

Hannah's ready to seize the moment

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Hannah Hicks during the recent training camp at Lilleshall. Picture by Steve Parkin

Hannah Hicks is ready to live every moment of the Commonwealth Games to ensure she makes some magical memories.

And Hicks, who will feature in the team event in Glasgow, has already begun that process at the squad training camps in China and Lilleshall and at the kitting-out day in Burton-on-Trent.

"When we went out to China and then had the kit, that was when it became real to me," said the 23-year-old Hampshire ace.

"At Lilleshall, having the photos in the kit and being with all the players and the coaches means it's starting to become a real prospect.

"I think it's important that you should try and take everything in while you're in the moment and experiencing it all because I think the memories will last longer then.

"If you don't do that then at the end of it you might not have those memories, so I'll try to take everything I can from the experience and hopefully those memories will be with me for the rest of my life."

Another member of the women's team which came so close to getting a medal, finishing fourth in Delhi, Hicks believes there is a real chance of going at least one step better this time out.

"There's really good potential for us as a team to get a medal in the team event and if we can come away with a medal that would be incredible," said Hicks, who plays for Stofors BTK in Sweden.

"Having missed out so close in Delhi, if we can get that back and more we'll be very satisfied as a team.

I just want to play everyone, I wouldn't say there's a particular nation that I want to play. Whoever I'm up against I'll just enjoy it."

Hicks believes the input of the sports science team from Sheffield Hallam University, plus the support of family, will also be key factors.

"We've had a couple of sessions with the psychologist (Dr Peter Olusoga) and he's given us a few tips on how we can regain our focus if we lose it," she said.

"It's been really helpful. If that happens in our match situation, he's given us ideas that can help us recognise when we lose our focus but then also trying to relax and get it back."

By Russell Moore (July 18th, 2014)

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