

SCU: Hello and a very warm welcome to this Getset hangout, this is the first in our series of hangouts and we have just passed the 500 day milestone to the next Olympics games which s pretty cool. Between now and the summer of 2016 when the Olympics and Paralympic games will be held in Rio, and we're going to be meeting lots of incredible artists and the mazing support teams that work with Team GB and Paralympics GB to help them on their road to Rio.

We've given schools in the Getset chance to ask questions direction to those people and indeed get involved with these hangouts. With us today we are lucky enough to have here six pupils from Uppershong Junior and Infant School, and five pulps from Great Ouseburn Community Primary School, and their teachers. So first of all can we have a massive hello from Uppershong!

STUDENTS: Hi!

SCU: Lovely, great to see you guys. Great Ouseburn can we have a hello from you!

STUDENTS: Hi!

SCU: Fantastic. So our schools have been putting together some questions to ask our athletes, so we should crack on and week our amazing athletes. Firstly we have Ali Jawad, he's a ParalympicsGB athlete, and he's a power lifter and holds the British, European and Word records in the 59kg class. Hi Ali!

ALI: Hi, thank you very much.

SCU: Fantastic. Our second athlete is Team GB Richard Hounslow. He's a slam canoeist and the winner of a silver medal at London 2012 Olympics games in the men's canoe level. Hi Richard, how are you?

RICHARD: Hi, I'm good thanks.

SCU: Lovely to have you here. So we've got some fantastic schools with some great questions and hopefully some great answers from our athletes, so let's get cracking. We're going to go first to Great Ouseburn and I think you've got a question for Richard. So over to you.

STUDENT: Hi Richard, how did you get into the sport of canoeing and how old were you?

RICHARD: Well I was quite lucky, my parents actually met canoeing. So I was actually pretty much born into the sport and was canoeing from the age of 1. My first competition was when I was about 8 years old, so I started very young and I've been competing for quite a while. I've been in that national team now from junior up to senior for about 20 years.

SCU: That's fantastic, thank you very much for your question Great Ouseburn. Uppershong I believe you have a question for Ali.

STUDENT: Hi, it's Mel and Charlotte here and our question is who inspired you to become an athlete and how did you first get into powerlifting?

ALI: Good question. When I was about 6 I watched the Olympics games, and I watched an athlete called Michael Johnson. He did the 400 and 200 Olympics double, which does make sense, and I knew from then on I wanted to be an Olympian. So I joined the sport and when I was about 16 my friend at the gym introduced me and that's how I started powerlifting.

SCU: Fantastic, those are brilliant questions. Great Ouseburn we're going to back to you and I think you have a question for both athletes.

STUDENT: What sort of training do you do and how often do you train?

RICHARD: A typical week for me is training from Monday to Saturday. Sunday is a nice day to relax. Because I actually compete in two categories; the double canoe which I won a medal in the Olympics and I also compete at the single boat; I only train on the water. So I basically train on the water 11 times a week, twice on Monday and Tuesday, a nice easy half day on Wednesday and then twice a day on Thursday, Friday and Saturday. I usually repeat that for three weeks and then have a nice easy down week.

SCU: Fantastic, what about you Ali?

ALI: I'm pretty much in the gym 8 times a week. Not all of it is centred around lifting weights, I have two sessions where I go on a bike.

SCU: Fantastic, let's move on I think we have another question for both athletes this time from Upperthong.

STUDENT: Hi I'm Cole and I have a question for both athletes, and so does Ethan. When and where was your first Olympic or Paralympic games? How did you feel before, during and after that?

ALI: So my first games was at the 2008 Paralympics games in Beijing when I was like really young. I'd probably describe it like Christmas, I was very excited to go because it was my dream to represent the country at the Paralympic games. During that is when I explored everything, you kind of get by what you have to do which is not good but in the end it was an incredible experience.

RICHARD: My first and only Olympic Games was in London, so it was pretty impressive to be competing at home Olympics for the first time. Before obviously I was very excited because it was my first Olympics and my family and friends were around and they were equally or possibly even more excited than I was. During that I was very scared, very nervous. Having so many people watching you when you're competing can be daunting but it's the sort of thing that you train for and you have your psychologists so you can deal with that sort of thing. And then afterwards after winning a silver medal I was incredibly happy and just enjoyed. I finished on Day 6 of the Olympics, so I had a week to just take it away and enjoy.

SCU: Brilliant, thank you so much guys. We'll go back to Great Ouseburn and they have a question for Ali.

STUDENT: Do you have to eat a special diet?

ALI: My diet is really special, you have to have a lot of body weight calories. So I try to live with my body weight every single day, so no chocolate and no junk food. It's really quite boring but what makes my diet a little more special is I've got a disease called Chrome Disease, so my diet kind of revolves around me being healthy. So I eat a lot of things like rice and sweet potato and lots of veg and not any junk because it's really bad.

SCU: Fantastic! Let's go to Uppertong and I think you've got a question for Richard.

STUDENT: Hi I'm Alice, what was the hardest moment in your career?

RICHARD: To be honest, as an athlete the hardest thing to deal with is setbacks, and the most common setback is an injury. About 10 years ago I dislocated my shoulder, at the time that was the hardest this for me, I was just transitioning from London 23 athlete into a senior athlete and I had to recover from that shoulder injury. Actually three months ago I had a reoccurrence of the injury and obviously with this being such a big year for me with the World Championships in London, and the Olympics qualifiers at the end of the year, I've really had to work hard to get back to full fitness and full strength. I have learnt how to come back from 10 years ago with an injury, it was much easier this year, so I've come back stronger.

SCU: Fantastic! I think we've got time for one last question, let's go to Great Ouseburn, and I think you have a question for both athletes.

STUDENT: What would you like to achieve that you haven't already done?

RICHARD: Well, I guess for me I've been an Olympic silver medallist and world champion, so my big aim like for any athlete who want to go to the Olympics is to win an Olympics gold. That was my aim in London and I won silver, and that will be my aim again in Rio, to come back with a gold medal for team GB.

ALI : As Richard said probably next year will be great, it will be awesome!

SCU: It would be pretty awesome. All the very best to both of you. That's just about all we got time for today, so I just want to say a massive thank you to our two athletes Richard Hounslow and Ali Jawad, and also of course to Great Ouseburn and Uppertong school. We'll be posting this hangout on our website at www.getset.co.uk. You can also find out about the route to Rio and find the app, we are challenging teams of young people to get active and travel the distance from London to Rio. You can look for further information about our next hangout and how you can get involved. From me, goodbye!

STUDENT: Bye!