

Southwest Talent Centre Athlete profile

Becky Brown - Athletics (sprints & hurdles)

Age: **17** Hometown: **Torquay** (Pop.63,998)



"Bert the nutritionist has changed my life! I never used to eat breakfast. I didn't know I was supposed to eat carbs after training. And I never used to eat at a competition," said Becky "I always used to say I was too nervous to eat but now I eat two breakfasts before a competition."

After years of nagging her to eat breakfast her mum Irene couldn't believe the change. "It was a dramatic change. Literally within 24 hours she changed everything about what she ate," she said.

"I have a lot more energy especially for training" Becky added.

And that's not the only area in which SW Talent Centre support has made a difference to Becky. When she joined the programme in February 2010, she was a very frustrated athlete who wasn't living up to her full potential. She'd just had a bad run of injuries and it wasn't the first year she'd had them, it was the third year and they were the same injuries, repeated in the same pattern all over again. And she knew the formula – explosive training session combined with a heavy training load equalled injury.

"I felt lots of pressure from school because I'm good at every sport and I felt guilty about saying no if I was asked to play even though I knew that the extra training volume was contributing to my injuries," said Becky. "I'm more selective about what I do now."

"Physiotherapist Dave MacLellan has really helped me to learn how to relax and to control the pain. I was still getting personal bests despite feeling pain. Dave gave me the confidence to know that I wasn't broken. Despite the pain, I could still perform," she said.

"I'm now attending James's strength & conditioning sessions and I really feel the difference because the emphasis is on movement patterns. I feel a lot stronger already."

Becky achieved a silver medal at English Schools and a brace of bronzes at the UK School Games and the Home Countries International this year, injury free there's plenty more to come.

Acknowledgments:

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James Marshall - Excelsior



To find out more about the Southwest Talent Centre go to:
<http://www.teambath.com/what-we-do/sports-development/south-west-regional-talent-centre>

