

Name:

Martina Grace

Sports

Hockey and athletics

Representative Honours(achievements):

England U16s & Warwickshire Athletics

How did you get into your sport?

My mum first introduced me into hockey when I was 6 years old.

How did you get involved in hockey and do you do any other sports? (county Athletics & Cross country)

I first joined a hockey club when I was 6 years old living abroad then in primary school my mum made me do cross country club I so that it would help me with my hockey, I started to really enjoy it so then I decided to join a club and started doing it weekly.

What does your training/week programme look like to compete at your sporting level.

on Mondays I have Talent Academy training, then on Tuesdays and Wednesdays have school and club training. On Thursdays I go to the gym to do my strength programme and I Friday I rest to prepare for my games on the weekend. On Saturdays I have a ladies game whilst on Sunday I have a U18s game.

What has been the highlight of your season?

Getting into England u16 squad

What are your goals for this season?

To get my first junior international caps.

Who are your sporting role models?

I have never had any particular role model but from a young age I have always loved watching professional hockey.

What advice would you give to young sports performers?

Work hard and don't give up.

