | As a 16 year old, Kenny played for Scotland Under 21s in the European Trophy and helped Scotland win the event finishing as the tournament's top goal scorer! He went on to be selected for Great Britain Under 20 and played in the Youth Olympics in January 2007 where he won a Silver medal. Before reaching his 17 <sup>th</sup> birthday in March, Kenny gained his first senior Scottish Cap and had also secured the Scottish League, Championship and Cup treble with his club side. |
| CURRENT RANKING                                | Great Britain Under 20, Scottish Under 18, Under 21 and Senior Internationalist.  |
| ACADEMIC RECORD                                | Did well in his prelims and thinks he performed well in his SQA exams this year.  |
| PERSONAL<br>QUALITIES                          | Kenny is a personable guy who gets on equally well with his peers and seniors alike. He is a chatty charmer who is learning to add a hard work ethic to his talent, which will stand him in good stead for the future.  |
| SUMMARY<br>PARAGRAPH                           | Kenny is one of the most outstanding young talents in Scottish Hockey. To have reached Great Britain level and Scottish level at 17 years of age is an exceptional achievement.   |
| <b>NAME</b>                                    | <b>KENNY YOUNG    BADMINTON    S6</b>   |
| ACHIEVEMENT /<br>CURRENT<br>PROGRESS           | 2 European Circuit Titles this season.<br>Boys Doubles Winner at Belgian Junior Under 19 in February 2007.<br>Mixed Doubles Winner at Aros Cup (Denmark) in April 2007.   |
| CURRENT RANKING                                | Scottish Junior Ranking over 3 disciplines – No 5.<br>European Doubles Under 19 - No. 14.   |
| PERSONAL<br>QUALITIES                          | Kenny has continued to work very hard at his game. Dedicated to badminton, Kenny has decided to stay on for another year to achieve goals and eventually gain senior Scottish   |

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|  | and Great Britain representation. Kenny has talent in all three disciplines and has used the School of Sport to help improve his overall standard since arriving in S3.  |
| <b>SUMMARY PARAGRAPH</b>               | Missing out narrowly on a place in the European Junior Team, Kenny will be a dominant force this year at Under 19 in the United Kingdom and will look to make his way up the Scottish Senior Rankings.   |
| <b>NAME</b>                            | <b>MATTHEW TURNER    ATHLETICS S6</b>  |
| <b>ACHIEVEMENT / CURRENT PROGRESS</b>  | <p>Matthew has had the most outstanding year of his athletics career to date. Matthew has won National titles at 800 metres and at 1500 metres. In August 2006 Matthew won a Gold medal competing for Scotland at the Celtic Games International. Matthew worked hard during the indoor season of 2007 and was rewarded by winning National titles and setting a new record in the Scottish Schools indoor 800 metres. One, which had stood for 17 years!</p> <p>Matthew has earned his place in the Scottish elite squad headed by Tommy Boyle (Tom McKean's Coach). Matthew won the Gold medal in the Scottish 800 metres championships in June 2006 setting a new personal best, and is looking forward to the British Championships this coming June 2007.</p>   |
| <b>CURRENT RANKING</b>                 | 1 <sup>st</sup> in Scotland<br>4 <sup>th</sup> Great Britain.  |
| <b>ACADEMIC RECORD / SCHOOL REPORT</b> | Matthew has had a very successful year at Bellahouston Academy. His end of term reports are positive and he has made progress in many areas. He is a hard worker and a pleasant, mature pupil who gets on well with staff and pupils alike. Matthew is set to start at Strathclyde University studying chemical engineering.   |
| <b>PERSONAL QUALITIES</b>              | Matthew is a hard working athlete and athletics supporter. He is an excellent ambassador with a passion for his sport. He is a hard working, helpful and personable young man with a great attitude towards his sport and the work that he has to do in order to fulfill his talent.   |
| <b>SUMMARY PARAGRAPH</b>               | Matthew has shown consistently that he has outstanding talent. He is now focusing on making further improvement in his events that will see him rise to the top of the British and European rankings.  |
| <b>NAME</b>                            | <b>REBECCA HILLIS    SWIMMING S6</b>   |
| <b>ACHIEVEMENT / CURRENT PROGRESS</b>  | <p><u>2007 Team/Squad Selection</u></p> <p>Rebecca Hillis                      Scotland Team    Celtic Tri-Nations – Ireland<br/> Rebecca Hillis                      Scotland Team    Schools International – Ireland<br/> Rebecca Hillis                      WSIS</p> <p><u>UK Games 2006</u></p> <p>Gold Medal-    200m Breaststroke                      2.36.53<br/> Gold Medal-    100m Breaststroke                      1.13.56</p> <p><u>2006 British Nationals</u><br/> 200m breaststroke 16-18 years gold medalists</p> <p><u>2005 Commonwealth Youth Games</u>- 1<sup>st</sup> 50m Breaststroke, 2<sup>nd</sup> 100m Breaststroke, 4<sup>th</sup> 200m Breaststroke</p> <p><u>2005 Scottish S.C. Open Championships</u> 2<sup>nd</sup> 50m Breaststroke, 3<sup>rd</sup> 100m &amp; 200m Breaststroke. Selected to Scottish National Youth Squad &amp; West Area Institute of Sport.</p> |

