



## **Lauren Grinstead**

**Age:** 19 Years

**Sport:** Diving

**Region:** South West

### **How did you first get involved in your sport?**

I was originally a gymnast from the age of 5 - 10. From then my parents kept trying to get me involved in diving, but as I am afraid of heights and a very weak swimmer, I was reluctant to do so. I tried a variety of sports and eventually decided to try diving when I was 14 in August 2008 after watching a program called Olympic Dreams, where it followed Tom Daley on his journey to the olympics. It showed the struggles he went through when he first started diving, and he explained that he too was at first afraid of heights, but overcame that fear. This gave me the confidence to give diving a try.

### **What do you enjoy the most about being a sports person?**

I enjoy knowing that I can do something at a high level that most other people would never be able to do.

### **Who is your sporting hero?**

Beth Tweddle, as I grew up watching her at competitions and aspiring to be her. She is a wonderful role model and has achieved amazing things in gymnastics.

### **What does a typical week look like for you?**

Monday is my rest day.

Tuesdays, I have a training session in the morning, followed by a two hour diving session and coaching in the evening.

Wednesday, I have a two hour morning training session and a two hour afternoon training session followed again by coaching in the evening.

Thursday, I train between 2:00pm and 4:00pm and coach again in the evening.

Friday, I train for two hours in the morning followed by an hour and a half weights training session.

Saturday, I coach during the morning until I start diving at 2:00pm for two hours.

Sunday, I train from 11:30am to 3:00pm followed by a coaching session.

### **How will your Emerging Talent Fund Award help you?**

My Emerging Talent Fund Award from the Sport Business Network has enabled me to get regular sports massage and physiotherapy I need since suffering from injury. It has also been really helpful in contributing to the high travel costs to get me to national events that are held across the country.

### **What do you do in your free time?**

I love cooking and baking and spend most of my free time cooking for friends and family. I also love reading and do this whenever I can.

### **Key achievements**

2010, National Age Groups, 16-18, 1m/3m springboard diving, 1st, 251.6 and 282.75, Junior Elite Nationals, 16-18yrs, Platform diving, 3rd, 306.9.

### **Aims**

Learn 2 new dives. A back 3.5 somersaults tucked and back armstand double somersault 2.5 twists. This will hopefully make me the first women in Britain to learn this back armstand. My long term aims are to achieve senior international selection each year and eventually make it to the Commonwealth or Olympic Games.