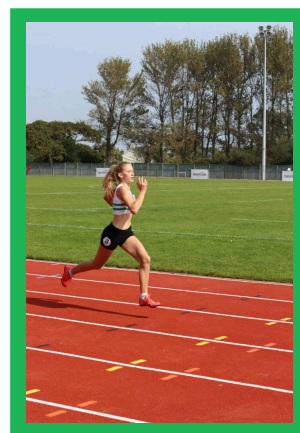




## ISLAND GAMES AMBASSADORS 2017



States of Guernsey  
Education Services

# Alun Williams and 'Be Active' champion, Courtney Chapman, look at the Island Games and what it means for Guernsey and, in particular, its young people.

So, once again the island games are upon us. Over the weekend a team of about 300 competitors will be heading off to a week of intense competition, sprinkled with lots of fun and friendship. The island games have developed into a key component in Guernsey's psyche and culture. Its significance goes beyond its important role as a focus for sporting goals every two years. The games provide Guernsey, as well as Sark and Alderney, with an opportunity to feel good about itself and to create a sense of unity and community pride.

A particularly positive feature about the games from a Guernsey perspective is the number of young people that are given the chance to compete in a quality competition off island. We have had the pleasure of working with a number of those young people over the past few weeks. A team of 'Be Active' Island Games Ambassadors, who are all under 21 and have been selected to represent their island in their chosen sports, have delivered 20+ assemblies to 100's of school children explaining the relevance of the island games to Guernsey and how the games are a real goal for those primary school pupils in a few years. There's even an additional incentive of competing on our home soil in 2021.

It has been an enjoyable experience doing the assemblies with the ambassadors. They share many impressive qualities most notably humility, positivity and a genuine love of their sport. On our twitter site @BeActiveGSY we have published over twenty profiles of sportsmen and women, all under the age of 21. They make for interesting and uplifting reading and some of the common characteristics give an insight into what has made these ordinary teenagers achieve extraordinary things.

Courtney Chapman is our 'Be Active' Ambassador. Courtney is a second year undergraduate studying Sport and Exercise Science at Leeds Beckett University so she knows a thing or two about the value of sport. She has also represented the island at athletics, swimming and water polo. Courtney has drawn together the profiles of our younger competitors and here is her summary of their comments:

Hannah Barrett comments:

'Seeing hard work pay off; the buzz you get from competing after months of tough winter training is the best part of athletics.'

Swimmer, Tom Teasdale enjoys competition;

'I enjoy the social side of swimming, but mostly I enjoy the competitive side of swimming because I enjoy racing against other swimmers who might be faster than me, so I can push myself.'

Another shared feature is a recognition that their achievements were created not just by their own hard work. They are also the product of all those around them. It is not just by chance that these competitors are achieving so much; they are a product of the support systems around them. Indi Gallagher, for example, gives much credit to her coach Tom Druce:

'I have an amazing coach who balances the serious side of training with the social side to make it fun.'

Table tennis player, Daisy Kershaw recognises that the whole community plays its part:

'The community surrounding sport in Guernsey is incredible, which has now been extended as I've had opportunities to travel with table tennis

The majority of the profiles were written by athletes competing in individual sports. Nevertheless, they value their teammates and support one another, even though in some cases they are each other's competition. Many of the youngsters said it is their team that has motivated them to train hard, to reach the level they now are. Badminton player, Jordan Trebert told us that the team support at the Island Games is what he looks forward to most;

'The team event is always good fun, the hall is always just so loud with all the teams chanting and making as much noise as possible, it creates a really exciting atmosphere.'

One common trait for all the athletes is their willingness for hard work. Testimony to this, 14-year-old ambassador, swimmer, Laura Le Cras, dedicates as much as 17 hours per week to her training, in the pool and in the gym. This training happens alongside full-time education, exams and in some cases a second sport.

“Having to wake up early and be in the pool before school, especially in the winter when it is dark and cold”

, is what Sophie De La Mare likes least about swimming. Sophie, Henry Cliff and Orla Rabey all agree that putting in hours before school is the most challenging part of their training, but they power through. The commitment of these young role models is something that should be recognised.

