

ENGAGED STACEY

Stacey is 14 years old and lives in South East England with her mum and dad. She enjoys painting and playing music, especially trumpet, which she practices after school. Stacey likes hanging out with her friends and going shopping. She also goes for walks with her mum and likes catching up over a drink in coffee shops. Stacey is in Year 10 and studying for her GCSEs so has a lot of schoolwork.

Stacey has never thought of herself as a sporty person and her friends aren't sporty either. This started to change in Year 8 when someone from a talent identification programme visited her school. Stacey was surprised to rank highly and she was invited to join an athletics club. She was unable to attend as it clashed with her after-school music group, **but the club was flexible and invited her to evening gym sessions** instead, which she attended for fitness. **There was a long waiting list to join the athletics club** beyond the gym sessions, but with support from her coach she eventually got a place. Money was also an issue and **she has had to give up activities in the past because of this**, but her

grandparents helped out to ensure she could keep going. **She has developed a real love for athletics**, especially jumping events. She loves the feeling she gets from working hard in training: **she feels refreshed, happy and good about herself**. She has tried competing in the past but doesn't enjoy it, as she finds it quite stressful and becomes anxious.

Her coach has been hugely influential on her journey with sport. **Stacey was born with one hand and feels that people look at her differently and judge her ability**. She has struggled to push past this and be herself in sport – **she feels she needs to prove herself all the time**. Stacey's coach was one of the few people who didn't focus on

her disability and put lots of **energy and effort into supporting her; this helps Stacey to want to do her best**.

Stacey wants to keep doing athletics for as long as possible but **it takes up a lot of her time and can be challenging alongside other things in her life**, like her music, friends and family, and studies. She also finds it difficult to motivate herself and so **needs the support of others like her coach and parents to keep going**. Stacey has reduced her training a little and this has helped her to have a better sport/life balance so she can keep doing the sport that she loves.