

Meet Katie Barnwell



1. Which sport or physical activity are you currently involved in?

I play hockey for my local Northamptonshire team, and I have played hockey since I was 10 years old.

2. How did you get involved in the sport/activity?

When I was 10 years old, I wanted to do a team sport so my dad took me every Saturday to hockey training. When I went to secondary school and started playing hockey regularly, and realised because I was playing in a club I was one of the better players in the team and it really gave me a confidence boost.

3. What do you enjoy most about being active?

I enjoy knowing that I am exercising, and also having fun at the same time. I love playing with a team of people - we all get along so well and therefore play well together. The social side is definitely a big bonus!

4. Who (or what) inspired you to get involved in sport/physical activity?

I went to the Olympics in 2012 and watched the England women hockey team, they were great - especially Alex Danson who was their main goal scorer! I had been playing hockey for a few years by then, but it definitely made me more motivated to better myself.

5. What has been your biggest challenge in sport/physical activity and how did you overcome it?

My biggest challenge was when I was at school - I was having to balance my school life and social life as well as trying to play hockey. I overcame this challenge by thinking about what was most important to me at that moment in time - school and sport came first as exercising has many mental and physical benefits, which would also have a positive impact on my school work.

6. How have you made being active work for you and your lifestyle? (Have you had to juggle childcare / work responsibilities for example?)

Fortunately, I work social able hours and therefore have not encountered any issues. Hockey training is on weekday evenings and our games are regularly on Saturday mornings/ afternoons when I am not at work.

7. What are your personal goals regarding sport/physical activity in the future?

My personal goal is to constantly be improving my fitness levels - this is a big part in my sport and I know it is something I could easily improve. I am going to do this by going to the gym regularly.

8. What has been your biggest achievement since becoming active?

My biggest achievement was being a part of the East Midlands hockey team when I was 15 years old.

