
Sadie Burch – Netball



What course do you do?

Business and Management.

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

I wanted to be a part of a sport or society as a break away from my studies as I think it is important to have a balance. I have always had a passion for Netball, so it seemed like the best option for me.

What made you want to get involved in the club?

Everyone I spoke to was extremely friendly and the trials felt well organised. It was evident that the club had a family-orientated culture making it easy to integrate into a team and have a sense of belonging. Also, socialising with a diverse range of people from different courses and year groups helped me understand life at DMU better. Building on my first year experiences; I decided I would like to get involved further and I nominated myself for a Club Committee position.

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

Growing up, Jessica Ennis-Hill inspired me. The way she could perform consistently and exceptionally in a variety of athletic disciplines, under immense pressure, whilst maintaining a professional approach to life is something I admire. As a strong, successful woman, she inspired me to take up athletics when I was younger.

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

Just do it! Sport can offer so many benefits in addition to just 'being active'. You can make new friends, form part of a team, club and community whilst also developing skills and becoming more disciplined. In addition to that, sport is great for your physical and mental health.

Would you ever try another sport?

I do love playing Netball, but yes! I always enjoy trying new things and I think you can surprise yourself sometimes with what you enjoy and what you are good at. At the moment, I would like to give CrossFit a go.

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

Sport has definitely helped me with transferable skills. I think it really can make you more employable. I can draw upon so many experiences where I have demonstrated or developed competitiveness, leadership, teamwork, time management, resilience, determination, planning, organising, coaching etc.. Through netball. This has helped at interviews, when I have been asked scenario-based questions as well as contributing to becoming a 'well-rounded' individual. Sport also helps me to de-stress when I have assignments and studying to do. I always feel fresh after a session. I generally have more energy and can be more productive too.

Favourite personal sporting moment?

It has to be winning Netball Varsity in my second year, as Chairwoman of the Club, to a team two leagues above. I was immensely proud of everyone and what we achieved that year.

Favourite female sporting role model?

This is tough! I would have to say either Geva Mentor the England Netball Roses goal keeper with her phenomenal interceptions or Serena Guthrie for her energy and sheer determination on court as England's centre. Both of them are on and off the court role models for aspiring netballers.