

“I’ve always loved football and I used to play regularly when I was a teenager. I’ve always loved the game and I was born into an Arsenal supporting family. I like the way it brings people together, no matter what background or age, football is a place where people come together and enjoy. Whether you watching as a fan or whether you’re a player.”

“I always knew I wanted to be a physiotherapist from the age of about 14/15. When I got injured I started to look at how I was going to recover and I never had that person to turn to, so I thought I wanted to be that person that was able to do that for others. I decided I wanted to be a physio in football about a year after that. So I was about 16. I am actually a qualified Sport Therapist but am looking to do my masters in physiotherapy to further progress in my career of football”

“My two biggest inspirations are Eva Caneiro and Sammy Margo. Eva is well-known for her role at Chelsea being a female in Premier League football. For me, however the therapist that broke that barrier was Sammy Margo who was a physiotherapist for Barnet FC. Judith Lo was the first woman to work as a physio with an English league team, she worked with Tranmere Rovers. More recently we have Anna Eason who was a head physiotherapist at Bristol City.”

“My most memorable moment being a therapist was during the play off final last season against East Thurrock when an opposing player had gone down due to a collision with one of our players. His knee had twisted in the opposite direction to his body and he was screaming in agony, I had never heard anything like it so I knew it was serious. There was a lot of commotion at the time and I could see that there was a lot going on so my intuition told me to help. I also knew the physio covering the East Thurrock team and she was a student at the time so I ran on the pitch to assist with the player. I then took charge of the situation and we ended up taking the player inside on a stretcher. For me that was the most dramatic experience as a therapist that I had to deal with on a pitch. Although it wasn’t one of our players, the passion and love I have for my job naturally made me want to take care of people.”

“So initially I knew about Dulwich Hamlet when I had started university and my lecturer, who worked for Dulwich at the time, would talk about them and her experiences. I then started doing more research about non-league football and noticed how popular Dulwich were and how they had grown so much throughout the years. So the progression they had made through my time studying was attractive. They are also a south London club (where I am from).”

“I love the closeness. I love the structure. I love how I am challenged as a therapist to make sure I am always doing my best. I am well looked after at the club from the management team and players. I love the fans. I love how I am appreciated for the job I do by everyone at the ground. As a young female pursuing a career in football I think Dulwich Hamlet is a great place to begin. It is tough but the benefits far outweigh the difficulties.”

“My best moment whilst working for Dulwich Hamlet was when Ashley Carew scored in the 90th minute of the playoff semi-finals against Bognor Regis. The atmosphere was amazing as

well as the goal. The whole bench ran on the pitch in celebration.” I love non-league football. I love how young talent is given the opportunity to thrive in the sport, young people that may not necessarily be recognised or have the opportunity to be at league clubs. A lot of players have been successful making it into the football league through non-league football and that’s special.”



@tonesxo (the physio)

DHST

DULWICH HAMLET SUPPORTERS' TRUST