

## **GLASGOW SCHOOL OF SPORT ANNUAL AWARDS 08-09**

<b>MOST IMPROVED PERFORMER AWARD</b>	
NOMINEES (5)	
<b>NAME</b>	<b>INGLES LUMFUANKENDA ATHLETICS S1</b>
<b>ACHIEVEMENT / CURRENT PROGRESS</b>	<p>In his first year at the GSOS Ingles has made remarkable progress. He entered the school in August 2008 having never competed in any formal athletics. GSOS coaches attending a Sportshall competition had spotted him as someone with potential and this has been borne out given his results.</p> <p>In his first ever competition he won the West District Indoor Long Jump title with a jump of 4m.45. He also qualified for the final of the 60m where he was just pipped for a medal coming 4<sup>th</sup>. He followed this up by winning the National Indoor long jump title.</p> <p>In the summer season he continued to improve and also to show his versatility. Competing for Shettleston Harriers he has won Long Jump, Shot Putt and 200m competitions, he is a vital member of their u13 team and one of their top points scorers in the two league matches so far this summer.</p>
<b>CURRENT RANKING</b>	Ingles is currently ranked No2 in Long Jump, 8 <sup>th</sup> at 100m, 10 <sup>th</sup> at 200m & 11 <sup>th</sup> at Shot Putt. These are impressive rankings for a multi-event athlete.
<b>PERSONAL QUALITIES</b>	Ingles is very popular amongst the first year group. He works hard in all training sessions and sets a good example to the rest of his training group.
<b>SUMMARY PARAGRAPH</b>	Winning this award would be fantastic for Ingles and it would be a great incentive for the younger athletes throughout the GSOS, showing them that with hard work and dedication it is possible to win these awards.
<b>NAME</b>	<b>ADAM HALL BADMINTON S2</b>
<b>ACHIEVEMENT / CURRENT PROGRESS</b>	<p>National Championships</p> <ul style="list-style-type: none"> <li>• National u13 Boys Singles Champion (Apr 09)</li> <li>• National u13 Boys Doubles Champion (Apr 09)</li> <li>• National u13 Mixed Doubles Champion (Apr 09)</li> <li>• National u15 Boys Singles Semi Finalist (Oct 08)</li> <li>• National u15 Boys Doubles Silver Medallist (Oct 08)</li> <li>• National u15 Mixed Doubles Silver Medallist (Oct 08)</li> </ul> <p>National Team Representation</p> <ul style="list-style-type: none"> <li>• Olve International Championships (Apr 09)</li> </ul> <p>Scottish Secondary Schools Championships</p> <ul style="list-style-type: none"> <li>• Boys Singles Silver Medallist u14 (Mar 09)</li> <li>• Mixed Doubles Champion u14 (Mar 09)</li> </ul> <p><u>Additional Achievements</u>                      Winner of 3 events at Badminton England Gold u13 (Nov 08)                      Quarter finalist at Ullevi (Sweden) in Boys Singles and Mixed Doubles (Jan 09)</p>
<b>CURRENT RANKING</b>	Ranked Scottish No.1 Under 13 Ranked top 2 in UK at Under 13 Level Ranked top 6 in Scotland at Under 15 Level

PERSONAL QUALITIES	Adam has the ideal mindset to become a top athlete. His time management, professionalism and dedication support his training and competition work ethic on a daily basis. This year Adam has competed with distinction well above his age levels and shows all qualities to reach his potential and dreams of competing at the highest levels in badminton.
SUMMARY PARAGRAPH	Adam has improved this season due to hard work on and off court. He has improved physically and continues to work on his skills and techniques outwith the School of Sport programme, showing his desire to reach the top. Adam is particularly talented in the tactical department often supporting partners and encouraging them to use both strengths and exploit weaknesses in matches. As an under 13 player Adam continues to push players in older age groups and with his attitude will develop well in the coming years.
<b>NAME</b>	<b>GEMMA AIRD GYMNASTICS/ TRAMPOLINING S4</b>
ACHIEVEMENT / CURRENT PROGRESS	SCOTTISH NATIONAL SQUAD MEMBER SCOTTISH AGE GROUP LEVEL CHAMPION 1 <sup>st</sup> IN SCOTTISH ASSESSMENT COMP – U19
CURRENT RANKING	Scottish age group champion Competing in British Championships in July 2009
PERSONAL QUALITIES	Gemma is always cheerful, despite ups and downs that she has had over the past 2 years. She is a good role model for younger pupils, completing all the programmes set and now pushing herself to the new challenges ahead.
SUMMARY PARAGRAPH	Last year Gemma was injured with a back injury that left her unable to train or compete without pain. Experts were unable to diagnose the problem and yet, despite this, she continued to persevere. She was in a very low place, not being able to complete a training session and no longer being in the national squad. However, this year she has overcome all these difficulties and has risen to the challenges put in front of her by GSOS and her club. Her excellent competition results in 2008/2009 have meant that she has now been invited back to Scottish National squad training. Hopefully the British Championships in July 2009 will ensure she is now noticed on the British scene.
<b>NAME</b>	<b>CALLUM BAXTER SWIMMING S3</b>
ACHIEVEMENT / CURRENT PROGRESS	2 <sup>nd</sup> in 200m Freestyle- Scottish Schools Finals 2009 3 <sup>rd</sup> in 800m Freestyle- Scottish Short Course 2009 6 <sup>th</sup> in 800m Freestyle Scottish Age Groups 2009 Selected for Scottish National Youth Development Squad 2008/2009 Selected for the International Children's Games June 2009
CURRENT RANKING	Callum is currently ranked top ten in Scotland for his main events for his age.
PERSONAL QUALITIES	Callum has matured over the past season working hard to improve his ranking within his main swimming events. Callum has been selected to swim at the international Children's Games where he will gain experience of competing at an International level.
SUMMARY PARAGRAPH	Callums progress and attitude has developed over the past season. Next season should see him gaining even more experience competing in British and International competitions.

NAME	AMY LUI HOCKEY S5
ACHIEVEMENT / CURRENT PROGRESS	Amy plays her club hockey for GHK, working under ex-GSoS pupil and GB Youth player Amy Gibson. She has improved steadily since joining the SoS, gaining District and now National representation for the first time in her career. A tall and powerful shot stopper, Amy has all the qualities to go all the way as a goal-keeper and we hope she continues to improve at the current rate in order to fully reach her potential.
CURRENT RANKING	Scotland Under 18 Goal Keeper
PERSONAL QUALITIES	Amy is a quiet and unassuming girl who goes about her everyday work without fuss. She has worked very hard, especially on her fitness, over the past year and it is pleasing to see this hard work pay off with recognition at Scottish Under 18 level.
SUMMARY PARAGRAPH	Amy has shown outstanding improvement in her physique, technical abilities and game performances since joining the SoS as a late entrant. It is great to see this hard work and her talent rewarded by selection into the Scotland U18 squad for this year's European Championships.