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## *Jules Mark – Trampolining Coach*

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### ***What sport do you coach?***

I coach trampolining both at DMU and for Leicester City Council.

### ***Why did you become a coach?***

I had been a trampolinist since around the age of 4 and it just seemed like a natural progression for me when I no longer want to compete, so as soon as I was old enough I took my coaching qualification.



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

When I was young there was a limited amount of female lead sports on TV and social media or even the internet was along way away, in tact there were only 4 TV channels!!!! So I was inspired by the older girls that I watched during my trampolining sessions and I loved what they could do and really wanted to be like them and do the moves that they could do.

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

I would advise to go for it, keep trying different sports or activities until you find the one that you really enjoy and it actually does not matter how good that you are at the sport you need to love it and it will then give you great fitness, friends and new skill learning.

### ***Would you ever try another sport?***

I'm game for anything!! I actually love all sports and am lucky to be naturally gifted at most of them. I also recreationally play badminton and a couple of years ago I went skiing (which I wasn't so gifted at due to the fact that I am a lot older and think about things too much and the speed worried me) and last year I tried water skiing. But I enjoyed sports and fitness so much that when I left school I trained as a sports therapist and fitness instructor.

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

It has made me confident in talking to new people and being in new situations.

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

When I was about 15 I competed in the national trampolining finals where I placed around 30th.

***Favourite female sporting role model?***

As I already said female sports we're not massively publicised, from my memory I watched ladies Wimbledon tennis, swimming and some women's athletics. But I was in ore when I watched Sally Gunnel get an Olympic gold medal in the 400m hurdles, I was around 13years old. Now a days there are loads of women that I admire in sport Jessica Ennis-Hill, Nicola Adams and Beth Tweddle to name a few. I really appreciate how much work, sacrifice and heart ache these women put in to training to be the best.

The photo that I have attached is when I competed as a guest for DMU at Nottingham uni. I had just finished my competition and needed a lay down thinking I'm too old for this, but in reality, you're never too old!!