



Shannon Laing

“Shani”

4th Year Hockey

What is...

The coolest thing about your sport?	It’s a team sport
Your greatest sporting moment?	Competing at the British Championships for gymnastics
Your sporting ambition?	To get into the South West Squad

Tell us...

What gets thumbs up at GSOS?	The people
Thumbs down?	Nothing
What you like about the coaches?	They are friendly and approachable
How you manage to balance training and school work?	I have to make time for both
Your greatest achievement since joining GSOS?	Switching from gymnastics to hockey
A top tip for anyone thinking of joining GSOS?	Join