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| CURRENT RANKING    | 1 <sup>st</sup> in Great Britain & Scotland 15 years Breaststroke<br>3 <sup>rd</sup> Scottish Open Breaststroke<br>Ranked number 3 in the world for her age as at 31/01/05  |
| PERSONAL QUALITIES | <ul style="list-style-type: none"> <li>• Responds well to technical advice</li> <li>• Works hard on all aspects of conditioning programme</li> <li>• Excellent race temperament</li> <li>• Recovers well from setbacks</li> </ul> |
| SUMMARY PARAGRAPH  | Rebecca has worked hard to achieve her successes at the highest levels over the present season and has developed into a determined and focused competitor who is strongly motivated to fulfill her potential.                     |

### Most Improved Performer Award 2006-2007

| <b>MOST IMPROVED PERFORMER AWARD 2006-2007</b> |   |
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| <b>NOMINEES (4)</b>                            |   |
| <b>NAME</b>                                    | <b>STEWART COGLAN HOCKEY S2</b>   |
| ACHIEVEMENT / CURRENT PROGRESS                 | Stewart started playing hockey when he joined the Glasgow School of Sport 2 years ago. Since then he has shown commitment and a mature attitude to all he does which has resulted in his talent being recognised and rewarded very early in his career. Last year he was selected for Great Britain Lions, a Great Britain youth side selected following a national tournament. He has recently been selected for Scotland Under 16s. |
| CURRENT RANKING                                | Great Britain Lions 2006.<br>Scotland Under 16 2007.  |
| ACADEMIC RECORD / SCHOOL REPORT                | Stewart does well in his classes and never poses any problems with behaviour / attitude / attendance or quality of work.  |
| PERSONAL QUALITIES                             | A born leader, Stewart is an amiable young man who gets on with everyone. He works hard and gives 100% to all he does and is always ready to help others.   |
| SUMMARY PARAGRAPH                              | Since coming to the school 2 years ago, Stewart has excelled in his hockey at club, District and now National level. He shows outstanding commitment and work rate and is a pleasure to coach.  |
| <b>NAME</b>                                    | <b>SEAN FONTANA ATHLETICS S5</b>  |
| ACHIEVEMENT / CURRENT PROGRESS                 | Sean's achievements this year have shown a remarkable improvement. Last season Sean was eliminated in the heats however this year he has won gold taking the West District Indoor 1500 metres title and a bronze medal in the Scottish Schools 1500 metres (outdoor). He is moving up the Scottish rankings and will earn his first National vest in July 2007 when he competes for Scotland in the British Schools International.    |
| CURRENT RANKING                                | 3 <sup>rd</sup> in Scotland at under 17 1500 metres.  |
| ACADEMIC RECORD / SCHOOL REPORT                | Sean has a positive attitude towards his studies. His attendance and time keeping have been excellent, and he works hard to find a balance of the various demands on his time. He is a most pleasant, likeable young man.   |
| PERSONAL                                       | Sean has a dedication for athletics that is second to none. His attitude to training and  |

