



Rhona Stewart

6th Year Swimming

What is...

The coolest thing about your sport?	Going to training camps
Your greatest sporting moment?	Achieving a Scottish record for 800m and getting silver in Scottish Open Water
Your sporting ambition?	To compete at the Commonwealth Games 2014

Tell us...

What gets thumbs up at GSOS?	I can do sessions in the day giving me more free time
Thumbs down?	We are not allowed to sit on the lockers
What you like about the coaches?	They encourage and support us
How you manage to balance training and school work?	I have a timetable I follow every week
Your greatest achievement since joining GSOS?	Achieving a Scottish record for 800m and getting silver in Scottish Open Water
A top tip for anyone thinking of joining GSOS?	It can be tough but it's worth it