

What course do you do?

I study Journalism (single honours).

Why did you join your club when you came to DMU?

I went on my schools Ski Trip's for 3 years. I started off at 15 years old (year 11) and had never skied before but I knew that this would be the perfect place to learn. My first ski trip was so enjoyable that I carried on going for the next 2 years, so when I heard that there was a Snowsports society at DMU, I decided to join it.

What made you want to get involved in the club?

I was a bit nervous to go to the first training session on my own, so I went with a few of my flatmates from first year. Everyone on the society was so welcoming that I immediately knew I would make good friends if I stuck with it, so I did and now I am social secretary of the society!

Have any females in sport inspired you and how have they inspired you?

2 females that have inspired me are Serena Williams and Jessica Ennis-Hill, as they are massive advocates for feminism, as well as excelling in their chosen sport. The fact that they both competed during and post pregnancy shows just how much the sport meant to them.

What advice do you have for any other females looking to get involved in sport or physical activity?

Don't be nervous and go for a sport that you are really interested in as chances are you will fall in love with it. You will most definitely make new friends and at DMU everyone is so welcoming no matter what sport you decide to join! It's the best way to stay healthy and make new friends.

Would you ever try another sport?

I've always been a particularly sporty person, and tried most sports when I was younger. I'd definitely like to try something that I never had the chance to at school like Ice hockey or Polo.

How has playing sport helped you in your day to day life/career?

I want to be a Sports Journalist, so playing and understanding different sports has made my analysis better in my reports. In addition to this, I've learnt critical skills such as teamwork and communication, which has obviously helped in work and social situations.

Favourite personal sporting moment?

When I was about 14 I had trials at Tottenham Hotspur ladies as I had captained my school football team for a few years. This was a really big deal for me (and my dad!) and I will probably remember it for the rest of my life.

Favourite female sporting role model?

Probably Serena Williams, as she is very strong minded.