It is interesting that many of these athletes have not always been serious about their sport. Cameron Chalmers for instance only started to dedicate his time to athletics when he was 16 years-old. In four years he has achieved a vast amount; having won a gold at the Jersey Island Games, represented GB at the World Junior Championships and numerous other events, and won a gold medal at British Universities and Colleges Sport and National Championships indoors and outdoors. He also now holds the Guernsey 400m Record! Cameron proves to us that it is never too late to take up a sport, that you don't have to have been playing a sport since you were a child to excel in it. Try new things and who knows where you might end up.



# AMELIA LEES



AGE: 15

SPORT: Athletics

EVENTS: 200m, 300m & 400m

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: St. Martin's

## How long have you been involved in athletics?

Since I was in Year 6.

## What do you enjoy most about athletics and sport generally?

I enjoy the competitive atmosphere and spending time with my teammates.

## What do you enjoy the least?

Having bad races.

## Highlights of your sporting career so far?

Being the 200m Hampshire champion, running at nationals and being selected for the Gotland Island Games team!

## What are you most looking forward to at the Gotland Games?

Running in the new kit as part of the Guernsey team.

## ADVICE:

Train hard, persevere and you will achieve your goals!

## AMBITIONS:

To make the Commonwealth Games team!



# HENRY CLIFF



AGE: 15

SPORT: Swimming

EVENTS: 50m & 200m Butterfly

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Beechwood

## How long have you been involved in swimming?

Since I was 2 years old.

## What do you enjoy most about swimming and sport generally?

The satisfaction of winning a race or knowing I have worked my absolute hardest in a session.

## What do you enjoy the least?

Waking up at 6:00am to train before school.

## Highlights of your sporting career so far?

Becoming one of the fastest on island at 50m butterfly; the feeling that, out of 60,000 people in Guernsey not many can swim as fast as I can, is a special feeling!

## What are you most looking forward to at the Gotland Games?

Getting all the club kit is exciting!

## ADVICE:

There will always be good and bad days, but give everything to your sessions and it will be worth it in the end. No days off!

## AMBITIONS:

I want to compete at the 2022 Durban Commonwealth Games!

# MAX THORNTEN



AGE: 19

SPORT: Triathlon

UNIVERSITY: Brighton and Sussex Medical School

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: La Hougette

## How long have you been involved in triathlon?

Since I was 10, the Beau Sejour novice triathlon

## What do you enjoy most about triathlon and sport generally?

Being involved with the three different sports is good variety and gives you three different friend groups!

## What do you enjoy the least?

The winter training days in the cold rain and wind.

## Highlights of your sporting career so far?

The Windsor triathlon 3 years ago, winning from the bottom of the age group 17-19, and finishing 21st out of over 1600 overall.

## What are you most looking forward to at the Gotland Games?

The competitive atmosphere and being able to enjoy watching and cheering on the other athletes representing Guernsey!

## ADVICE:

Make sure you enjoy the sport you do, so hopefully you will be able to commit the time to improve and continue it through your life.

## AMBITIONS:

Eventually to the podium at the IG!

# TOM TEASDALE



AGE: 17

SPORT: Swimming

EVENTS: 200m, 400m freestyle

CURRENT SCHOOL: Les Beaucamps/College of  
Further Education

PREVIOUS SCHOOL: Castel

**How long have you been involved in athletics?**

I started when I was 4 years old.

**What do you enjoy most about athletics and sport generally?**

I enjoy the social side of swimming, but mostly I enjoy the competitive side because I enjoy racing against other swimmers that might be faster than me, so I can push myself.

**What do you enjoy the least?**

There isn't much to dislike about swimming, besides the long hours that you have to put in if you want to be successful, otherwise it's very enjoyable.

**Highlights of your sporting career so far?**

Getting selected for the Gotland Island Games.

**What are you most looking forward to at the Gotland Games?**

Competing against swimmers from all over the world and meeting new people.

