

Jodie Morris – Women & Girls Ambassador

Theme: *Women & Girls*

“Table tennis has impacted my life very positively, I have made a lot of friends and have more confidence in myself than before I started playing, I have also been presented with many opportunities that I wouldn't have been able to do without table tennis”

Background Information

I enjoy going to the gym and spending time with my friends. I only play table tennis competitively, and I used to play football. I play at Brighton Table Tennis Club, and I started when I was 11 years old. I found out about table tennis because my year 7 form tutor ended up being my coach.

When I started playing table tennis, I wanted to achieve a high playing standard so I could compete in tournaments, and I wanted to be able to use table tennis as a social event and a way to keep myself active.

When I joined Brighton Table Tennis Club, I set myself two goals;

- > To win an event in a 4* competition
- > To qualify for the nationals

I set myself these goals because they were challenging but I knew I could achieve them as I was putting in a lot of work to become the best that I could be. I planned on achieving these goals by training and competing as much as possible so I could gain the experience of playing lots of different players.

“Table tennis has had a massive impact on my life as I have always had it as a safe space when I was struggling with school, it would always help me relax and motivate me more to do well in everything that I do.”



Profile

October / 2022

I received a lot of support from the coaches to help me reach my goals. They put a lot of time into my training and helped me with specific training to maximise improvement. One of the challenges that I have faced was knee injuries in which I had to undergo surgery on both of my knees. I overcame this by putting in a lot of effort into my physio sessions and worked my way back to full fitness without over working too much so I didn't risk re-injury.

My favourite part of being a part of playing at Brighton is the family atmosphere it has in all its sessions not only in the junior sessions, it has so many members, but everyone still knows each other and is very friendly!

My advice to someone wanting to start getting involved in table tennis is to do it, find a club that is welcoming and has sessions for fun.

My next step in table tennis is to go to university and continue playing during my studies and try to play as many senior tournaments as possible.

I think table tennis is inclusive to women and girls however I think there is a need for women and girls to have more competitions that are more social.



Sport England
21 Bloomsbury Street
London WC1B 3HF

[sportengland.org](https://www.sportengland.org)

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