



Support Services Staff

Kevin Watson – High Performance Strength and Conditioning Coach

With 15 years' experience in the field of sport science and strength and conditioning Kevin has delivered support services to a range of National Governing Bodies, universities and sports organisations, as both a consultant and paid employee. Kevin has been employed as Head Coach at the Glasgow School of Sport for 11 years and has led the significant development of strength and conditioning within the five sports at the school. He also runs his own business delivering sport science, sports massage and strength and conditioning support to range of organisations and athletes as well as strength and conditioning specific coach education (QCF framework) and first aid training.

Kevin is the Scottish Board Member of the Association of First Aiders, a position he has held since June 2012. The association represents over 14, 000 first aiders and first aid trainers/training providers. He delivers first aid training across the UK including the National Sports First Aid qualification; the only recognised sport specific first aid qualification in the UK.

As High Performance Strength and Conditioning Coach Kevin is responsible for the overall development and delivery of strength and conditioning services to all 5 sports at the school. He leads the development of strength and conditioning for hockey and swimming and manages/mentors two Assistant High Performance Strength and Conditioning coaches who lead the development of the 3 other sports. In the past 10 years Kevin has devised and developed several strength and conditioning specific initiatives including the generic movement programme, sport education curriculum and the injury management programme. He is responsible for implementing a comprehensive screening programme for all athletes and integrating injury prevention and rehabilitation programmes for all 5 sports.

Complementing the role as High Performance Strength and Conditioning Coach, Kevin has led the development and delivery of the Sport Education Curriculum at the School of Sport. This curriculum compliments the academic subjects taught through Bellahouston Academy and offers all pupils the opportunity to study further SCQF and QCF qualifications.

Kevin is an Accredited Strength and Conditioning Coach (ASCC) with the UK Strength and Conditioning Association (UKSCA) and holds the National Strength of Conditioning Association's (USA) Certified Strength and Conditioning Specialist qualification (CSCS). He was awarded the UKSCA Strength and Conditioning Coach of the Year Award for Youth Sport in 2013. Kevin graduated from the University of Strathclyde in 2002 with a First Class Honours Degree in Sport and Exercise Science and the University of Edinburgh with a Post Graduate Diploma in Strength and Conditioning.

Kevin's personal sporting background was in the sport of rowing. He competed for both Scotland and Great Britain during his career. He has 4 British titles to his name and in excess of 20 Scottish titles. He competed in the 1999 Commonwealth Rowing Championships in and won a Silver medal in the Quadruple Sculls event. More recently, Kevin has been involved at a recreational level in the sport of Olympic Weightlifting for which he trains 5-6 days a week.

John McEwan – Assistant High Performance Strength and Conditioning Coach

John has been involved in coaching a number of lifters in the sport of Olympic Weightlifting for around 30 years. He has coached a number of lifters who have gone on to become Scottish and British, schools, junior and senior champions. John is currently involved in coaching Olympic weightlifters in Glasgow. He is Assistant Coach to the Scotland Olympic Weightlifting squad and will be part of Team Scotland's coaching squad at the 2014 Commonwealth Games in Glasgow.

John's personal sporting achievements have included 12 Scottish Olympic weightlifting titles. He was runner up in the British Championships on three occasions and twice the Celtic Nations Champion. He was also part of the team who won the British Olympic Weightlifting league on two occasions. John represented Scotland at both the 1990 and 1994 Commonwealth Games where he finished 8th and 4th respectively. He still holds the Scottish records for the snatch in the 75 and 82.5kg body weight classes which he set in 1990. After finishing his career in senior Olympic Weightlifting, John moved into masters lifting where he has won two British titles and finished 5th at the World Masters Championships in Greece in 2008. He won a bronze medal in the European Masters Championships in Turkey in 2013 in the 85kg class and has qualified for the World Masters in Finland in September 2015.

As well as being successful in Olympic Weightlifting, John has represented Scotland at the World Championships for sea fishing in Portugal in 2006.

John has successfully transferred his knowledge of Olympic Weightlifting into the strength and conditioning field. He holds the UKSCA's Accredited Strength and Conditioning Coach status, the industry standard for strength and conditioning coaches. John was awarded the UKSCA's Strength and Conditioning Coach of the Year Award for Developmental Sport in 2013.

John leads the development and planning of the badminton and athletics strength and conditioning programmes and delivers strength and conditioning sessions across all 5 sports in the school. His technical knowledge and skills are an asset to the Glasgow School of Sport.

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