

# Be yourself... become somebody... at BCA

Aby Timberlake

Introductory Diploma Sport and Leisure



Aby joined BCA in September 2010 from Alfriston School. Having been in a small all girls school the change of environment at BCA was quite a challenge for Aby. Through playing Netball at a high level whilst at school , (including participating in the Special Olympics Netball in Leicester), Aby found her love of sport helped overcome her nerves and helped her integrate well in to BCA, resulting in her being given the opportunity to play in the College's prestigious Sevens tournament in her first year!

Her first experience of BCA was on a Taster Day; Aby said 'coming on a Taster Day was really helpful, everybody was really friendly and it helped me make up my mind what to do when I left school'.

Since coming to the College, Aby has taken advantage of the Learner Support team and visited them regularly for support with her assignments. Aby is really proud of her

achievements and has recently passed her Level 1 Communications She is hoping to move on to a Level 2 programme next year, to work towards her goal of becoming a Personal Trainer. Aby said 'BCA is a good place to be; I know who I can talk to and everybody is very helpful and supportive. I want to achieve all my assignments and pass them'.

Senior Lecturer in Sport, Phil Hindley said, 'Aby is working at distinction level, she is a motivational and determined student, she is a good role model to other students and someone who supports her peers.'