



# Promising Athletes Programme

## Yasmine Chaabane

Yasmine discovered water polo after the Covid lockdowns, encouraged by a friend who knew she'd been a strong swimmer all her life. She took to the sport immediately and has since built an impressive competitive record, including ladies' silver, competing in the National League for Exeter Women's team, and playing in the National Age Group U19s. She has also earned Devon League U19 and U17 gold, and represented both South West and several local clubs including Paignton, Newton Abbot, and Exeter.

Her coach Doug from Paignton has been a key role model, offering encouragement and belief that has shaped her confidence. Outside the pool, she enjoys cooking, sea swimming, paddleboarding, and joining in with school sports for fun.



## **Yasmine's Future**

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Yasmine's goals extend far beyond her current achievements. She has recently been selected for the GB water polo team, and her ambitions now include qualifying for the European Championships, World Championships, and ultimately the Olympic Games. Alongside her sporting goals, she hopes to study at Bath University to continue playing on their team, pursue a career in nursing or physiotherapy, and travel.

Being part of the Promising Athletes Programme plays a crucial role in helping her move toward these goals. Access to the pool, gym, and training mats allows her to complete both water-based and land-based conditioning sessions tailored by her coaches. The programme gives her extra time in the gym, structured support for sports conditioning, and the opportunity to build her overall health and athletic resilience — all essential for competing at national and international levels.

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