



Vicky Widdup

Age: 27 Years

Sport: Sitting Volleyball

Region: London

How did you first get involved in your sport?

I first got involved in sitting volleyball when I moved to London. I was just starting to overcome my initial accident (Vicky suffered a serious motorbike accident at 19 and was told she may never walk again), and wanted to get back into sport as soon as I could. I needed something that I could do with my difficulties, as previously I had always played abled bodied sport. I went along to try volleyball and as I was unable to jump or run so the coach suggested sitting volleyball. I have loved it ever since!

What do you enjoy the most about being a sportsperson?

Playing sport and being part of a team.

What does a typical week look like for you?

I try to get between two and five gym session in each week. I also have weekly training with my local club and most weekends I'm training with GB or competing in national league competitions. This is all balanced around a job and full time university study.

How will your Emerging Talent Fund Award help you?

My Emerging Talent Fund Award from the Sport Business Network has helped me in many aspects of my sport, the main one being funding my travel expenses to get me to and from training and competitions.

What do you do in your free time?

Free time? I'm not sure I have any with studying, training and working. When I do, I like to go to gigs, read, watch films, and I love cooking.

Aims

Compete in the World Championships next summer in Poland.
Represent Team GB in Rio at the 2016 Paralympic Games.