

## GLASGOW SCHOOL OF SPORT ANNUAL AWARDS 08-09

<b>OUTSTANDING ACHIEVEMENT AWARD</b>	
<b>NOMINEES (4)</b>	
<b>NAME</b>	<b>MAHAD AHMED    ATHLETICS    S2</b>
<b>ACHIEVEMENT / CURRENT PROGRESS</b>	<p>In the year August 2008 – May 2009 Mahad had spectacular success. The pinnacle of this was setting a new Scottish u13 100m record of 12.43secs.</p> <p>This was also the fastest electronic time run in the UK in the 2008 season. On top of this he won both the 100 &amp; 200m titles at the Scottish Championships running the fastest 200m time in Scotland of 25.43secs, inside the Scottish record but unfortunately the following wind was just over the limit.</p> <p>In the recent indoor season Mahad running in an older age group finished 3<sup>rd</sup> in the West of Scotland 60m and 4<sup>th</sup> in the National final improving his 60m pb from 8.02 to 7.67secs.</p>
<b>CURRENT RANKING</b>	In the season 2008 Mahad was ranked no1 in Scotland in both 100m & 200m and 7 <sup>th</sup> in the UK. However his 100m time was No1 ranked electronic time in the UK.
<b>PERSONAL QUALITIES</b>	Mahad is a bright, likeable intelligent boy. He is very popular amongst his peers. He trains hard, has good attendance and is a credit to the GSOS.
<b>SUMMARY PARAGRAPH</b>	Mahad would be a very popular winner of this award and his abilities are well known and respected throughout the GSOS by both Coaches and athletes alike, and not just amongst his own sport, but also across all five sports. He is potentially the best athlete who has ever attended the GSOS.
<b>NAME</b>	<b>JOSH NEIL    BADMINTON    S2</b>
<b>ACHIEVEMENT / CURRENT PROGRESS</b>	<p>International Championships</p> <ul style="list-style-type: none"> <li>• British 4 Nations (u15) Boys Singles Champion (April 09)</li> <li>• Olve International (u15) Boys Singles Silver Medallist (April 09)</li> <li>• Olve International (u15) Boys Doubles Silver Medallist (April 09)</li> <li>• Ullevi (Sweden) u15 Boys Singles Bronze Medallist (Jan 09)</li> </ul> <p>National Championships</p> <ul style="list-style-type: none"> <li>• National u15 Mixed Doubles Champion (Oct 08)</li> <li>• National u15 Boys Singles Silver Medallist (Oct 08)</li> <li>• National u15 Boys Doubles Semi Finalist (Oct 08)</li> </ul> <p>National Team Representation</p> <ul style="list-style-type: none"> <li>• British 4 Nations Championships (Apr 09)</li> <li>• Olve International Championships (Apr 09)</li> </ul> <p>Scottish Secondary Schools Championships</p> <ul style="list-style-type: none"> <li>• Boys Singles Champion u14 (Mar 09)</li> <li>• Boys Doubles Silver Medallist u14 (Mar 09)</li> </ul> <p>Additional Achievements</p>

	<p>Notable win over No 1 Seed at National under 17 Championships.</p> <p>Gained selection into BADMINTONscotland Junior High Performance Programme and West of Scotland Area Institute of Sport.</p>
CURRENT RANKING	<p>Ranked top 2 in UK at Under 15 Level</p> <p>Ranked Scottish No1 Under 14</p> <p>Ranked Scottish No1 Under 15 Doubles</p>
PERSONAL QUALITIES	<p>There is no doubt Josh is one of the most talented athletes in the country. His recent inclusion in BADMINTONscotland Junior High Performance Squad, which is aimed at athletes with medal winning potential shows that the talent Josh has, will be nurtured to ensure long-term success.</p> <p>In a short career Josh has amassed many titles however it is his professionalism, hard work and dedication mixed in with his desire to learn and improve that backs up his true potential.</p> <p>Josh has all the potential required to compete at the highest levels in badminton.</p>
SUMMARY PARAGRAPH	<p>Josh is a real role model within the programme and sets a great example at all times to his peers. His competitive record has been achieved due to his application and high performance levels during all training sessions. Overall Josh is a joy to work with and has a huge determination to be the best he can be. His results have mainly come in older age groups as Josh is still an under 14 player.</p>
<b>NAME</b>	<b>BEN PETERSON HOCKEY S4</b>
ACHIEVEMENT / CURRENT PROGRESS	<p>Ben plays his club hockey in the National League First Division for Clydesdale HC. He has had an outstanding year in the top flight of Scottish hockey, regularly scoring important goals for his club and contributing to their ongoing success. Selected into Scotland U16's, Ben demonstrated maturity and leadership, which thrust him into the role of Scottish Under 16 Captain.</p>
CURRENT RANKING	Scotland Under 16 Captain
PERSONAL QUALITIES	<p>Ben's leadership qualities and his outstanding hockey talent have been recognised by the Scottish Under 16 coaching staff, who have appointed him captain of this years International matches. A popular extrovert, Ben has shown dedication and commitment to his sport over the past 4 years and this recognition is very well deserved.</p>
SUMMARY PARAGRAPH	<p>A talented and well-liked member of the hockey programme, it is pleasing to see Ben adopting a mature approach to his hockey and taking responsibility and demonstrating leadership qualities while still so young.</p>
<b>NAME</b>	<b>GLEN MCINTOSH SWIMMING S5</b>
ACHIEVEMENT / CURRENT PROGRESS	<p>Represented Scotland in Netherlands &amp; Belgium International Open water meets- Came 1<sup>st</sup> in all three races entered.</p> <p>Selected for Scotland Open Water Team 2008/2009</p> <p>Selected for Scottish Youth Squad 2008/2009</p> <p>WSIS- programme selection 2008/2009</p> <p>Came third in 100m Backstroke in 2009 Schools Finals</p>
CURRENT RANKING	1 <sup>st</sup> for age group in open water competitions won the 16&U Scottish Grand Prix in 2008
PERSONAL QUALITIES	<p>Glenn is achieving great results however he is still working on maintaining consistency within his swim training. This is the area he will focus on in the forthcoming season.</p>
SUMMARY PARAGRAPH	<p>Glenn has recently been selected to attend a GB potential squad camp due to his results over the past season. This recognition should help Glenn train hard to achieve the next level within his swimming.</p>