

Kira Kalsi



What activity are you involved in?

I play for the women's team at University, and I also run a mixed beginner volleyball session through the University's free sport programme.

What was the motivation for you getting involved?

I started learning to play volleyball on a whim in my first year of undergrad, and I totally fell in love with the sport. I offered to coach the beginner class in my third year because it had made volleyball accessible for me, and I wanted to help other people get involved too!

What do you like about it?

Both playing and coaching volleyball has gifted me with some amazing friendships and improved my mental and physical wellbeing tenfold. My favourite thing is the pride I feel in watching people find their confidence, particularly non-men or others who are not traditionally encouraged to get involved in sport. It is so important to me to provide an accessible, non-judgemental space for people from all walks of life to learn and have fun.

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

Some affirmations: You deserve to have access to fitness. You have the right to be comfortable and have fun while playing sport - don't settle for something that doesn't work for you. The right activity is out there somewhere!