



## NATALIE PEPERELL

Coach

### Tell us about your work as a volunteer...

Voluntary roles have included NPL coach and currently do this. U17 national coach for Switzerland which I don't do now. I currently also help out at the local school running some coaching sessions. Previously I have also coached a number of senior clubs voluntarily.

### How long have you been volunteering?

5 Years

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

Love of the sport and to help people out.

### How has volunteering benefitted you?

It has hugely increased my **coaching knowledge**. Plus the **good feeling** of helping people and developing athletes.

### Why would you recommend volunteering to someone thinking about getting involved?

The rewards are **more than money can buy**.

### Tell us about your best volunteering experience....

Getting **gold** with the U17 Swiss squad and seeing them **happy** and the **impact** it had on the increase in numbers playing in their country.

### How has volunteering affected your social life?

Made **new friends** and always **feel welcomed** in the netball circle.

### How has volunteering helped you in your professional career?

I am a PE teacher, it has **opened lots of doors** because of the level I have coached at.