

## Andreea Avramescu



### **What activity are you involved in?**

I am currently a Sport Leader for the Sporticipate Table Tennis sessions. In the past, I have been involved as a Sport Volunteer in different events and activities, such as 10k Run, Christie Cup, SALC Olympics, or Etihad Flag Mosaic.

### **What was the motivation for you getting involved?**

I decided to become a volunteer in my second year at University (currently in my 4<sup>th</sup>) as it was the element that gave me the opportunity to perfectly balance studies with sport and volunteering. It is a flexible program where you can choose between hundreds of opportunities the ones that suit you.

Although I am quite new to table tennis, I wanted to learn more about the sport and develop coaching skills while training.

### **What do you like about it?**

What made me join was the variety of opportunities, but what made me stay was the team. I was always welcomed to the Sports office whenever I had questions and needed help during the years. The Table Tennis team made me feel welcomed from the first session and always took the time to teach me both the sport per se, as well as coaching techniques. As a person with not too much free time, along my studies, work, and volunteering projects, this really made a difference to me and kept me involved for 3 years (and counting ☐).

Table Tennis is actually the perfect sport for both mind and body. It involves panning and thinking, while keeping your fitness levels up (played at professional levels it is one of the fastest sports). Although it can be intimidating the best thing about it is that you can play at your own rate and to your own capabilities, while remaining competitive.

### **What advice would you give other women who are unsure as to getting involved/active?**

If you are new to sport it can be intimidating to think about joining a new sport or becoming a volunteer for a sport. I was there. I was keep telling myself that I cannot play table tennis, that it is not a sport I am comfortable with, and that I would be an impediment for the team. But I decided to try. I went to the first session and met the coach. Only after I realized that I am not the only person that is new to this sport in that room and that if you don't give it a try you can never find out how good you actually are. It is a sport dominated by boys in our University, and there can be 1 table with girls playing and 10 with boys. But in the end, those girls end up playing better than most of the boys. It's not about being a men or a women, it is about wanting to learn and loving to play the sport.