

**Name: Tilly Simms**

**Background:**

Outside of table tennis I enjoy acting, dancing and keeping fit! Other physical activities I do out of table tennis include hockey, netball, and football to name a few.

I started playing table tennis around the age of 8 when my Dad and brother used to play in Leeds and I went along to train with them and ever since it has been a passion of mine, right now I play for Acworth table tennis and compete with them.

**What are your goals?**

My goals in Table Tennis is to be ranked in the top 10 in my age group and maybe play for England sometime in the future.

I joined the female ambassador program because I wanted to get more girls into Table Tennis because the sport is mostly dominated with boys. As a female ambassador I want to tell more girls/women about Table Tennis and hopefully inspire them.

It is important to promote females in the game because there are not a lot of girls playing Table Tennis but hopefully, I can be part of the movement to change that.

**What are your achievements?**

One of my biggest achievements in Table Tennis has been 16th in under 12 girls. One of my achievements in the female ambassador's program has been supporting and encouraging girls at my local club. I achieve things in Table Tennis through lots of hard work, determination, and training. When I am competing or just training in Table Tennis my family is always there cheering me on!

The thing I enjoy about Table Tennis is attending my weekly training sessions where I can talk to different people and have fun.

Some advice I would give to someone who wants to get involved in table tennis is "Definitely do it, Table Tennis is a really fun sport, and it is something everyone can do."