**ADVICE:**

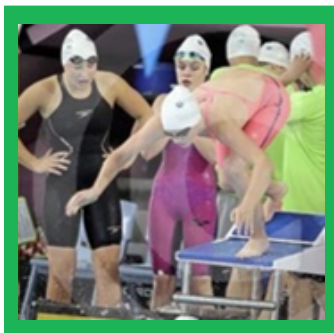
Just to give swimming a go. If you already swim then keep working hard. Good things will come soon enough!

**AMBITIONS:**

At the moment, I just want to enjoy swimming but maybe one day to go to the Commonwealth Games.



# ORLA RABEY



AGE: 15

SPORT: Swimming

EVENTS: 50m, 100m & 800m freestyle and 50m  
& 100m butterfly

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: Melrose

How long have you been involved in athletics?

Competitively, since age 8.

What do you enjoy most about swimming and sport generally?

The competitiveness and team spirit.

What do you enjoy the least?

Early morning training.

Highlights of your sporting career so far?

Getting selected for nationals 2016.

What are you most looking forward to at the Gotland Games?

Meeting people from different islands from all over the world.

ADVICE:

Never give up!

AMBITIONS:

To win an Island Games medal.

# SEB SKILLEN



AGE: 21

SPORT: Men's Football

CURRENT SCHOOL: Les Beaucamps/Grammar  
School & Sixth Form Centre

PREVIOUS SCHOOL: St. Andrew's

How long have you been involved in football?

Since I was 4 years old.

What do you enjoy most about football and sport generally?

Winning! Along with the social environment sport provides.

What do you enjoy the least?

Jersey!

Highlights of your sporting career so far?

Winning the U21 Muratti, in 2016, 4-3 after extra time.

What are you most looking forward to at the Gotland Games?

Experiencing playing lots of high intensity games in such a short space of time, and hopefully getting a Gold medal!

ADVICE:

Aspire to play at the highest level possible and believe in your ability!

AMBITIONS:

To get a Muratti cap for Guernsey and help GFC finish as high as possible in their league campaigns.

# SOPHIE DE LA MARE



AGE: 15

SPORT: Swimming

EVENTS: 50m, 100m & 200m breastroke

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: Forest

## How long have you been involved in swimming?

I have been swimming since I was very young, however, I only started to take it seriously and race when I was 8.

## What do you enjoy most about swimming and sport generally?

Definitely the rewards that you get out of training at early hours of the morning, like beating personal bests; feeling like you have achieved something. It is also a great way to relax and get rid of school stress.

## What do you enjoy the least?

Having to wake up early and be in the pool before school, especially in the winter when it's dark and cold.

## Highlights of your sporting career so far?

Going to the Island Games when I was 13; swimming in the 4x100m relay heats to get my team into the final to win a medal!

## What are you most looking forward to at the Gotland Games?

Being able to travel somewhere new and race against people from all nations - having a wide variety of competition.

## ADVICE:

Even though sometimes it can feel like you aren't improving, stick at it and listen to your coach, Hard work does pay off!

## AMBITIONS:

I want to continue to enjoy swimming, whilst pushing myself. I want to keep swimming as a hobby and a way to relax. I am aiming to qualify for the Gibraltar 2019 Island Games to make it 3 Games,

# INDI GALLAGHER



AGE: 17

SPORT: Athletics

EVENTS: 100m, 200m & 400m

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: La Hougette

## How long have you been involved in athletics?

Since I was in Year 3.

## What do you enjoy most about athletics and sport generally?

I have an amazing coach who balances the serious side of training with the social side to make it fun. I enjoy having friends outside of school with similar interests to me.

## What do you enjoy the least?

There's nothing I dislike about athletics. I always enjoy coming down to the track, training so that I can do my best in races. Sometimes it can be a love-hate sport but you just have to learn from everything and stay positive!

## Highlights of your sporting career so far?

Getting selected for the Jersey Island Games in 2015. It was such an amazing experience getting to run with top athletes and getting two bronze medals in the relays with my teammates.

## What are you most looking forward to at the Gotland Games?

My individual 400m race; I am hoping to improve on my time and position from Jersey. I am also excited to watch all the other Guernsey athletes compete as we have such a strong team!

