

## MEET ABIMBOLA



### **When did you first become involved with S-Factor Academy?**

*I first became involved in S Factor in 2011 through my secondary school, which encouraged me to join the club to further my talents. I had also been trained by Lisa Miller (the founder) in some competitions I partook in representing my school.*

### **How did you hear of (or come to be involved with) the club?**

*S-Factor was introduced to me through my secondary school as I had previously competed in athletic competitions representing my secondary school. S-Factor was presented to me as an opportunity to specialise in a discipline working alongside dedicated and professional coaches.*

### **What are/were your favourite disciplines (what track/field events have you tried and which are/were your preferred ones)?**

*I started athletics out of the simple ability to run fast enough to win some school competitions and sports day event's, consequently I tried varying disciplines in track and fields: short distance, long distance, hurdles, long jump, high jump and shot put. However, I became dedicated to 200m and long jump during my time at S-Factor Academy and if I ever competed again I'd dedicate my time to 200m as it continues to be my favourite event.*

### **What has been your biggest achievement in connection with S-Factor?**

*My biggest achievement in connection to S-Factor has been becoming county medallist in Long Jump during my time as athlete. S Factor also gave me the opportunity to develop my skills as a coach in an array of sports, including multiple disciplines in athletics, football and trampolining.*

### **If you could give the young athletes at S-Factor Academy any advice, what would it be?**

*Always believe in yourself and your abilities whether that is in sports, academics or whatever you aim to achieve in. Always learn from your failures as they can be the stepping stone to your success.*

### **At what stage are you in your academic journey – what was your last academic qualification (e.g. A-levels, Degree, Masters etc.) and in what subject area?**

*I am currently at University studying History and International Relations at Loughborough University. A Levels: Politics(A), Sociology(A), History(B) and GCSE: 10 A\* – B including: Maths, English and Science.*

**What are your career aspirations?**

*I hope to become a solicitor, although the specific field is not yet known.*

**What are your next steps?**

*I am in the process of finishing my degree and actively working towards that goal, such as been a member of SEO Corporate Law Programme. I hope to go on to complete the GDL, and LPC to become a qualified solicitor.*