

## Young People Display Olympic Spirit: The 2013 Inspire>Aspire Awards

11<sup>th</sup> July 2013



Some of the country's brightest young people visited Stour Space in London to receive medals for their award worthy posters from the Inspire-Aspire programme from Olympic Bronze Medallist gymnast, Beth Tweedle and Ex Shadow Minister for the London 2012 Olympics, Dame Tessa Jowell.

The Inspire-Aspire Awards programme reached 25,000 young people this year by using the Olympic and Paralympic Games and the character qualities of Olympians to inspire young people to set personal goals and to develop future aspirations.

Winning a Silver, 3<sup>rd</sup> Level award at the event was Inthuja Sivathas from Tiffins Girls School chose Matt Stutzman as her inspirational figure as part of her work on the programme.

Expressing her reasons for her chosen inspirational figure, Inthuja said:

*"He shows confidence, will-power, strength and courage in himself which makes me feel inspired".*

Before presenting the awards, Olympian Beth Tweedle told an enthralled audience that it takes commitment and courage to reach the top. She spoke about how it was sheer determination that had helped her gain her medal at the London Olympics in 2012. Tweedle expressed how important using the Olympic and Paralympic values in everyday life can be, not just in sport.

Inspire-Aspire aims to help young people gain a better understanding of their own character qualities and values and inspire them to create a personal development plan. Inthuja explained how much of an impact participating in Inspire-Aspire has had on her:

*"I would like to find ways to overcome barriers that stop me from reaching my targets."*

### Notes to Editors

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