



PROMISING ATHLETES PROGRAMME

Florence Robinson

Inspired by her sister and early workshops with Penarth Ladies Hockey Club during primary school, Florence was drawn to hockey at a young age. This early exposure fostered both a strong passion for the sport and a dedicated competitive mindset.

Her talent and hard work have yielded impressive success, having been selected for the Welsh squad at just fifteen years old and progressing through the Under 16 and Under 18 ranks all the way to the Under 21 international team.



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To take her performance to the next level, Florence utilises the gym to focus on building her physical conditioning, relying on equipment like the treadmill and the classic Smith machine. She also enjoys cross-training through running and swimming, which contribute to her overall speed and endurance, as well as playing padel in her spare time. Her sister remains her ultimate role model for constantly pushing her to be the best player she can be, and she now aspires to be a positive role model herself for younger girls within the community.

Being part of the Promising Athlete Programme is vital for her ongoing development and future success. Following direct feedback from her international coaches, her primary focus is to become fitter and stronger to elevate her game on the world stage. Access to these top-tier facilities allows her to achieve these athletic goals while helping her promote a fitter, healthier lifestyle to the next generation.

