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## *Yaprak Janicke – Volleyball Men's Coach*

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### ***What sport do you coach?***

Volleyball

### ***When did you become a coach?***

2003

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

I had a female sports teacher at secondary school, she was very supportive but the main inspiration was a male volleyball coach at the middle school.

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

It's never late to start and never give up. Keep trying and believing in yourself.

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

I do swimming and running. Played basketball at school. I was best at volleyball. I never had an opportunity to learn swimming properly when I was younger. This is something I picked up about 5 years ago and I can consider myself as a good swimmer now. My next target is to complete a triathlon and learning to skiing.

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

It helped immensely. People get the wrong impression as they think their studies would be affected in a negative way, on the contrary being active in sports especially in team sports helps to do better time management and organisation. It certainly helped me with my studies to achieve good results. It also helped me to make friends for life, gave me the opportunity to travel internationally and I self-financed myself from a young age without the support from my parents with my volleyball earnings.

### ***Favourite personal sporting moment?***

When I scored 15 consecutive points from the services and finished the set without any rotations (each set finished at 15 at that time)

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

Serena Williams (not so much of the aggressiveness but the stamina and determination)