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## *Lucy Withers – Ultimate Frisbee Chairperson*

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### ***What course do you do?***

Fashion Buying and Marketing

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

I joined Ultimate Frisbee when I was doing art foundation at DMU because I was looking to join a sport I had never played before and wanted to learn new skills. I also wanted to be part of a sports team as I love being active and also love the bond you have between your members.



### ***What made you want to get involved in the club?***

Having looked briefly into Ultimate Frisbee before I went to the taster session, it looked like it was a sport that knew how to have fun and had a really good atmosphere. When I went to the taster session and later training and tournaments this really shined through.

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

In Ultimate I am inspired all the time by other female players who make some amazing throws and demonstrate amazing leadership, but one of my greatest inspirations is Nicola Adams. When she won Gold at the London 2012 Olympics it was such an incredible moment and she really showed me to stay strong, fight for what you believe in and never stop smiling!

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

For other females looking to get into sport I think it's so important not to compare yourself to others. When you always feel that people are better than you or improving faster than you it's so dispiriting, so always look to make your own goals and focus on yourself. Then you really will see the improvement!! And don't be afraid to give anything a go, just enjoy it!

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

At the moment I'm really happy playing Ultimate and I do lots of running in my own time on the side. I don't really feel the need to try another sport at the moment especially as I have participated in lots of other sports when I was younger.

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

For me sport is a massive stress reliever and it helps me find the balance between university and other aspects of my life. Sometimes when I'm having a bad day going off to join my team and train is exactly what I need to put me back on track!

***Favourite personal sporting moment?***

I don't know what I could pin down as my favourite sporting moment! Some of the tournaments I've played in Ultimate have been some of my favourite weekends, extremely tiring but so much fun! Some of my favourite moments have been diving for the disc in the end zone and making a ridiculous catch that no one expects!

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

Nicola Adams will always have an important place in my heart, but otherwise I tend to draw inspiration from lots of female athletes across many different sports because they all give a different message about overcoming your struggles to achieve your goals.