

## Po – Yee Tong – Women & Girls Ambassador

*Theme: Women & Girls / Social and Community development*

As one of the founders and as a volunteer coach at ATTSG, I am happy to see a small table tennis community growing in Altrincham, with two female volunteer coaches and many participants with different genders and nationalities

### Background Information

I started playing table tennis when I was 12 years old. I am now a pimple player and I hope to explore and promote different techniques to everyone.

I am a volunteer at Altrincham Table Tennis Social Group (ATTSG). We hold sessions for adults and children every Saturday.

I have played with middle-long pimples for over 10 years. I want to meet and learn from players with different styles and techniques.

Table Tennis is a relatively fair sport to women and girls. Both times I played in tournaments I could play against 1-2 girls. I am happy to see more women and girls' playing and coaching table tennis. I will keep coaching and encouraging other women and girls to coach, being a good female role model is the best way to promote table tennis.

I learnt to be calm and patient from table tennis. I used to be so impatient when I was younger.

Table tennis is like quick chess, which requires me to think and make decisions every seconds. I

trained it and applied this attitude to other aspects. So, table tennis really has lots of positive impact on me

