



Name: Georgina Black
Age: 24
Home Town: Kilmarnock
Lives: Kilmarnock
Course: HND Sports Coaching with Development of Sport
Year Graduated: 2009
Sport: Weightlifting - 63kg
Coach: Chick Hamilton
Club: Kilmarnock WLC
Twitter: @geebyegeeb

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1. At what age and how did you first become interested in weightlifting?

When I was 12 years old I went along to a fitness class with my sister oblivious to the fact that it was a weightlifting class. The coach of the class asked if I would like to come along to the Thursday night class. Since then I haven't looked back and have trained 4 times a week for 12 years in a sport which I love.

I am now a development coach for kids attending the club and I am studying for qualifications with British Weightlifting Association in order to be able to be a head coach and qualified referee.

2. How did you manage to juggle training along with completing your HND Sports Coaching with Development of Sport at the college?

Training and college was hard especially in NQ due to all the hours, but more manageable in HND.

3. Why did you choose to study HND Sports Coaching with Development of Sport and how was your time at the college?

I picked sport due to my sport and leisure development job at the time for East Ayrshire Council, I loved my time at the college and receiving student of the year in the NQ was one of my many highlights. Also being one of the students to change event management into a 'graduation ball' class was amazing.

4. Who has been your inspiration throughout your career and who are your sporting heroes?

My inspiration is my coach, Chick Hamilton and my team manager Jim Holland and team mates, without them I wouldn't have chosen my sporting career, who are also my sporting heroes

5. What do you feel has been the main factor(s) of your successful career?

Studying at the College helped and having a really competitive personality.

6. What is the best and worst part about being a professional athlete?

Being different and having the chance to compete for your country whereas the worst is the strict diets and missing nights out.

7. Taking into consideration the relatively short career span of athletes compared to other careers do you personally feel that it is important for athletes to have academic qualifications and why?

Yes so you have something in place for when you finish, like a career plan or backup plan, plus to keep you sane and have something other than your sport to focus on.

8. What has been your best achievement to date?

Competing in the Commonwealth Games Glasgow, being rank number 1 in Scotland, and having over 46 records to date.

9. How was your experience competing at Glasgow 2014?

My experience was exceptional and very emotional, the crowds, the Clydesiders and the security were all lovely and helpful. Everyone was so proud of you and wanted to know all about you. People were interested in your dedication and commitment to your sport, interested in sports they would usually never follow. Overall best time of my life!



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10. Now that you have achieved the milestone of competing in Glasgow 2014 what are your goals for the future?

Now to train for the Gold Coast 2016 and do it all over again.

11. What legacy do you hope Glasgow 2014 leaves?

I hope Glasgow 2014 leaves sport in everyone's hearts and helps small sports such as weightlifting flourish. As well as gives children the belief that anything is possible as one day through hard work and dedication they too could compete for their country.



Pictured: Georgina Black (HND Sports Coaching with Development of Sport Graduate 2009) in action

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