

# HIGHLIGHT

## ACHIEVING NEW HEIGHTS

The Newsletter of the Highland Institute of Sport



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We would like to wish everyone a Happy New Year and hope that 2009 brings even better results than last year. Since the last edition of the Newsletter we have had some great results and achievements we would like to share with you.

### Blair Fraser

#### Curling

Blair, who is now 17 years old, started with HIS in May 2008. Since then he has skipped and won the Lockerbie U-17 event and has recently been selected to represent the GB boys curling team at the European Youth Olympic Festival in Poland.



The event which runs from 13th-21st February 2009 will be the ninth staging of the EYOF and only the second time that the sport of curling has been included. The team (all Scots) will practise for the first time together in a competition in Hamburg on 16<sup>th</sup> January. We therefore wish the team all the very best.

### Kenta Gallagher

#### Cycling

Inverness cyclist, Kenta, who is 16, has had an incredible 2008. Following a season where he won Scottish & British titles at youth level he moved up to the Junior under 18 category. In this category he

lifted the Scottish Junior Cyclo Cross Championship title. However Kenta is prouder to have come 3<sup>rd</sup> at the Scottish Elite Cyclo Cross event in Dundee as there he was racing against the best in Scotland.



As well as winning many races last year, Kenta also won Scottish Cycling's Young Athlete of the Year award.

However, probably the biggest achievement to date for Kenta was winning a place on the coveted British Cycling's Olympic Development Programme (ODP). As an ODP member, Kenta will effectively be managed by a team in Manchester.

Kenta is also now being supported by the Scottish Institute of Sport and has high aims for 2009. He hopes to aim for the British Championship in his first year at junior level. He also hopes to be selected for World and European Championships and to stay with the ODP for 2010. We would like to wish Kenta all the very best in the forthcoming season and the future.

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## Emma Norton

### Skiing

Emma from Carrbridge has recently moved to the USA and is training well at Mammoth Mountain in California. She has managed to achieve her second best ever result by finishing 4<sup>th</sup> in the Giant Slalom Junior Race.



## Douglas Crawford

### Skiing

Dougie who has been competing in Panorama (British Columbia) and Lake Louise (Alberta) in Canada has had a good start to the season with 3 of his 6 finishes in the top ten.



## Sammy Vass

### Golf

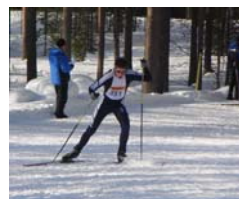
Scottish Ladies Golf Association have ranked Sammy 7th in the girls final order of merit for 2008.



## Andrew Young & Andrew Musgrave

### XC Skiing

In November 2008 Andrew Musgrave won the Junior (U21) XC Championships in Sweden and Andrew Young achieved a personal best.



Andrew Musgrave

They have both recently been in Norway where they, along with the rest of the national ski team, thoroughly impressed the Norwegians not only with results but also with their training and preparation. Andrew Young came 1<sup>st</sup> in the M17 category, 50 seconds ahead of 2<sup>nd</sup> place and Andrew Musgrave came 2<sup>nd</sup> in the M19-20 only 26 seconds behind the leader.



Andrew Young

### NEW ATHLETE

The Highland Institute of Sport would like to officially welcome our new athlete Mo Simpson.

Mo is a Wheelchair Curler from Inverness who was originally selected earlier in 2008 but due to injury, induction was delayed until October.

The Highland Institute of Sport would like to take this opportunity to wish Mo, along with all our athletes a very successful 2009.

With Thanks to all our Partners:

