

RESILIENCE

What does this mean?

Resilience is

the ability to withstand
adversity and recover from
difficult life events

A GOOD MANTRA FOR RESILIENCE IS



KEEP GOING



Emma Raducanu

An inspiring true story of resilience

Emma's Story

Raducanu was born on November 13, 2002 in Toronto, Canada to a Romanian father and a Chinese mother.

Having moved to England at the age of two, she took up tennis at the age of five.

Emma's Story

Emma's talent and dedication was evident from a young age.

She trained at Bromley Tennis Centre from the ages of 10 to 16. At 16, she decided to pursue a career as a professional tennis player.



First, a couple of things you need to know about tennis...



Tennis is a game played in points: Four points win a game, six games win a set, and two or three sets win a match.

The Association of Tennis Professionals (ATP) rank professional players based on their points accumulated from competing in official tournaments over the past year.

The four biggest tennis tournaments in the world are called the 'Grand Slam' tournaments: The US Open, French Open, Australian Open and Wimbledon (UK).

The ATP invites players to compete based on their rankings. Lower-ranked players can also win entry by winning qualifying rounds.

Emma's Story

Her fledgling tennis career took a back seat as Emma studied for her A-levels — she would train after school every day and barely competed during her studies.

In June 2021, she competed at Wimbledon a mere three weeks after completing her A-level exams.

Emma's Story

Emma was ranked 338th in the world at the start of the competition but shocked everyone by playing her way through to the fourth round — defeating three opponents who were all in the top 50.

She became the youngest British woman in 42 years to reach the last 16.



Emma's Story

The 18-year-old's sensational performances captured the hearts of British tennis fans but her journey came to an anti-climactic end on Centre Court when she departed with breathing difficulties, ceding the match to Australian opponent Ajla Tomljanovic who was leading by a set and 3-0.



Emma's Story

Emma received praise from fellow athletes like Marcus Rashford for having the courage to look after her own mental health.

She promised her fans she would learn from the experience and come back stronger.



Hi guys,
I wanted to let everyone know that I am feeling much better this morning. First up, I want to congratulate Ajla on an incredible performance and I'm sorry our match ended the way it did. I was playing the best tennis of my life in front of an amazing crowd this week and I think the whole experience caught up with me. At the end of the first set, after some super intense rallies, I started to breathe heavily and felt dizzy. The medical team advised me not to continue and although it felt like the hardest thing in the world not to be able to finish my Wimbledon on the court, I was not well enough to carry on. I want to thank the people who have cheered me on every single match, I wanted to win so badly for you! I also want to thank the All England Club, my team, the LTA, my parents and friends. Last night will go a long way to helping me learn what it takes to perform at the top. I will cherish everything we have achieved together this week and come back stronger! Can't wait to see what's next on my journey.

Emma

Emma's Story

In the summer of 2021, Emma received her A-level results: an A* in mathematics and A in economics — impressive!

Then, in August 2021, Emma qualified to compete in the US Open.

Emma's Story

Emma won her first nine games without losing a single set.

Since the first Wimbledon in 1877 there have been a total of 476 Grand Slam tournaments, but no man or woman had ever reached the final of a grand slam after coming through the qualifying round.



Emma's Story

Her opponent in the final would be Leylah Fernandez, herself a teenage sensation who beat former champion Naomi Osaka in the third round.

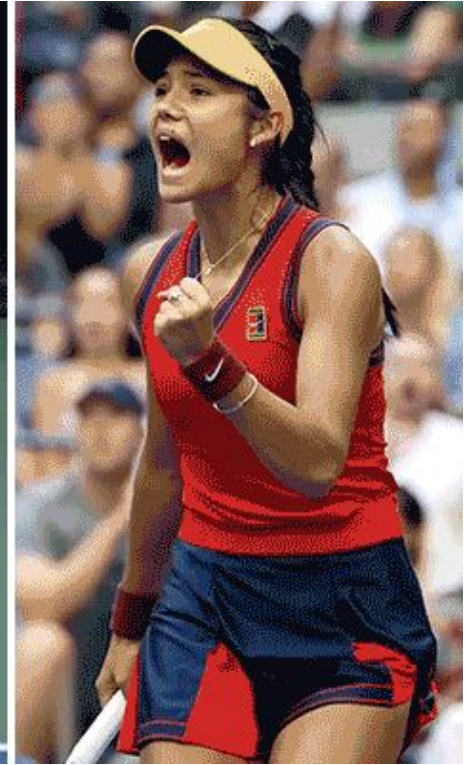
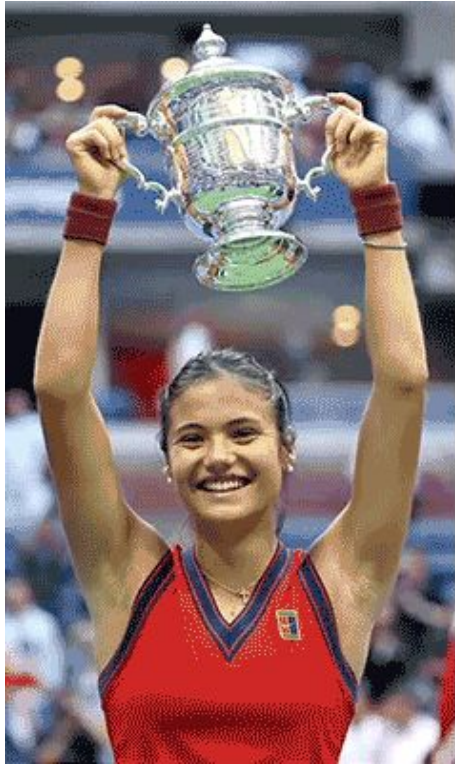


Emma's Story

Raducanu's 6-4 6-3 victory over Leylah Fernandez in the final made her the first British woman to win a slam singles title since Virginia Wade 44 years ago.

(12 years before Mr Laight was born! Mr Hutt was only in Year 2!)

Amazingly, Emma won all ten of her matches at the tournament without losing a single set.



The moment Emma realised she had done it!

What can we learn from Emma's story?

Keep going — Emma said that her retirement in the fourth round of Wimbledon earlier this summer made her 'hungry' to achieve victory. After her victory, she told the BBC she was 'ready for anything'.

Have an attitude of gratitude — after her historic win, Emma thanked her coaches, her family, her fans and her school. She also credited her Chinese and Romanian heritage with teaching her important life lessons about determination, work ethic and self-belief.

