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| Change Our Game  Ambassador Hero – Sarah Wall |
| Video transcript |

**[Change Our Game Logo]**

**Sarah Wall:**

I’m Sarah Wall and I’m a Change Our Game Ambassador.

Being in the country playing netball was just what we did for fun and entertainment, social life and had a really passionate mum that just loved the game, was never probably a great player herself but made me enjoy it just because her passion - she made us feel like we were the Diamonds. I remember when we were in Grade 3, off on the bus doing tournaments. I did my knee at 14 which was really good wake up call for me because it was something that I know that I realise that I actually, it was something I love so much was taken from me.

Footy/netball was one of the best things - and still is one of the best things - in country areas. You train Thursday nights, the thing I love most about it is there is a sense of community, it's company, it's friendship, it eliminates the loneliness that a lot of girls experience in that adolescent time and they drop out of sport, but in the country that's when you're at your peak at that time to play and go to the footy sheds on a Thursday night, get ready for your game on Saturday and then enjoy the celebrations together Saturday night. So that was a big part of the reason I love netball to this day and probably will go back and play it one day.

It’s really evolved from probably when I was going through, where we didn't have changerooms, we didn't even realise that that was a problem, we'd run across to the footy sheds, dad would let us in, in saying that, we'd be walking through eyes down, not looking, and when I look back I mean wouldn't it be great if we had our own setup, a lot of clubs do now with the great support of the government giving grants out.

It is the best thing for women to know that you are going to somewhere that you feel proud of, I know I always felt really proud to wear a uniform and be a part of team, and to then think you are going onto a court that's covered and there's a changeroom and there's people actually investing into the sport, it's going to draw people there, get more people playing, and I don't know, it's just a bit of care - it's great.

Probably the biggest thing is not sitting back and waiting for change because in the country, growing up there, things do trickle down a little bit slower, but that can speed up too by asking the questions, following up emails, becoming a bit of a pest even, I don't know, but making sure there's a voice out there fighting for our young people and getting these facilities and slowly but surely someone will listen.

I don't think any women play sport for the money, but I remember my first letter in the mail and I just - first of all I wanted the Phoenix socks - I wanted to say that I had a pair of Phoenix socks to be like Sharelle McMahon really, but then we got we told we got paid $500 and I was beside myself I was like, I rang mum, and I was like 'Mum you know we actually get paid for this?' and when I think back to that it's so funny because now with sport managers and everyone in there fighting for us to take it to that next level, I almost look back and am embarrassed with the fact that that was what was accepted, so trailblazing now for this new super netball comp and for women in sport in general to have equal pay is just incredible and to think that, from a mindset to change and it took that long, and how with this Change Our Game program I think we need to move it really quick and this campaign particularly is going to do that.

Because now is that time to change, it's a new generation of girls coming through that actually equality is very normal. So it's more about for us, as Change Our Game to really promote that at a senior level where people are in those senior roles making decisions, and Change Our Game, we need it to become a norm.

Leadership to me is having confidence, and I think that's the most important thing we need to do for Change Our Game, is to let every individual know for change to actually happen you need to have confidence in yourself that you have a voice, and if someone says no to you, you go again and you go again and you're not shy to have those hard conversations. The Change Our Game Ambassador role to me is all about that.

I’m Sarah Wall and I’m a Change Our Game Ambassador. There has never been a better time to Change our Game.

**[Change our Game logo]**

**[State Government of Victoria logo]**

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

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