

## **“My First Month at Glasgow School of Sport” by Kirstie Baird - Shuttler**

I first found out about the Glasgow School of Sport from my coach Mr Barrie. He had coached former pupil Kenny Young. Craig Robertson approached Mr Barrie when I was playing at a competition.

The selection process involved the following: a badminton trial, physical trial, medical and an interview. During these I was very nervous but happy to have this opportunity and excited at the thought of coming to GSOS. We had a visit to Bellahouston Academy beforehand and I thought it was HUGE as I was used to a small country school.

A typical week at the School of Sport involves getting up at 6 o'clock and driving 10 miles to get the train at Lanark. At the School of Sport I train for at least 2 hours a day. I am coached by Craig Robertson, Ian Pringle, Lena Robertson and Kevin Watson coaches me in strength and conditioning.

My timetable at Bellahouston Academy is different to other pupils in my year who are not sports pupils because I don't get art and PE. I prefer doing my sport to these subjects. My favourite subject is Maths because I like my teacher and I am good at it.

I am in the Glasgow Satellite Squad, Lanark Badminton Club and I compete most weekends and train if I am not competing.

The best part of attending the Glasgow School of Sport is getting to know lots of people who are interested in my sport.

The hardest thing about the School of Sport is leaving people I knew from primary school.

I think my sport is the best at the School of Sport because we have more national champions than anyone else and it is fun to play.

My sporting ambition is to become number one in the world and win a gold medal for Great Britain at the Olympic Games.

The Commonwealth Games coming to Glasgow in 2014 is brilliant because I am going to be in it!