
Britanie White – Women's badminton First Team Captain



What course do you do?

I am currently in my second year studying the adult nursing degree.

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

I knew as soon as the activities fair date was released that I'd be there to find out how to join the badminton. I have a passion for the sport and grew up playing for Leicestershire, I love how inclusive it is for everyone.

What made you want to get involved in the club?

I wanted to get involved in the club because I wanted to make new friends and start competing again. It's a great place to make friends for life.

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

When I was 6 my parents were looking for a sport for my older sister to get involved in. I remember sitting at the back of some courts with my twin sister colouring in some books when

Carole Spencer came over to us and asked us if we wanted to have some fun and give it a try too. From then on every week we attended and every week she'd teach us something new, she helped us grow as people, on and off court. Carole still coaches children now and has a very successful club, for which I'll always be grateful, she is definitely my inspiration!

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

Just give it a go!! What have you got to lose? I've met so many people from different clubs at University who have all been friendly and welcoming. There is literally something for everyone. If you're nervous, either take a friend with you, or send a message to the club saying you'd like to come but don't know anyone and they'll introduce you to the club members. Give it a couple of sessions and you'll feel part of something special.

Would you ever try another sport?

Yes! I'd try any sport, unfortunately I don't have much time to commit to any more at the moment as I'm a mum, a student nurse and a sports scholar... I think that's enough for me at the minute.

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

Playing sport has helped me in my day to day life and career because it has given me confidence. I also have the opportunity to improve my fitness, as our club has strength and conditioning training too. Sport has helped me learn how to set realistic targets and achieve them. I feel very lucky!

Favourite personal sporting moment?

My favourite sporting moment... that's a tough one. I have so many positive experiences through playing sport. If I had to pick just one, it would be getting the highest Leicestershire had gotten in the Inter- County's- tournament (ICT) when we were under 17. It was an amazing experience. A close second would be winning the ladies varsity last year for DMU Badminton.

Favourite female sporting role model?

My favourite female sporting role model for badminton is Gail Emms... She is a brilliant player and gives a lot back to sport. However, any women you see on TV or in Newspapers or the internet can be a sports role model to someone, they are all amazing.