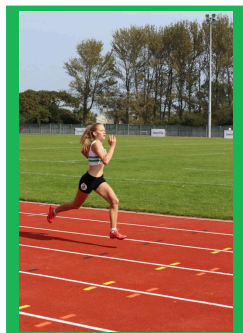
## ADVICE:

Work hard and stay determined! If you really want something then you must be driven and ambitious, but most importantly you must do what you love!

## AMBITIONS:

To be selected to run for Guernsey in the Commonwealth Games! It has been my goal since I first started running and I believe if I stay healthy and keep working hard it could happen!

# JASMINE NORMAN



AGE: 16

SPORT: Athletics

EVENTS: 200m & 400m

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: Melrose

## How long have you been involved in athletics?

Since reception. I did the smoke buster races from 4 years old.

## What do you enjoy most about athletics and sport generally?

Being fit and healthy, the social aspect of meeting new friends outside of my own school and the competitiveness.

## What do you enjoy the least?

Throwing up because Tom's worked me so hard! But I don't really mind this because I know I've given it my all.

## Highlights of your sporting career so far?

Being selected for the 2017 Gotland Island Games!

## What are you most looking forward to at the Gotland Games?

Competing with such a wide range of athletes of all ages, from all over the world!

## ADVICE:

Get involved in sport! It's fun and you meet lots of new people - and get to chat with your friends!

## AMBITIONS:

No long-term ambitions. I set myself mini-goals to achieve new personal best times, make finals or get selected!

# JORDAN TREBERT



AGE: 20

SPORT: Badminton

EVENTS: Singles, Doubles, Mixed Doubles, Team Event

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Vale

## How long have you been involved in athletics?

Since I was about 5 years old.

## What do you enjoy most about triathlon and sport generally?

The speed of the rallies makes for some really exciting points and I've always loved throwing myself around the court. The facilities in Guernsey are also some of the best I've played in, including the UK which makes the whole experience a lot more enjoyable.

## What do you enjoy the least?

During summer competition when all other sports are outside we are stuck inside, the heat and sweat is horrendous, especially with a few hundred people in there at once like in the Island Games.

## Highlights of your sporting career so far?

Either competing at the Commonwealth Youth Games at 14 or Gold in the team event in the Bermuda Island Games.

## What are you most looking forward to at the Gotland Games?

The team event is always good fun, the hall is always just so loud with all the teams chanting and making as much noise as possible, it creates a really exciting atmosphere.

## ADVICE:

Play as much sport as you can; there's opportunity to try lots of different sports in Guernsey. When you find a sport you want to give all your time to and excel in, hard work will get you where you want to go.

## AMBITIONS:

To compete at the Commonwealth Games in 2018! To improve as much as I can and see how far I can take it alongside university and work.



# LAURA LE CRAS



AGE: 14

SPORT: Swimming

EVENTS: 50m, 100m & 200m Breaststroke and 100m, 200m and 400m IM

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: La Mare de Carteret

## How long have you been involved in swimming?

I started swimming when I was 3 years old.

## What do you enjoy most about swimming and sport generally?

Competing: gaining national and international experience in the pool.

## What do you enjoy the least?

Trying to fit school work and my social life in with training.

## Highlights of your sporting career so far?

Being selected to represent Guernsey in both the Island Games and Youth Commonwealth Games. Also, swimming for Hampshire and at the summer nationals.

## What are you most looking forward to at the Gotland Games?

Racing internationally. To have both swim clubs come together to make one successful team!

## ADVICE:

Always set goals and work hard towards them. Even though it can be challenging, eventually you will reach them!

## AMBITIONS:

To swim for Great Britain!

# HANNAH BARRETT



AGE: 17

SPORT: Athletics

EVENTS: 100m, 200m & 4x100m

CURRENT SCHOOL: Ladies' College Sixth Form

## How long have you been involved in athletics?

Seriously, since 2014.

## What do you enjoy most about athletics and sport generally?

Seeing hard work pay off; the buzz you get from competing after months of winter training.

## What do you enjoy the least?

Sometimes it can be difficult to be so dedicated, making sure to put athletics before anything else. Whilst it is sad to miss out on social events with other friends, (especially parties!), its all worth it in the end and I wouldn't change it for the world!

