

## **Imogen Turner**



### **Story of physical activity:**

I was never the sportiest of people until I went to secondary school. I was given so many opportunities to try out and compete in so many different sports. My high school sporting experience started my love for sport

### **What do you get involved with at Manchester?**

I play for the university netball 1st team. It has provided me with the opportunity to play at the highest level BUCS has to offer and has allowed me to improve my game significantly. I also help to coach the University 2nd team who are a massively talented team and have helped me to develop my coaching skills.

### **Why is female engagement important?**

Not only is sport important for maintaining a healthy lifestyle, it creates an environment outside of everyday stresses where people can unwind and enjoy themselves. Girls and women who play sport have higher levels of confidence and self-esteem than those who don't. Also being a part of a sporting team gives you a sense of community and as cheesy as it sounds, a family!

### **One line summary:**

I play netball because I love the game, the netball family and obviously winning!