



Ruairidh McArthur

4th Year Hockey

What is...

The coolest thing about your sport?	It's different
Your greatest sporting moment?	Getting into the Scotland Squad
Your sporting ambition?	To compete at the Commonwealth Games

Tell us...

What gets thumbs up at GSOS?	Training is in school time so you have more free time
Thumbs down?	Flexibility work
What you like about the coaches?	They are not like teachers and they are easy to talk to
How you manage to balance training and school work?	I am used to doing it, but maybe someone new may struggle at first, you just have to be organised
Your greatest achievement since joining GSOS?	Getting into the Scotland Squad
A top tip for anyone thinking of joining GSOS?	Try your hardest