## Highlights of your sporting career so far?

Definitely has to be winning a bronze medal in the women's 4x100m relay at the Jersey Island Games; it was just so unexpected! It was so amazing to see how all our handover practice paid off!

## What are you most looking forward to at the Gotland Games?

Seeing if we can improve the colour of our relay medal! Also, going into the games this time with slightly more experience and so being able to help some of the younger athletes.

## ADVICE:

It's never too late to start! I didn't start until Year 9, so don't let your age put you off!

## AMBITIONS:

To be the best I can possibly be! No matter how tough it may seem at times, to never give up!

# HARRY BURNS



AGE: 18

SPORT: Athletics

EVENTS: 100m

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: St. Martin's

## How long have you been involved in athletics?

I started athletics in 2010.

What do you enjoy most about athletics and sport generally?

The challenges, adrenaline and social aspects of the sport.

What do you enjoy the least?

Not achieving my goals.

## Highlights of your sporting career so far?

Achieving 2 personal best times at Hampshire and becoming the U20 200m 2017 champion. Also, playing for the Guernsey touch rugby teams in European championships.

What are you most looking forward to at the Gotland Games?

Both the experience of the games and competing.

## ADVICE:

Train as hard as you can! The time and effort pays off!

## AMBITIONS:

I would love to run a 100m time of less than 11 seconds!

# ELIZA MASON



AGE: 15

SPORT: Athletics

EVENTS: 800m

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: St. Martin's

## How long have you been involved in athletics?

Since I started at school, when I was 4 years old.

## What do you enjoy most about athletics and sport generally?

I enjoy keeping fit and spending time with my friends

## What do you enjoy the least?

I enjoy everything!

## Highlights of your sporting career so far?

Being selected for the Gotland Island Games.

## What are you most looking forward to at the Gotland Games?

The atmosphere of the Games as a whole.

## ADVICE:

Enjoy sport!  
Give it your all!

## AMBITIONS:

To run the best I can in Gotland  
and beat my personal best time!

# BECCA TOLL



AGE: 17

SPORT: Athletics

EVENTS: 400m & 800m

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: Melrose

How long have you been involved in athletics?

For 12 years.

What do you enjoy most about athletics and sport generally?

Feeling good after a hard training session.

What do you enjoy the least?

Running into strong headwinds!

Highlights of your sporting career so far?

Being a part of the 4x400m relay team at the Jersey Island Games and winning Bronze.

What are you most looking forward to at the Gotland Games?

The whole experience!

ADVICE:

Never give up; a bad race doesn't mean you're a bad athlete, it's all part of the learning curve.

AMBITIONS:

To keep working hard so that I can progress to become my best!

# CARYS BATISTE



AGE: 14

SPORT: Badminton

EVENTS: Singles and Mixed Doubles

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: Hautes Capelles

## How long have you been involved in badminton?

I started when I was 7 so about 8 years ago.

## What do you enjoy most about badminton and sport generally?

Competitions and going away for training courses and matches and meeting and playing people at different levels to me.

## What do you enjoy the least?

Learning something that takes ages to do properly or having to change something in my game that I haven't learnt before.

## Highlights of your sporting career so far?

Being selected to play with the county team at the end of last year and playing against a lot stronger people. Also, meeting Gail Emms during a summer camp a few years ago and having a training session with her, And obviously being selected to be in the Island Games team.

## What are you most looking forward to at the Gotland Games?

The overall experience.

## ADVICE:

Just be determined and don't give up. Take all the advice that you are given, to make you a better player, in whatever sport you do.

## AMBITIONS:

Compete at another Island Games and maybe even the Commonwealth Games!



# DAISY KERSHAW



AGE: 16

SPORT: Table Tennis

CURRENT SCHOOL: South Gloucestershire and Stroud College

PREVIOUS SCHOOL: Hautes Capelles

## How long have you been involved in table tennis?

I have been playing internationally for 5 years and moved to the UK in 2016 to play full time, as well as taking my A Levels.

