

Studying P.E as an A-level and always having enjoyed P.E lessons throughout my school life, I now recognise that a sport related career is for me. Since I was young I have had a keen interest in sport and introduced this formally into my education by studying P.E. at 6th Form College. I wish to take it further by studying for a Sports Science degree at University. I am also interested in understanding the human body, decided also to study biology as an A-level, so that it would further enhance my knowledge of the human body thus helping me improve my knowledge of the physiological side of the P.E syllabus. I would like to take my knowledge of the human body, mind and sport to the next level, in order that I can build a career which will assist sports men and women to improve their performance and hopefully prevent injuries. I have appreciated all the help I have received from many people during my sporting life and would like to be able to help others.

During my time at Primary School, I took part in many sports and won the Outstanding Male Sports Person in year 6 for my contribution to the school teams. Whilst at High School I have enjoyed participating in both team and individual sports and have been chosen to represent the school at Rugby, Basketball, Athletics and Volleyball. Whilst I enjoy sport I have also taken my other studies seriously and have been awarded a Form Prize for good grades and conduct every year. Through the years I have been asked to help at many school events ranging from open evenings to helping out with sporting events that the school had organized for younger pupils. I have represented my form house in the inter-house competitions in every sport being captain on many occasions. I particularly enjoyed making decisions on team selections and tactics, with other members of my form. In my 6th form life I have been selected to represent teams for football, volleyball and athletics and in my second year I was chosen to be vice captain of the football team. I still represent my house in all the inter-house competitions and in my first year of 6th form I won the Individual Athletic Champions Award. I have been honored by being asked to be the Head of House, for my contributions to the house and the school in sport, as well as for working hard in my studies. My position as Head of House means I choose all the inter-house teams for the 6th form, I am involved in regular meetings with staff members regarding House matters and have to provide presentations during House assemblies.

Outside of school I am a Young Volunteer Leader at a local primary school, having been selected to do so by a 6th form college staff member. This involves coaching and selecting their football team, refereeing matches, the setting up of pitches, and organising the teams at tournaments that our Sports School Coordinator arranges. I play football for a men's Sunday League team, Hoole Athletic in which I start at centre back. Over the years I have been awarded with many medals and trophies for my football. I have also been selected to represent my County, Lancashire at under-18s School football. I am a member of a gym which helps me with my fitness but also helps me socialise with people. In my spare time I like to watch Premier League football at Blackburn Rovers, socialising with friends, watching many sports on TV, visiting the cinema, and other activities such as ice-skating, going out for meals, working on the computer and driving. I have recently passed, at the first attempt my DVLA driving test for cars. I enjoy travelling and have had the opportunity to travel with my family and school to many different locations. I have particularly enjoyed my Skiing trips with School and visiting Florida and New York with my family.