

## **“My First Month at Glasgow School of Sport” by Jock Breckenridge – Hockey Player**

When I was at primary school I got a chance to experience a Glasgow Schools Hockey Festival at Clydesdale Hockey Club. I had already been playing hockey for the same club but only for a couple of months. I first found out about School of Sport from my hockey coach there. I love hockey and I train two times a week outside school and I also go to the Easter and Summer camps at Clydesdale.

Being selected was nerve-racking because the thought of doing an interview was scary because I was worried about my answers to their questions. The physical side of the trials was fun. Although I was nervous I really enjoyed it. My visit to Bellahouston Academy was interesting because I was told about my timetable and the head teacher told us what it was like to be a Bellahouston citizen. Both Mr Anderson and Miss Porter made me feel welcome. All the teachers are friendly and easy to talk to.

A typical week at School Of Sport involves getting up about 7:30am. My house is fairly close to the school so I get the local bus to school. The bus takes about fifteen to twenty minutes. The School Of Sport provides me with a travel pass.

At the School Of Sport I play hockey. My hockey coach is Euan Miller and also Susan Ahrens. We have 3 sessions of hockey each week and 1.5 hours of strength and conditioning with our coach Kevin Watson. For hockey we go to the Palace Of Art, at the water based hockey pitch at Bellahouston Park. The strength and conditioning work is done in the School of Sport gym. We also get flexibility coaching at Bellahouston Leisure Centre.

There are some subjects I won't do at the academy because I have so many sessions at School Of Sport. The subjects I don't do much of are art, drama, music, home economics and technology. I really like art and music so I'm disappointed not to get much of those subjects. Art is my favourite subject but I won't do that until second year. The best part of School of Sport is getting to play hockey with all my other hockey friends. The hardest thing is remembering what you need to bring for training each day. I think hockey is the best because you play in a team and work together.

My sporting ambition is to play hockey for Scotland and maybe play for a professional club in Holland.

The Commonwealth Games in 2014 in Glasgow is exciting because the Scotland hockey team will be playing against loads of other countries and it'll be good to watch and maybe even help out. Sadly I might be too young to play for Scotland in 2014.