## What do you enjoy most about table tennis and sport generally?

The community surrounding sport in Guernsey is incredible, which has now been extended as I've had opportunities to travel with table tennis. It's also something to focus on besides exams, giving me variety in my ambitions.

## What do you enjoy the least?

I'd be lying if I said I didn't hate losing but I think it is also hard to maintain motivation 24/7, after a long day or a patch where I'm not playing well.

## Highlights of your sporting career so far?

Winning silver at College Nationals and coming through as the number one seed for girls south west. The chance to play at the Island Games is undeniable a highlight!

## What are you most looking forward to at the Gotland Games?

The atmosphere of the Island Games, but it is doubly special as I can enjoy the experience with my Mum.

## ADVICE:

Sport can be an amazing escape from other aspects of life. Keep involved and you could end up in places you never thought you would be!

## AMBITIONS:

Get into the Island Games team again in 2019 and represent Guernsey in the Commonwealth Games!

# CAMERON CHALMERS



AGE: 20

SPORT: Athletics

EVENTS: 400m

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Beechwood

## How long have you been involved in athletics?

I only started when I was 16, but always competed at my school sports day from a young age.

## What do you enjoy most about athletics and sport generally?

Competing in front of a big crowd, winning an running personal bests.

## What do you enjoy the least?

Injury.

## Highlights of your sporting career so far?

Winning gold at the Island Games, representing GB at the World Junior Championships and numerous other events. Winning a gold medal at BUCS and National Championships indoors and outdoors. Breaking the Guernsey 400m record!

## What are you most looking forward to at the Gotland Games?

Trying to win the 400m final again and spending the week with my mates in the sun (hopefully).

## ADVICE:

Believe in yourself!

Train hard, get enough sleep and eat well.

When it comes to competition, believe that you will succeed!

## AMBITIONS:

To become an Olympian and make the Olympic 400m final.

# ED MASON



AGE: 18

SPORT: Athletics

EVENTS: Long distance

CURRENT SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: St. Martin's

**How long have you been involved in athletics?**

Since I started when I was 7 years old.

**What do you enjoy most about athletics and sport generally?**

I really enjoy the social aspect of athletics, as well as the feeling of pride/accomplishment you get when you finish a tough session or run well in a race.

**What do you enjoy the least?**

Nothing.

**Highlights of your sporting career so far?**

Winning the U17 UK title over 1500m steeplechase and coming 2nd over 3000m steeplechase at the 2015 Island Games. Representing Hampshire multiple times. Coming 3rd at the 2015 English Schools over 1500m steeplechase.

**What are you most looking forward to at the Gotland Games?**

Facing new competition from around the world.

**ADVICE:**

Try hard, but have fun!

**AMBITIONS:**

To hopefully represent Guernsey at the 2017 Commonwealth Games or at a future Games and to represent Great Britain at junior or senior level.

# ABI GALPIN



AGE: 16

SPORT: Athletics

EVENTS: 100m & 4x100m

CURRENT SCHOOL: Ladies' College

PREVIOUS SCHOOL: Notre Dame

## How long have you been involved in athletics?

Since I was in Year 5. I started through the Specsavers Youth Games.

## What do you enjoy most about athletics and sport generally?

Competing and spending time with my teammates.

## What do you enjoy the least?

Really hard, long sessions.

## Highlights of your sporting career so far?

Being the 100m Hampshire champion, competing at nationals and being selected for the 2017 Gotland Island Games.

## What are you most looking forward to at the Gotland Games?

Competing and the overall atmosphere of the week.

## ADVICE:

It's never too late to start a new sport. If you train hard, you will succeed!

## AMBITIONS:

I would love to be selected for the Commonwealth Games!

# ALASTAIR CHALMERS



AGE: 17

SPORT: Athletics

EVENTS: 400mH, 100mH, 4x100m & 4x400m

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Beechwood

**How long have you been involved in athletics?**

Since I started at school, when I was 4 years old.

**What do you enjoy most about athletics and sport generally?**

I enjoy competing and spending time with my friends.

**What do you enjoy the least?**

Injury.

