

Adrienne Kuster

What activity are you involved in?

Women's Football

What was the motivation for you getting involved?

I've always been involved with various sports growing up, once moving out to my school in Malaysia there was a women's football team and I immediately fell in love with the sport. When coming to uni I wasn't sure on the particular sport that I was going to join, but after trials and meeting everyone I knew it was going to have to be football. Unfortunately, after just a few matches in first year I ended up tearing my ACL, because of this I spent my whole of second year coaching football instead of playing, which allowed me to increase my knowledge and

broaden my love for my sport.

What do you like about it?

It's hard to narrow it down to just a few factors, I've always loved to be involved in different sports, but I think it's the whole culture within women's football, like the people who play and the ability to just go out onto the pitch and not worry about anything else.

What advice would you give other women who are unsure as to getting involve?

Just get involved! The ability doesn't matter, just go out and do it! We offer the Sporticipate free sessions at Uni for complete beginners so there's definitely an opportunity for every level, I can assure you that you won't regret joining.

