



LUCY

MAKES THE GAME

LUCY GARNER

Coach, Umpire and Event
Volunteer

Tell us about your work as a volunteer...

I coach quite a lot of netball – I take the High 5 side at my club and U12 Sunday League.

I also umpire in the West London League and other places.

I like to volunteer at major events too – I've been a ball girl and have also done the guard of honour.

My next event is going to be at England v Jamaica at the Copper Box, I'm so excited! The other thing I do is First Aid.

How long have you been volunteering?

I started two and a half years ago – I started the path to my passion when I was quite young and have completed 122 hours over a year and a half!

Why did you start volunteering and why do you continue to?

A couple of years ago I wasn't really enjoying my netball but then my coach took the time to introduce me to a new team.

After she'd showed me that kindness I wanted to give something back to the team that gave me so much.

They are my role models and I now want to be a role model for someone else... and I continue because I absolutely love it!

I enjoy it as much as I enjoy playing, I've met so many lovely people it just pushes me and encourages me to keep volunteering for things!

How has volunteering benefitted you?

It's given me a lot of confidence, when I started I was so shy and quiet and this has brought me out of my shell.

I also get satisfaction from helping – someone came over to say thank you to me the other week and that was an amazing feeling!

I've made new friendships and gained new experiences and opportunities – I never thought I'd do anything like I'm doing now, there's so much more to netball than I first thought!

What would you say to someone thinking about volunteering for a role in netball?

Do it! Whatever worries you have about it, always do it because you have nothing to lose!

You'll get so much out of it that any small negatives are so outweighed! Just believe you can do it and you can!

Honestly it's so fun! You feel like you've given something back and makes you proud of the sport you're in.

It's made me love and appreciate my sport so much more. I get so much back from it, it helps you to realise just what goes in to the game.

I used to just turn up to training and go home afterwards but now I'm doing more I love the game so much more!



Do you volunteer outside of netball?

Yes I'm a rainbow leader at a local group for 5-7 year olds!

Road safety, arts and crafts, sports days, everything you could think of - it's the one before brownies.

Tell us about your best volunteering experiences...

I went to do guard of honour at the Copper Box and was walking through the Olympic Park, I saw the England tracksuit and it was Rachel Dunn and Lindsay Keable!

They asked us if we wanted a photo!

They came to see us after the game and the whole England team all signed my t-shirt and remembered me from earlier in the day - that's my best experience, they were so lovely!

How has volunteering affected your social life?

None of my friends play netball so it's become difficult to see them – it's become my social life and I wouldn't change it for the world!

How has volunteering helped you with your school life?

I went for Head Girl and got it because I do so much volunteering and help so many other people – they said that's something that they want to bring in to school!

I took a first aid course and then went to a regional final to do first aid! We were in a national competition and are now the second best school in the whole country for first aid!