

For my parents, Liz and Duncan, who always told me there was no such thing as can't. You helped me to dream big, explore my passions and smash through barriers - and these messages still encourage me to keep chasing my dreams.

DB



Thank you to both Bristol Cooperative Gym and LHG runclub, who've created supportive communities around exercise. They've taught me how to love sports, and appreciate the benefits of moving my body, both physically and mentally.

And thank you to my 'little' brother Ty; my rock, my PT. Who always gets me out and moving, even when it's wet, or cold, or I'm tired. And I never regret it.

JP



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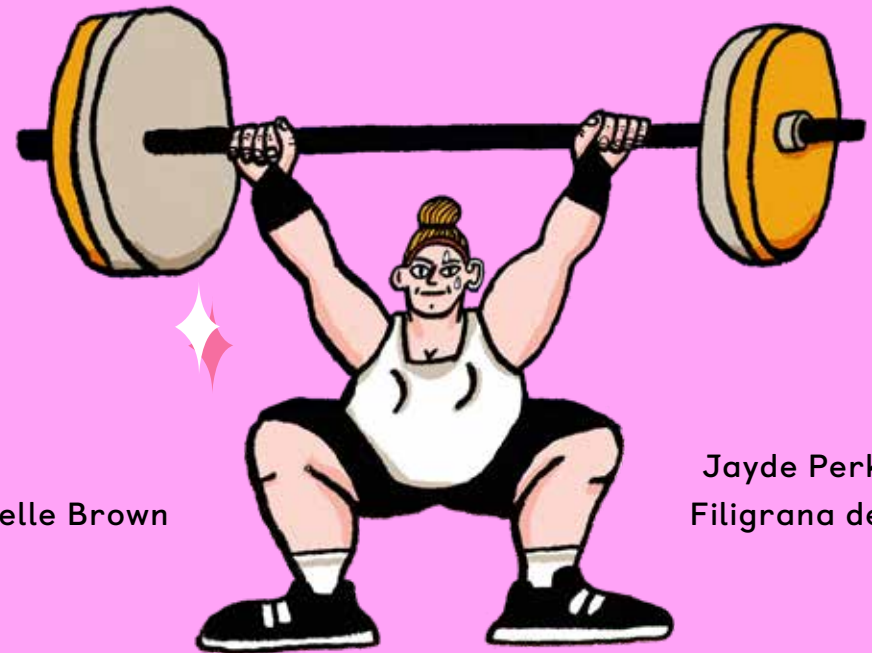
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**A KICKASS GUIDE
TO FINDING CONFIDENCE
IN SPORT**

SHOOT FOR THE STARS



Danielle Brown

Jayde Perkin and
Filigrana de Ideas

CONTENTS

1. WELCOME	P.7
2. YOUR SPORT IS OUT THERE	P.12
3. YOU CAN'T DO THAT!	P.26
4. LOVE YOUR BODY	P.42
5. TAKING FEEDBACK LIKE A CHAMP	P.62
6. SCHOOL OR SPORT? WHY NOT BOTH?	P.74
7. HALL OF FAME	P.90
8. I BELIEVE IN YOU	P.98
9. THE DREAM TEAM	P.116
10. SEE IT, BE IT	P.128
11. FEELING SCARED AND DOING IT ANYWAY	P.140
12. YOU ARE AWESOME. YES, YOU!	P.154
13. SO MANY SPORTS: A REFERENCE GUIDE	P.168



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This book is perfect for you if you love sport (or feel a bit curious about it) because it's all about sport and how to get better at it. More importantly, it's about how to have fun doing it, because being brilliant isn't about winning big. Whether you watch it, dabble in it, compete or coach, sport is an exciting way to unwind and have a great time. You might be happiest having a go with your friends or dream of succeeding on the

big stage – however you choose to play sport, it opens the door to unforgettable moments and incredible opportunities.

And hey, if you've picked this at random and you're not sure whether sport is your thing, you are most welcome here! There is, as we'll find out, a sport for everyone, and sometimes it takes a bit of time to discover the one that makes your heart sing.

TOGETHER, WE CAN HELP YOU FIND IT.





I spent almost ten years as an elite athlete, where I achieved many world records, world firsts and world titles. (Yes, it takes me ages to polish my trophy cabinet!) Now I'm retired, I have the great privilege of helping others. I love visiting schools and telling my story, and over the years many girls have shared their worries, fears, aspirations and experiences with me.

"I'm a bit nervous about trying triathlon because my friends don't want to do it."

"I don't like doing PE because I have to wear shorts."

"I want to do rugby, but I got told it's too rough for girls."

Nobody – and I mean nobody – should ever feel like they don't belong, that they aren't good enough, or that their dreams aren't important.

Now, I may come from a competitive background, but that doesn't mean I think this is the right path for everyone. You might want to represent your country at the Olympic or Paralympic Games, go on an adventure, make new friends, volunteer as a coach, learn a new skill, keep fit and healthy or just have some fun.

With so many sporty options, it can be tricky to know where to start. Together, we'll explore different ways you can get involved with sport, uncover your superpower strengths and build the success skills needed to strike it big. We're going to learn from some sensational athletes who take the word 'inspiring' to the next level.

We'll get to grips with how to look after your body to perform well AND feel brilliantly confident about being you.

And, of course, we're going to talk about how to smash through challenges. Sport is meant to be fun, but that doesn't mean it won't get tough at times. You are not alone, even if it feels that way sometimes. This book is here to help if you have a bad day, your motivation runs dry, you meet a doubter or have a nasty little voice inside your head chipping away at your confidence. There is always, always a way around challenges if you look in the right place.

SO, LET'S DO THIS!

IT'S TIME TO FALL IN LOVE WITH SPORT AND BECOME AWESOME AT BEING YOU.



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SELF-CARE FOR SUCCESS

Enter self-care. The superhero of skills. It's an excellent way to make sure that all the changes that come with puberty, including periods if/when you get them, don't derail your dreams. Self-care is about taking care of your body and mind. The better we look after ourselves, the better we feel and the better we perform.



EXERCISE comes with the official stamp of approval from scientists. It might be the last thing you want to do on a period, especially if your energy levels have dipped, but when we exercise we get a rush of endorphins – our feel good hormone – which helps us to, well, feel good. It can also help with cramps if you get those.



LISTEN TO YOUR BODY.

It will tell you what you need. Sometimes this means taking a day off to rest; other days you're up for a beast of a workout.



WARM UP AND COOL DOWN,

taking longer than you normally would if on a period. Your ligaments (the tissues that hold your body together) become stretchier during your period. It can make your arms and legs feel like spaghetti, so drills and skills might feel a bit weird. This form of self-care is important to prevent injuries, as well as helping you ease into your sport a bit more gently.

BE KIND TO YOURSELF.

This doesn't mean hiding under the duvet and refusing to come out while having a period or raiding the cupboard and scoffing every chocolate biscuit in sight. Being kind is giving yourself positive encouragement and also telling yourself to keep persevering with your sport. Not in the 'beat yourself up' sort of way – that is never okay! Treat yourself the same way you would a friend: be gentle, patient and encouraging.



Self-care is important all the time, not just when you're having an off day, or on the 2-7 days a month you might be on your period. Doing one thing for yourself every single day (like having a bubble bath, going for a run or reading a book) is a good habit to get into.