

Candidate Statement: Rebecca Forth, At Large Director

Rebecca Forth
10 Hafer Road
London
SW11 1HF
r.forth@ucl.ac.uk



Since my first Worlds in 1995, I have played for various women's, open's and mixed teams at International and National (UK, US, Netherlands) level.

Over the past 12+ years of playing I have filled many different roles on these various teams from captain and senior player to bench warmer and team contributor. The plethora of teams I have played on over the years has exposed me to a wide variety of senior players spanning 3 different ultimate eras; everyone has contributed to refining my analytical ideas of how ultimate is played, organised, coached and competed. While captaining and coaching the new generation of players have also contributed to my greater understanding of the sport. Playing different roles in the variety of teams and leagues that I have has been vital for my all round detailed understanding of our sport. Additionally I have twice been the women's representative on the World Clubs rules committee.

My 'real job' as a physiologist (investigating the body in extreme environments) provides a professional insight into the physical aspects of the game.

The women's game has changed dramatically in the last decade. The level of involvement and competition has increased over this time. Women are still greatly outnumbered by men. Representation at the highest organisational level is crucial for continued improvement.

I feel I am in a valuable position to provide a balanced, informed and experienced female voice to the WFDF by drawing on my experience and understanding of the sport.