

Ad Astra Elite Sports Academy Blog Post – Tenerife Training Camp 2019

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Ad Astra means 'To the Stars'. Achieve. Aspire. Excel. I must admit I kind of like it. My application to the Academy was fraught with bumps, by no means a shoe in. It meant an awful lot to me; the first weightlifter awarded a UCD Ad Astra Sports Scholarship. However, the work had only started. Whether I made the right or wrong decision over the past two years by working two jobs, studying full-time and training full-time I am not sure. It just had to be done. There was no room for excuses. I had achieved quite a lot already coming from 245 points in the Leaving Certificate. I aspired to new heights, internally I knew I had more to give, somewhere. Things have been tough and without the Elite Sports Academy I can, without a doubt confirm I would not have been able to maintain my training. Since finishing formal lectures in May I was privileged to be supported yet again by the Academy, supporting the costs of a hot weather training camp in Tenerife. I am writing this on my Aer Lingus flight back and can honestly say it was one of the most enjoyable experiences in my sporting career thus far. Of course, representing my country is the highest honour although this was different. The gym being a five minute walk from your hotel room, pool sessions after training twice a day and all your meals prepared and cooked for you might have had something to do with it. Alongside training with the team who I am very close with. We all are.

When you are feeling down and you question your purpose, the Academy nudges you. Reminding you of why you started in the first place. Ad Astra; to the Stars. Don't simply look to the stars, find the stairway to get you there.

