Ciara McEvilly – Gymnastics Secretary

What course do you do?

English

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

Although the Gymnastics club was only founded last year, I wanted to join the club to get back into the sport and meet other like minded people.

What made you want to get involved in the club?

Gymnastics is a safe space where regardless of your level/progress you are welcomed with open arms, everyone works together towards a common goal; learning new skills and always striving to support each other.

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

Shawn Johnson inspired me because regardless of height or stature she persevered and pursued what she loved. Although she wasn't known for her 'flexibility' or her 'elegance', she was known for being strong and powerful and that is what I wanted to be.

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

Always give everything a try. It doesn't matter if it takes one day or one year to learn and perfect something it's the journey of getting there that is important. Never give up and face every battle head on.

Would you ever try another sport?

I would encourage anyone to try out other sports as it is important to not only build connections but to work on something new. It will help prevent mental blocks and getting frustrated.

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

As someone who suffers with severe anxiety sport has allowed me to invest my thinking elsewhere and to help me cope in times of high stress. Granted it doesn't take it all away but it most certainly helps. Sport has also allowed me to structure around my studies time for socialising and exercising, allowing me to feel healthier and stronger.

Favourite personal sporting moment?

Anytime that someone I'm coaching masters a skill that they have been working so hard on.

Favourite female sporting role model?
Natasha Parkin - DMU Gymnastics Captain 2019/20