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| Change Our Game  Ambassador Hero – Lauren Foote |
| Video transcript |

**[Change Our Game Logo]**

**Lauren Foote:**

Roller Derby is a full-contact sport played on roller-skates. The purpose of the game is to make a pack with some skaters, and then you've also got 'jammers', they wear a star on their head, and their main role is to do laps and score points and that's how you win the game.

I got into roller derby first by watching a movie called 'Whip It' back in 2009, and I just fell in love with the sport. I didn't even believe it was real. So once I found out it was real, I bought a pair of roller skates the next day and got on board.

The thing that I love about roller derby is that it celebrates being a strong and athletic female and I think these are excellent qualities to have as a person in life. You can be any size, any shape from any background and excel in the sport at the elite and high-level and I think that's a great message to send to people.

My career highlight has been winning and captaining the world championship title in 2017. We were the first non-American team to win the title and it was the best feeling of my life.

I think what inspires me is the strive to be the best and the strive to be creative and to be a part of history. So I get to be creative, strong, athletic, competitive and these are all the qualities that I absolutely love and to excel at that is just amazing.

I'm really proud to be a Change Our Game Ambassador. It means to me that young girls have someone to look up to. When I was a kid you didn't really dream of being a female athlete because that wasn't a job title that was up for grabs. So by being the role-models that I wish I had, we're having the next generation of young girls grow up who are going to continue to participate and be healthy and have the community that comes with sport and some of them will have the opportunities to be the same as their male-counterparts which would be employees and athletes in their career.

I think the Change Our Game campaign is important on so many fronts. It's not only about increasing participation levels for women in sport but it's also about opening up opportunities for people who might not find it as easy to be active. So I think to make Australian sport more inclusive we really need to start looking at these audiences and provide equal opportunities for them to be just as active as I can be too.

**[Change our Game logo]**

**[State Government of Victoria logo]**

[Authorised by the Department of Health and Human Services, 50 Lonsdale St Melbourne. Spoken by L.Foote

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