

WOMEN

Wednesday

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A FOCUS ON WOMEN AND GIRLS IN SPORT

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How is your experience working at UTT in the high-performance unit?

I started at The University of Trinidad and Tobago (UTT) in 2007 but only joined the Sport and Recreation Unit (formerly the Academy of Sport) in 2016. It was a definite change of pace as I was introduced to a whole new world. I was not sport inclined (little or no exposure), but this Unit has opened my eyes and heart to the love of sport and those affiliated. Being part of such a family, with both student-athletes and staff, makes it worthwhile as I share in the joys, successes and even the not so fun moments.

How has sport and working with student-athletes impacted your life?

The position I am in within the Unit has allowed me to work closely with the student-athletes and therefore add value to their lives and mine. I see their struggles and challenges while on this journey and to overcome such feats is inspiring to say the least. Success does

not build character, failure does. We learn from each other as each individual contributes to life's lessons. We must be our brother's (and sister's) keeper and support however possible, that is the main goal. Also, knowing I can make a difference regardless how small is fulfilling and motivates me to do more.

What are your hopes for women and girls in sport in the future?

To kick butt in their respective sport! (LOL). It is simple, to shatter that gender equality glass ceiling! While there has been an evolution of a woman's role in society, in the sport arena it has been imbalanced. Only through the creation of opportunities, positive empowerment and promotion of self-confidence, we can see the impact and change. As the saying goes, "Life is tough, but so are you!" There is no limit to what we can accomplish.

What are some of your best experiences since working in or being involved in sport?

Being able to cheer my team(s) on. The sense of pride and joy I feel is indescribable. Being on the sidelines or in the stands and seeing the red and black uniform of a UTT Patriot as they give their best and deliver results, it is like no other.

One of my favourite memories was being part of the Track & Field group that went to Grenada for a sport event. We waved a huge UTT flag from the stands. The MC at the event said if there was a prize for the best support, UTT would have gotten it. Our Sport & Recreation family is another part of the best experiences, though diverse, we complement each other.

Who is your inspiration?

My mum, Seeta Sahatoo. Through all the challenges faced, (a widow at 28, with a 1yr old daughter and so many other obstacles) she was resilient. She single-handedly taught me all life's lessons. I never lacked anything as she provided it all and served in every role of my life. She left this earthly plane in December 2020 but I know she will continue on through me. To everyone who knew her, I know she would have imparted some valuable tidbit which left an impression. She was psyched knowing who I worked amongst, all the star coaches. One of my best UTT memory with her is attending a men's football game at the former UTT O'Meara Campus. She was stoked, as most of you may know our football coach was part of the famous Strike Squad. Back then, there was a parade through Marabella and she took me, toddler as I was, to see them. So meeting Coach Clayton Morris, even after all these years was still a thrill for her. Life is way too short, enjoy each moment while you can.



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