

## 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!