

## Sandy Nash – Women and Girls' Ambassador

*Theme: Women and Girls*

I think that having Women and Girls' Ambassador's sharing their experiences and love of the sport can help to encourage the future generation of female players.

Pre-lockdown, and pre-shoulder operation I also participated in tennis up to good club standard. I hope to get back playing both again over the Summer. I was introduced to table tennis through a table tennis family who ran a club close to my parent's sports retail business. I initially went along as something to do on a Saturday morning.

I quickly formed friendships with other girls at the club, especially the daughters of the coaches. I would enjoy spending time with them and often stayed for lunch and playing with them for several hours after coaching ended. I still count these 'girls' amongst my table tennis friends today. I found out about table tennis as one of the (female) coaches worked part time at my parent's sports shop and suggested I try it out.

I've been lucky that through table tennis I have found it easy to quickly establish a community wherever I've lived. I think that having female ambassador's sharing their experiences and love of the sport can help to encourage the future generation of female players.

My next goal for my table tennis journey is to complete my Level 1 umpiring qualification. I was able to take up TTE's offer to do the theory part during lockdown. Unfortunately completing the Practical Assessment had to be put on hold. I also look forward to re-starting coaching in the very near future.

One of my proudest moments on my table tennis journey has been the incredible opportunity to travel to Israel to represent Great Britain in the Maccabiah Games; an amazing experience that I'll never forget!

More recently, my goals have mostly been team or table tennis development related. Mostly to try to give something back to the sport I love. This includes as a member of MAG (Member's Advisory Group), a volunteer coach (Level 2), General Secretary of Hertfordshire Table Tennis Association, Ellenborough Table tennis Club committee member and social media manager and captaining our club's team to win Division 1 of Veteran's British League.

To anyone considering whether to get involved in table tennis I'd say a resounding 'yes'. Like many things, you get more out by what you put in and can definitely make friendships that last a lifetime. I look forward to encouraging more players to take up table tennis, including both the younger generation and adult returners.