**Highlights of your sporting career so far?**

Being selected to run for Great Britain.

**What are you most looking forward to at the Gotland Games?**

Winning the 400m relay Gold!

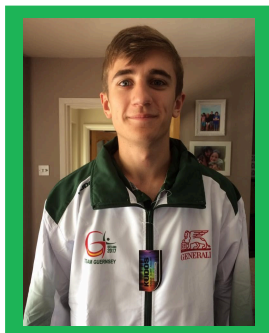
**ADVICE:**

Train hard and have fun!

**AMBITIONS:**

To run at the Olympic Games!

# CALLUM HOCKEY



AGE: 19

SPORT: Volleyball

UNIVERSITY: University of Exeter

CURRENT SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Vale

## How long have you been involved in volleyball?

I have been involved since 2012.

## What do you enjoy most about volleyball and sport generally?

Learning new skills and feeling as though I have improved, on both old and new skills.

## What do you enjoy the least?

Feeling as though I have not performed to my best, and potentially let my team down.

## Highlights of your sporting career so far?

Playing alongside international players at university, as well as beating Jersey in Inter Insulars and finishing above them in the Jersey Island Games.

## What are you most looking forward to at the Gotland Games?

The challenge of playing against teams of a higher standard and learning from them, as well as learning from my teammates.

## ADVICE:

Practice - even hard skills will become routine!

## AMBITIONS:

To expand and diversify the style of Guernsey volleyball!



# BECKY GAUVAIN



AGE: 20

SPORT: Volleyball

SECONDARY SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: Castel

**How long have you been involved in volleyball?**

I have been involved now for 9 years.

**What do you enjoy most about volleyball and sport generally?**

Team spirit, stress release and the social aspect sport supplies.

**What do you enjoy the least?**

Probably losing, though I appreciate it is an important part of sport that helps you to learn from your mistakes.

**Highlights of your sporting career so far?**

Captaining the Guernsey ladies' B team and being awarded MVP.

**What are you most looking forward to at the Gotland Games?**

The challenge of playing against higher level teams.

**ADVICE:**

Have confidence and believe in your ability!

**AMBITIONS:**

To play in inter insulars and the Island Games in years to come!

# DAN SKIPPER



AGE: 20

SPORT: Volleyball

UNIVERSITY: Loughborough University

SECONDARY SCHOOL: Grammar School & Sixth Form Centre

PREVIOUS SCHOOL: Vale

## How long have you been involved in volleyball?

I started playing volleyball at 13 years old.

## What do you enjoy most about volleyball and sport generally?

Competition and being able to experience and recognise constant progression

## What do you enjoy the least?

Very little about sport is unenjoyable, except maybe the injuries that come with it!

## Highlights of your sporting career so far?

Competing in Jersey 2015 and captaining Loughborough University at the National Student Cup Finals.

## What are you most looking forward to at the Gotland Games?

If it's anything like what we saw in Jersey 2 years ago, the atmosphere around the game is definitely the best part - to play in front of excited crowds and specifically people who maybe haven't experienced much volleyball in the past is exciting

## ADVICE:

Try loads of sports when you're young and find one you love!

## AMBITIONS:

To play on a beach court and qualify for the Island Games in 2019!

# CHARLIE-JOE HALLETT



AGE: 15

SPORT: Swimming

EVENTS: 100m, 200m breaststroke, 400m IM and 1500m freestyle

SECONDARY SCHOOL: Elizabeth College

PREVIOUS SCHOOL: Castel

**How long have you been involved in swimming?**

I started swimming when I was 7 years old.

**What do you enjoy most about swimming and sport generally?**

Competing; the thrill that the racing brings.

**What do you enjoy the least?**

Getting up at silly o' clock for the morning training.

**Highlights of your sporting career so far?**

Winning Hampshire 200m breaststroke Gold and selection for Island Games and invite to summer nationals 2017 for 50m and 200m breaststroke and 400m IM

**What are you most looking forward to at the Gotland Games?**

Getting more valuable experience and competing against new people.

**ADVICE:**

Keep trying - never give up!

**AMBITIONS:**

To be the best swimmer I can be!