

## 2016 Rio Paralympic Games Athlete Profile: Jamie McCowan



<b>Date of birth</b>	2 February 1995
<b>Home town</b>	Dundonald, South Ayrshire
<b>Occupation</b>	Full time athlete
<b>Sport</b>	Boccia
<b><u>Classification</u></b>	BC3
<b>Events</b>	Singles and Pairs
<b>Club</b>	<a href="#">GB Boccia</a>
<b>Coach</b>	Glynn Tromans

### ParalympicsGB Selection Date

May 2016

### Personal Bests

- 2013 Gold in the European Championships BC4 Pairs
- 2016 Bronze in the Pairs at BISFed Montreal World Open
- 2016 Silver in the Singles at BISFed Montreal World Open
- 2016 Bronze in the Pairs at BISFed Povoá de Varzim World Open

### How and when did you become involved with your sport?

I got involved in 2008 when I met the Scotland coach, Claire Morrison, during a boccia come and try session at the Ayrshire Special Games. I was asked to attend Scotland squad training and progressed from there.

### Sporting Highlights

- I was selected to represent the GB squad at age 14
- Winning BC4 European Pairs Gold in 2013
- Being re-selected for the GB squad in 2015 in the BC3 category
- Winning 3 2016 World Open medals
- Being Selected for Rio 2016

### Sporting Goals

To become World Champion. To become World No 1. To win Paralympic Gold in Pairs and Singles events.

### One piece of advice for an aspiring athlete?

Work hard and put the hours in over everything else.



[Jamie McCowan](#)