



Name: Kat Robbins
Date of Birth: 15/02/95
Date Joined WSC: 2000
University (Dates): Leeds Beckett University
Degree: MSc Psychology of Sport and Exercise, BSc(Hons)
Sport and Exercise Science

My Time at Woking Swimming Club:

I started swimming at Woking SC 20 years ago after spending many nights standing at the gate to the pool eagerly watching my older brother swim. I was lucky enough for one of the coaches (Sue Barney) to ask if I wanted to try out early (age 5) and that was the start! Before I knew it, I was 9 years old competing in the 800m Free at the Surrey's for which I think I may still hold the club record for- I was the first and only 9 year old female to ever do it! I worked my way up through the squads fairly quickly (it's all a bit of a blur) and joined forces with my best friend Emma Maurer. We then did every squad move and training session together- often being put into separate lanes by John Eastwood for chatting too much..

For many years we competed at club champs, counties and regionals and countless Saturday night galas- most of which were followed by nights full of pizza with my teammates. I medalled at Surrey's and had a couple of top 5 positions at regionals, but the social and fitness aspects are what kept me swimming for so long. That was the best thing about Woking, no matter how hard we trained, how well we did or didn't swim, we would always still have a lot of fun. Although Emma and I had a small age group, we made very good friends with the age group below us (Dom, Callum, Dan etc) who unwillingly became our adopted little brothers- who to this day we still try to see each for catch ups!

I can waffle on about how great Woking SC is but the proof is in the pudding- 20 years later I am still involved with the club as a coach and have no plans to step away any time soon! Throughout lockdown I took up open water swimming as I missed being in the water, and it made me realise how much I miss regular training. If Woking ever start a Masters squad I'll be the first to jump in...

My time at University:

When I joined uni I hadn't trained for a very long time due to travelling for two years, but as soon as I found out I had made the team the goggles were back out. Joining the swim team at uni was the best decision I made in my 4 years in Leeds, most of my closest friends and fondest memories all stem from the team. I then became part of the committee- the social secretary...obviously a very important job! I also started playing Waterpolo (a lot of us both swam and played polo) and had the pleasure of playing in many national finals- and winning a couple of trophies! I was nominated for both Sports Personality and Club Officer of the year at our annual uni ball in 2018 which was a real shock and honour! Without swimming and waterpolo (and the Wednesday sports nights out) I would have had a very different experience at university- and I'll always be thankful I was brave enough to get back into it!



I graduated from Uni with my masters degree in 2019 and since then I have worked as a health and wellbeing coach, focusing on diabetes prevention and now work in the NHS as a clinical support coordinator- making sure our GP surgery runs smoothly for our Doctors and Nurses and making sure our patients receive the best possible care. Once Covid-19 has taken a back seat my next job is to set up health and lifestyle intervention groups for our patients to learn how to manage their long term conditions.