



Name: Kimberley Renicks
Age: 26
Home Town: Coatbridge
Lives: Coatbridge
Course: HND Sports Coaching with Development of Sport
Year Graduated: 2009
Sport: Judo - 48kg
Coach: Thomas Renicks
Club: Kanokwai / Pro Judo
Twitter: @Kimi48Renicks

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

I have been doing judo from age of 4 and my dad was the person that got me in to judo

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

During my time at the college I had to plan my schedule carefully around training and fights. In order to do this I would get up early before college for my training sessions as well as train on my days off. Whenever possible I would hand in assessments before they were due or if needed would ask for an extension from my lecturers, who were very understanding and supportive of my situation.

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

I picked sports coaching because I have been doing judo all my life and love doing other sports I want to teach kids how good sports are.

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

My dad (Kimberley's personal judo coach) and sister (who also competed at Glasgow 2014 in Judo) have been my inspiration and my sporting heroes Kelly Holmes and Henrik Larsson.

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

I think training hard and having good support from my family has helped me in my career.

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

The best bit has to be achieving the goals that I have set out as to do well as the many great people I have met during my career so far. The worst parts are missing out on things with family and friend and getting injuries.

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?

I do believe that athletes should have academic qualifications as if you don't make it in your sport or you get a career ending injury then you must have something else to fall back on.

8. What has been your best achievement to date?

Winning the commonwealth gold in Glasgow

9. How was your experience competing at Glasgow 2014?

It was one of best experiences I have had, winning gold on first day and my big sister doing the same was fantastic. There are not many sibling athletes who can say that they have won gold in the same sport. The Scottish support were fantastic to both my sister and I well as the other athletes, many of whom I have become friends with. Glasgow 2014 is something I will never forget.



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

My future is to now to fight 2016 Olympics as well as to inspire kids to do participate in sports.

11. What legacy do you hope Glasgow 2014 leaves?

Just that if you try your best at whatever you do in life that you can achieve it! You need look no further than the achievements of the athletes from Team Scotland who I hope will inspire the next generation of athletes.



Pictured: Kimberley Renicks (HND Sports Coaching with Development of Sport Graduate 2009) in action

Photo Credit: Thanks to Judo Scotland for allowing the college permission to use this photograph
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