

Millie Smith – Women & Girls Ambassador

Theme: Women & Girls

Background Information

My table tennis journey started when watching my dad in a local league match one night. I became fascinated by the sport, having not seen anything like it, my seven-year-old self became very determined to pick it up. It became a weekly occurrence to go down on a Sunday to play. This is when my dad decided to start up a table tennis club in our town, where I received coaching for 6 years and then started to coach the younger ones.

Playing table tennis for more than half my life has led me to meeting many people all over England, seeing girls improve is very inspiring. My proudest achievement was representing my school for the first time in the England Schools Finals at the age of 10, which I have now competed in 4 times.

I also have recently completed my Level 1 coaching qualification, which has helped me start up a club at my college along with the badminton club.



I hope to bring people into the sport where I can share my enthusiasm, especially focusing on bringing women into the game and empowering them with my knowledge. I feel I'm in the best position to inspire the next generation and share my past experiences to help them.

