



## Introducing Glasgow School of Sport

Scotland's first school dedicated to sporting excellence has been developed at Bellahouston Academy and is a first for Glasgow and a first for Sport. A recognised National Centre of Excellence, supported by the Scottish Government, Glasgow School of Sport is leading the way in providing opportunities for young people in Scotland to develop their sporting talents as part of their school education.

Bellahouston Academy is located in Glasgow however pupils at the School of Sport travel from across Scotland to attend. There are almost 900 pupils at the school, of whom one hundred and twenty are sports pupils specialising in one of five key sports.

The School of Sport was set up in 1999 and is run as a partnership between Glasgow City Council Education Services and Glasgow Life.

Specialist sports pupils are fully integrated with the school and follow a balanced curriculum of academic studies together with their sports specialism. Sports pupils receive coaching within the school day, which is carefully timetabled around their academic subjects such as Mathematics and English.

Specialist provision is intended to ensure that such pupils are given the best opportunity to develop their sporting talents as part of their School Education. Great care is taken to provide pupils with every opportunity to maximise not only their sporting but also their academic potential.



The School of Sport has five sports specialisms, athletics, badminton, gymnastics, hockey and swimming. Pupils specialise in one sport and entry to the School of Sport is by selection only.

The School of Sport offers one of the best high performance coaching teams in the country. These coaches have competed or coached at a national level in their sport including several who have represented Scotland at the Commonwealth Games. The high performance coaching team develops and delivers individualised programmes to pupils and has achieved some outstanding results.

Sports pupils have been selected to represent Scotland on over 200 occasions and won many medals at National and International level.

**Olympic Games:** Michael Jamieson became the School of Sport's first Olympian in 2012 and made the entire Nation proud by winning a silver medal in the 200m breaststroke. You can watch a video of Michael's return to the School of Sport where he was a swimming pupil at <http://www.youtube.com/watch?v=mqjetoOUiZK>



**Commonwealth Games:** Glasgow School of Sport's Commonwealth success started with gymnast Lynne Donaghy competing at the Games in Manchester 2002.

In 2010 a magnificent seven pupils from Glasgow School of Sport, represented Team Scotland in Delhi at the Commonwealth Games. **Hockey players:** Kareena Marshall, Amy Gibson, William Marshall and Kenny Bain, **Gymnast** Ryan McKee, **Badminton player** Kirsty Gilmour and **Swimmer** Michael Jamieson. Michael won silver in the 200m breaststroke and is focussed on winning gold at the next Commonwealth Games in 2014 in Glasgow.





## Commonwealth Youth level



There have been selections and medal winning performances at youth level at Commonwealth and Olympic level. At the 2011 CYG Gymnasts: Carly Smith, Cara Kennedy, Douglas Ross and badminton players: Kirsty Gilmour, Caitlin Pringle and Josh Neil competed for Scotland. Douglas won gold on vault and Kirsty bronze in Women's singles.

Hockey players Amy Gibson and Kenny competed at the Youth Olympics with Kenny winning silver at the Youth Olympics in Australia in 2007.



The School of Sport provides a full range of support services to ensure that sports pupils are fully supported in reaching their potential. There is a Strength and Conditioning Team who work alongside each sport tailoring the strength and conditioning requirements to the needs of each sport and developing individualised periodised programmes as pupils move through the school.

Sports pupils are monitored closely and there is a comprehensive fitness testing and monitoring programme delivered by S4T Elite to ensure athletes are fit for their sport.

The National Stadium Sports Health and Injury Clinic provide medical assessments, injury diagnosis and rehabilitation for pupils who become injured. An on-site clinic is delivered at the School of Sport by their physiotherapists whom work closely with the Strength and Conditioning Team and sports specific coaches to provide rehabilitation programmes returning pupils to full fitness as quickly as possible.

A sports nutritionist and sport psychologist also visit the School of Sport on a regular basis.

The School of Sport works closely with its partners to ensure that pupils are fully supported on the pathway to national and international success. It is proud to have strong links with SportScotland, Scottish Institute of Sport West, BadmintonScotland, Scottish Athletics, Scottish Gymnastics, Scottish Hockey and Scottish Swimming. It works closely with clubs and values highly the competitive opportunities that they provide to pupils.

The Glasgow School of Sport is a National Centre of Excellence and applications are welcomed from pupils from throughout Scotland.

There is only one specialist sports school in Scotland and that is the Glasgow School of Sport at Bellahouston Academy. If you think you have the potential, take the first step to sporting excellence and apply today.





The Sporting Stars of the future start here! This website has been designed to provide all the information you need on the Glasgow School of Sport. Should you require any additional information please follow the links that are highlighted in each area and our team will be happy to help!

Visit our Facebook pages for news on competition, events and life at the School of Sport

[www.facebook.com/GSOS1999](https://www.facebook.com/GSOS1999) and [www.facebook.com/GSOSDirectorsCut](https://www.facebook.com/GSOSDirectorsCut)