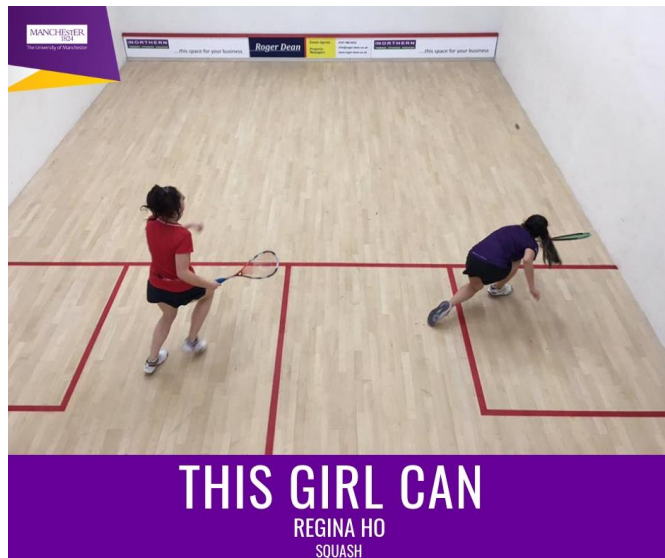


## **Regina Ho**



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

Squash. I play for the women's first team, and within the university, I coach some of the SPORTicipate sessions. In other squash-related activities, I volunteer with our National Governing Body (England Squash), and coach primary school children at a club in Didsbury.

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

Getting involved with squash back at home started out with my parents wanting me to take up the sport. I only grew to like it over time, which is why I chose to get into it here in uni. While in uni, I decided that if I was to do anything, I would have to do it to the best of my abilities, instead of in the future, graduating and wondering 'what if'.

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

Squash is physically demanding, and constantly challenging, and maybe that's why I like my sport. I also feel that I'm active in sport because of the sense of accomplishment that I can get out of it. Regardless of the sport, seeing myself get better at something, or in some cases simply to get "less bad" at it, would give me a little boost. Sport has also developed my confidence over the years, allowing me to be more sure about my abilities and therefore allowing me to push the limits of what I can achieve.

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

Firstly, I would say that there's nothing to lose by trying something new. If it isn't something you like, then move on and try something else, but if it does happen to be something you like then you've gained a new hobby.

Secondly, I would advise other women who are hesitant about trying out new activities to go with a friend, or a group of them. Trying out new sports with friends makes the experience more fun, and gives you an extra motivation