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| QUALITIES         | competition is superb and he always shows a willingness to learn more about his event. He is an athlete who is a pleasure to coach. He is currently the captain of the athletics programme.   |
| SUMMARY PARAGRAPH | Sean has shown a huge improvement in his attitude and commitment and this has reaped rewards in his competition results and performances. He is now widely recognised as one of the top middle distance athletes in the country and, if he maintains his current work rate, should become one of the top athletes in Great Britain. |

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| <b>NAME</b> | <b>RYAN McKEE GYMNASTICS S3</b> |
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| ACHIEVEMENT / CURRENT PROGRESS | Current Scottish under 14 Champion.<br>10 <sup>th</sup> place in the London Men's Open Competition (i.e. ranked 10 <sup>th</sup> in age group in United Kingdom) |
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| CURRENT RANKING | Ranked number1 in Scotland and 10 <sup>th</sup> in United Kingdom. |
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| PERSONAL QUALITIES | Ryan is totally dedicated and passionate about his sport, never misses a session, always gives 100% and has learnt a phenomenal number of skills over the last year. He is now considered a specialist on floor and vault and ranks higher than most of the Scottish seniors on these two apparatus. |
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| SUMMARY PARAGRAPH | Despite everything that Ryan has encountered over the last 12 months he still has found the commitment and motivation to train six times a week outside the Glasgow School of Sport training, compete at the highest level and produce outstanding results. |
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| <b>NAME</b> | <b>DAVID MORGAN SWIMMER S1</b> |
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| ACHIEVEMENT / CURRENT PROGRESS | David is well on his way to competing at a British national level following a tremendously successful season. In August 2007 he will attend the British age groups championships, his first taste of British swimming standards. David has an impressive medal tally, recently winning the Scottish Schools 200 metres butterfly championship. |
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| CURRENT RANKING | <p><b>Scottish Schools Swimming Championships</b><br/>200m Butterfly National Champion</p> <p><b>Scottish National Age Groups 2007</b></p> <p><b>Gold</b><br/>200m Backstroke New West District Record Silver Qualifying Time for National Selection Squads<br/>100m Butterfly New West District Record<br/>800m Freestyle New West District Record Silver Qualifying Time for National Selection Squads<br/>200m Butterfly New West District Record Silver Qualifying Time for National Selection Squads</p> <p><b>Silver</b><br/>100m Backstroke<br/>400m I/M New West District Record Silver Qualifying Time for National Selection</p> <p><b>4th</b> 200m I/M Silver Qualifying Time for National Selection Squads<br/><b>5th</b> 200m Freestyle Silver Qualifying Time for National Selection Squads</p> |
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| <b>PERSONAL QUALITIES</b> | David is dedicated and fully committed to his swimming.<br>David's behaviour and attitude within his first year has been excellent.  |
| <b>SUMMARY PARAGRAPH</b>  | David is regarded as being an honest and reliable student. His attendance, punctuality and conduct records have been good throughout his school career. He is a natural leader encouraging and motivating his peers during challenging test sets. He has made tremendous progress and is an outstanding prospect for the future. |

## **AWARD WINNERS**

**Outstanding Achievement Award Winner for 2006-2007 is Kenny Bain.**

**CONGRATULATIONS      KENNY BAIN      HOCKEY**

Previous Award Winners

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| 2005-2006 | KENNY BAIN     | HOCKEY     |
| 2004-2005 | REBECCA HILLIS | SWIMMING   |
| 2003-2004 | CHARLES MILLS  | SWIMMING   |
| 2002-2003 | LYNNE DONAGHY  | GYMNASTICS |

**Most Improved Performer Award Winner for 2006-2007 is Sean Fontana.**

**CONGRATULATIONS      SEAN FONTANA      ATHLETICS**

Previous Award Winners

|           |                  |            |
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| 2005-2006 | EMMA COYLE       | GYMNASTICS |
| 2004-2005 | JAMES McKAY      | BADMINTON  |
| 2003-2004 | LISA MCMULLEN    | BADMINTON  |
| 2002-2003 | THOMAS McCULLOCH | HOCKEY     |