



Douglas Ross

7th Year Gymnastics

What is...

The coolest thing about your sport?	Doing summersaults
Your greatest sporting moment?	Winning gold at the Youth Commonwealth Games for the vault
Your sporting ambition?	To make the team for the Commonwealth Games 2014

Tell us...

What gets thumbs up at GSOS?	It's a friendly environment
Thumbs down?	Nothing
What you like about the coaches?	They make you work hard
How you manage to balance training and school work?	My discipline in gymnastics helps me to be disciplined with homework
Your greatest achievement since joining GSOS?	Winning gold at the Youth Commonwealth Games for the vault
A top tip for anyone thinking of joining GSOS?	Take advantage of the opportunity