
Lauren Teer – Swimming Activator

What course do you do?

Biomedical science

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

I joined swimming as I've done it since I was young but hadn't done it for a couple of years prior to uni so wanted to get back into competing.

What made you want to get involved in the club?

I really enjoy sports to get involved in competition but also the social side of the club. We always do fun activities together in and out of the sport!

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

As a swimmer I was really inspired by the young Lithuanian swimmer Rūta Meilutytė, who set a world record in my favourite event (100m breaststroke) at only 15 years old! I am a similar age to her so this really inspired me in the sport.

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

Always try new things that you think you'll enjoy. If you feel a bit nervous going the first time, see if you can bring a friend along to get started and it could be something you enjoy together!

Would you ever try another sport?

I love trying new sports so often get involved in other DMU active sessions at uni - I would love to try tennis or rock climbing!

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

Playing sport helps me to relax and make new friends, taking the stress out of uni a bit more. It also keeps me happy and healthy, which has given me more confidence in my general life and will no doubt help me in my future career.

Favourite personal sporting moment?

Qualifying and competing at nationals for swimming!

Favourite female sporting role model?

Rebecca Adlington is a great female role model in swimming as she has achieved so much and still continues to use her position for great things even though she's now retired.

