



Yasmin

Football Coach



How did you get involved with MSA?

I've wanted to get back into fitness for a long time and after my children grew up, I decided it was time start focusing on myself and my health. I came across MSA as a recommended group as I was looking for a football club, preferably indoors. Football has always been something I've thoroughly enjoyed and at the time there was a vacant space on the FA Level 1 Football Course. I am now a qualified football coach with MSA!



Have you taken part in any other sports at MSA?

I've tried a few other courses, like fencing but as soon I tried football, I knew there was nothing else I would rather do. I knew this was my main passion. Once I qualified as a coach, most of my time was spent coaching so there wasn't a lot of time to do other sports. I still took part in playing in the Friday sessions which was a highlight of the week. I didn't really feel the need to try anything else, this felt perfect for me.

How do you feel MSA has impacted you?

MSA has given me so much confidence. Yashmin Harun, the founder of MSA, has especially been a huge part of this all. I was able to apply to be an FA council member and an a FA leadership mentor because of her. Sometimes all you need is someone to believe in you and give you that push and it was her. I would never have come so far without the major support I've found at MSA and the the continuous opportunities they have provided me. The support has been tremendous.



Why did you choose MSA?

At the time, there was only MSA. I had been recommended this group as I was looking for something for Muslim women and there was not a lot out there. MSA have such a variety of activities and courses to choose from. I was surprised to see just how much they actually offered. When I first began coaching, around four years ago, there were no other football opportunities visible, especially for Muslim women.



What does the future look like for you?

My personal goal would be to help more girls take part in football and become a role model for them. I would also like to get more coaches involved and I've been able to do that with a new project; we were able to get 60 new and qualified coaches - so I have ticked a few boxes already but there are still more to tick. I would like to see more girls participate and hope in the near future we can remove stereotypes against girls and football, working from the bottom up.

