

MANCHESTER  
1824

The University of Manchester



## Nicole Burdett

UoM Sport Scholar: Archery

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

At Manchester, I am continuing to train for my sport, which is archery, and I am part of BUCS. This provides me the opportunity to compete at a high level whilst I am at University. In addition to this, I use the gym often in both of the sites across the campuses.

### **What was your motivation for getting involved?**

I get involved with sport because I enjoy keeping fit and healthy as well as challenging myself to get stronger. After a gym session the feeling of accomplishment makes me feel good about myself and also helps to clear my head which is important when studying. Keeping motivated is easy as training gives me the opportunity to train with other people and to get one step closer to achieving my sporting goals!

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

Female engagement in sport is important because it allows females to keep fit whilst making friends because sport provides the most supportive team network to meet others and encourages women to motivate each other to be better. Also, it gives the opportunity to try something completely new and let yourself go because it feels like nothing else matters and that can make you feel really good about yourself and boost your self-esteem!

*To get involved with Archery at the University, join the Archery society by visiting the Students Union page at [manchesterstudentsunion.com/groups/archery-society-44c8](http://manchesterstudentsunion.com/groups/archery-society-44c8)*