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# This Girl Can: Women in Sport Profile

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## **Dr. Heather L. Dichter**

Associate Professor of Sport Management and Sport  
History

### **What sport and fitness activity do you get involved in?**

Currently: use my cross-country ski machine at home

### **What made you want to get involved in sport whilst working at University?**

Working in sport opened up opportunities to access materials for my research, which in turn provided me with connections which I have been able to transform into opportunities for students, which has been immensely helpful in teaching sport management

### **How do you feel sport and fitness activity helps you to look after your wellbeing?**

Participating in physical activity, whether it is exercise on one's own or sport with other people, is great for not only keeping in shape but also to clear one's mind and be energized in general. It is such a pick-me-up or boost to doing what one needs to do.

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

Don't be afraid to be involved in sport in any capacity, as a participant, volunteer, or employee, even if you are one of only a few women. Your views and opinions are not only valued, but greatly needed. There are so many opportunities out there – don't be shy!

### **Favourite personal sporting moment?**

Visiting the UK for the first time in high school after being selected as an all-star. Also being at the very first Olympic women's bobsled competition in Salt Lake City in 2002 when the US women the gold medal – the atmosphere was incredible!

