



Name: James Eddie
Age: 29
Home Town: Glasgow
Lives: Glasgow
Course: HND Business Administration
Year Graduated: 2006
Sport: Rugby Sevens
Coach: Gregor Townsend
Club: Glasgow Warriors
Twitter: @james_eddie

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

I became interested in rugby at the age of 10 and I joined my local rugby club which is GHA rugby club in Giffnock.

2. How did you manage to juggle training along with completing your HND Business Administration at the college?

It required good time management. I had to make sure I dedicate the right time to both college and training. The college were a great support too and emailed me notes etc. if I missed classes.

3. Why did you choose to study HND Business Administration and how was your time at the college?

I chose this subject because I was planning to go into the family business on retiring from sport. I enjoyed my time at college and because it was part time it allowed me to juggle it with rugby.

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

My inspiration has always been my dad - I admire his work ethic. Sporting hero wise Gavin Hastings.

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

I consider the main factor to be perseverance. Even during bouts of injury I focus on never giving up and always aim to come back better than before!

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

The worst part is pre-season. Every year I think it can't get any worse and it does. The best part is playing in front of a crowd at Glasgow, it makes you realise just how many people are hoping we as a team succeed.

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?

100 per cent yes. You are often only one injury away from retiring.

8. What has been your best achievement to date?

Winning the Nation's Cup with Scotland A (Scotland's second national rugby team).

9. How was your experience competing at Glasgow 2014?

My experience was unbelievable firstly the opening ceremony at Parkhead with all the music and lights were unbelievable and then to follow that up walking out to a sell out crowd at Ibrox is something I will never ever forget.

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

My goal is to have the best season of my career.

11. What legacy do you hope Glasgow 2014 leaves?

I hope that it leaves a real legacy for the younger generation and the positive impact that sport can have on people's mental and physical health. We now have several world class venues that show the commitment to improving sporting facilities in Scotland.



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Pictured: James Eddie (HND Business Administration Graduate 2009) Glasgow in action

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www.scottishrugby.org