

This Girl Can: Women in Sport Profile

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What sport and fitness activity do you get involved in?

Volleyball

What made you want to get involved in sport whilst studying at University?



I've always had a strong passion for sport, and I love volleyball. I have played it since I was 14 and wanted to be able to carry this on at university to not only continue playing the sport but also to meet new people and be part of a team. Another reason for joining was because I wanted to keep fit, so by joining the volleyball team I could enjoy a sport I am passionate about whilst also keeping fit at the same time.

How do you feel sport and fitness activity helps you to look after your wellbeing whilst studying?

Taking part in sport/exercise is so beneficial for your body and mind - even if it is only a small amount per week, it gives your mind a break from studying and allows you to focus on something new. It is such a good way to release stress and pressure that you may feel from studying/upcoming deadlines and is also so great for meeting new people and socialising with others that have similar interests to you. So many of my friends at university have said that if they didn't join their sport society then they wouldn't have met the majority of the friends that they have now, which shows how important it is to join any club you may be interested in at university because it can be quite lonely and overwhelming if you don't meet people that you fit in with.

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

Just go for it, whether you are a beginner or experienced sportswoman there will be a spot for you somewhere. You will meet so many new people and it can be really hard to give

yourself the breaks you need in between studying but sport gives the perfect opportunity for this.

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

Many females have inspired me through their commitment and drive to be the best that they can be. It's amazing to see them thriving whilst doing something that they love which I find the most inspiring thing.

Favourite personal sporting moment?

My favourite personal sporting moment would have to be winning the BUCS league at the end of my second year at university. I had the honour of captaining my amazing team during that year and the bond that we built over the year as a team was so rewarding. Winning the league and being promoted to Division 1 was the icing on the cake that we very much deserved.