



PROMISING ATHLETES PROGRAMME

Josh Hill-Collins

Hockey has played a significant role in Josh's development as an athlete, with his initial interest started through his friends and an older sibling who were already involved in the sport. This early exposure encouraged Josh to join a local club, where he developed both a passion for hockey and a strong connection to the team environment.

To support performance and progression, Josh makes regular use of the gym and health suite. These are important for building strength, improving conditioning, and maintaining the level of fitness required to compete effectively.



Josh Hill-Collins

In addition to hockey, Josh enjoys participating in football and tennis on a recreational basis. These activities provide variety and allow him to stay active while also enjoying sport in a more relaxed setting.

A notable achievement in Josh's sporting journey has been representing his country at international level, demonstrating a high level of dedication and commitment. He is motivated by current professional players within hockey, who serve as role models through their performances and professionalism.

Outside of sport, Josh has a keen interest in music and film, and also plays a musical instrument. These interests provide a positive balance away from training and competition.

Josh says being part of the Promising Athlete Programme with Legacy Leisure is a valuable opportunity for him to continue to develop. It supports his progression in hockey while also helping Josh grow into a more well-rounded athlete for the future.

