



**Carly Smith**

**4<sup>th</sup> Year Gymnastics**

What is...

|                                     |   |
|-------------------------------------|---|
| The coolest thing about your sport? | Everything!                               |
| Your greatest sporting moment?      | Winning Scottish Junior Champ             |
| Your sporting ambition?             | To compete in the 2014 Commonwealth Games |

Tell us...

|   |   |
|---|---|
| What gets thumbs up at GSOS?                        | You get to do more of your sport                |
| Thumbs down?  | Nothing   |
| What you like about the coaches?                    | They want the best for you                      |
| How you manage to balance training and school work? | You need to be organised                        |
| Your greatest achievement since joining GSOS?       | Being selected for the Youth Commonwealth Games |
| A top tip for anyone thinking of joining GSOS?      | Be prepared to work                             |