

“My First Month at Glasgow School of Sport” by Rebecca Hughes - Athletics

I first found out about the Glasgow School of Sport when I was running in a cross-country race. A talent scout gave me a form.

The selection process involved filling in forms and talking to my parents a lot about how to get there and stuff. I felt nervous because it was long way to travel and I didn't know anyone who went to Bellahouston Academy but excited because I love athletics and it means a lot to me.

We had to visit Bellahouston Academy beforehand. I thought it was brilliant but really scary as we had to meet lots of new people. The sport was also harder than it was at primary school.

A typical week at the School of Sport involves me getting up at 6.50am and leaving the house at 7.45am. I need to get two buses to get to school. I train 8 times a week with my coach at the School of Sport (Norrie Hay). We sometimes train at Nethercraigs, Bellahouston Sport Centre or in Bellahouston Park.

My timetable is different to other pupils in my year who are not sports pupils because I get some subjects fewer times a week. I also don't get PE but we get loads of sport anyway. I haven't joined any athletics clubs outside of school but I do go for a run sometimes with friends.

The best part of Glasgow School of Sport is that I don't get as many periods as non-sports pupils! I really love athletics. Sometimes it is tough, however the training is good and you do get better.

The hardest thing about the Glasgow School of Sport is that at the weekends and during the week I am exhausted. The training is pretty intense but it pays off.

I think my sport is the best at the School of Sport because there is a wide choice to choose from in athletics like sprinting or cross country or hurdles and many more. Athletics is also one of the main sports at the Olympics which I think makes it really special.

My sporting ambition is to be in the Commonwealth Games, be in the Olympics and become a coach in athletics.

The Commonwealth Games coming to Glasgow in 2014 is brilliant because I will have a few years to train and prepare. I could compete which would be amazing.