
Shanika Simon Thomas – Netball



What course do you do?

English and Drama

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

I joined Netball in my second year because I wanted to take control of my fitness and lose weight. As well as going gym and eating healthily I wanted a fun way to do it.

What made you want to get involved in the club?

What made me want to get involved in the club is that everyone in the club had such a positive aura about them and the socials look great. I also played netball in high school and thought that I would give it a go again.

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

Shelly-Ann-Fraser price the Jamaican sprinter, she is a phenomenal woman. The comeback she made after her pregnancies were inspiring. Being a mother and a professional athlete in one is really something. She has also done a lot of charity for schools in Jamaica such as six-a-side football tournaments for young people and organising 5k runs for education fundraising purposes.

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

The advice that I would give would be to go out, take that plunge and do it! It's so much more than just going for a few hours and playing sport and then going home, it's a family! It honestly makes physical activity fun and enjoyable! Even if it is a sport that's underrepresented by women, that's all the more reason to take part! Be that change!

Would you ever try another sport?

I used to play football as well in high school as well as badminton briefly. If I was to choose out of the two to get back into it would probably be badminton as it is extremely thrilling.

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

Playing sport has helped me to be more than just a typical university student, with just a degree. Netball has given me layers as well as an enormous amount of skills that I can take into the working world with me. I can now go out and talk to anyone without being shy!

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

My favourite personal sporting moment was when I was doing shooting practice with friends in basketball for P.E in high school. I randomly decided to turn around and throw the ball in and it went in! I couldn't believe it!

Favourite female sporting role model?

Shelly-Ann Fraser-Pryce