



## Megan Collins

BUCS Scholar: Cheerleading

### What did you get involved in at Manchester University?

I use the gym facilities at the Sugden Sports Centre and the swimming pool at the Aquatics centre. I use these to help me keep fit and in shape for my sport and to ensure I maintain my place on the team. I take part in Cheerleading for Coventry Dynamite Ignite and Team England.

### What was your motivation for getting involved?

I had been a gymnast since the age of 3 and my gym club had a cheer team that often trained at the same time as my group. Watching the cheerleading team train inspired me to give it a go myself and I soon found that cheer was perfect for transitioning to a team sport that still used a lot of my gymnastic skills.

### What advice would you give to other women who are unsure about getting active?

To just go along to a local team or the University team and give a taster session a go. You may already be talented at dance, gymnastics or tumbling or may be strong and able to learn how to be a base. But cheerleading teams are divided into 7 different levels so even if you've never done it before, there will definitely be a team suited to your ability. Or if cheerleading isn't for you, try and find a sport you're interested in or get active in one of the gyms or in the pool. I find that when work load is heavy and I'm feeling stressed, that a work out or even a gentle swim can really make a difference. You don't need to be sporty to enjoy sport!

*To find out about our cheerleading opportunities please visit:*

***<https://manchesterstudentsunion.com/groups/cheerleading-with-umc>***. Or to find out more information about our gym offers go to our UoM Sport website.