

Name: Natalie Green

Background:

I first started playing table tennis at around 6 years old at my local club in Essex (called SETTS), which at the time my mum and sister used to go to on a Friday night as that was the club training night. I went along to their junior coaching session and really enjoyed it and then started going every week after that. It helped that some of my family members already played the sport as it meant we could all go together. I don't currently play anymore myself but am involved in many different areas of the sport, especially coaching.

I am married and have two children, a daughter who is 9 years old and a son who is 4. When not working within table tennis I enjoy spending time with all my family, going on walks and days out and listening to music.

What are your goals?

When I first started to play I just went along as I enjoyed it, after attending the sessions for a number of months I found I was quickly improving and then started to want to play more. This led to attending more training and then competing and after a few years it became something I wanted to really focus on and dedicate my time to.

I think it's really important that Table Tennis has a clear focus on promoting and developing the women and girls' game as it is mostly a male dominated sport and sometimes women and girls can get put off by that. I think that by having various different people promoting the sport in all areas, it can hopefully inspire more people to either start playing, keep playing or return to the sport. As well as this I think it's incredibly important to keep people within the sport even if they don't play, there are many other roles that are important to keeping the sport developing.

I would be happy to help in any area of this programme but would feel more comfortable doing anything around the coaching/coach education aspect.

What are your achievements?

Table Tennis has been a huge part of my life for as long as I can remember. As a player I went onto achieve things I wouldn't have thought possible when I started to play, I have represented England at every age group from U12 through to the senior Women's team and competed at World, European and Commonwealth Championships. In England I reached no.1 as a Junior and no. 3 as a senior. The experiences I gained from achieving the above have

helped to shape me as a person and it has also enabled me to form friendships that will last a lifetime.

A lot of the skills I developed through the hours of practice and competition I took part in, such as hard work, resilience and determination, I have now transferred into my role as a coach and try to instil these qualities in the players I work with. I have been fortunate enough to follow coaching as my career path and have held jobs for Greenhouse Sports in London, Table Tennis England as a regional coach and now my part time role at Grantham College Table Tennis Academy which has enabled me to keep within the sport I love even after I finished playing myself.

I would encourage anyone to get involved in Table Tennis, it's a great sport for everyone to play and as well as this it can bring a lot of other important life qualities such as being part of a team/club as well as the social element.