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## Letters/comment

# School visit proved as inspirational for female boxer as it did for pupils

**WHAT** a truly inspirational day I had at St Matthew Academy in Blackheath, meeting the young people and teachers involved in Sky Sports Living for Sport.

My heartfelt thanks go to the many staff and pupils who welcomed me so warmly and shared their

thoughts, experiences, aspirations and learnings from this initiative.

The pupils I met were a credit to St Matthew Academy and were full of enthusiasm, commitment and energy.

My role as an athlete mentor for Sky Sports Living for Sport is to inspire pupils, by drawing upon my

own experiences of sport, the obstacles I overcame and the life lessons I have gleaned through sport. As is so often the case on these visits, I came away feeling incredibly inspired myself.

During my time with the pupils at St Matthew Academy, I encouraged

them to think about the skills we learn through doing sport and how these can be applied to improve their lives.

I would like to take this opportunity to congratulate the students for their achievements and encourage them to keep focused on reaching

their goals.

Sport is not only about talent or winning medals; it brings together all the life skills needed to succeed, including hard work, self-belief, determination and passion.

Hannah Beharry

Athlete mentor for Sky Sports Living