



PROMISING ATHLETES PROGRAMME

Lily Davies

Having played football since the age of six, Lily has built a remarkable competitive mindset from a young age. Her passion and hard work have led to impressive success on the pitch, having represented her county and Welsh Schools before progressing to the elite level. Lily currently plays for the Women's Under 16 Welsh Regional Team and the International Team, recently representing the Wales Under 16 Women's National Team against the Netherlands and Belgium, with upcoming matches against Albania, Italy, and Norway in the UEFA tournament.



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To maintain her high performance both in and out of season, Lily relies on the gym to focus on essential strength and conditioning. She also enjoys running as a cross-training activity to further boost her speed and endurance on the pitch. Driven by a desire to support the development of the women's game, she actively helps coach local grassroots teams and is currently working towards securing her referee licence. She looks up to her coaches as her primary role models, crediting them with shaping her into the player and person she is today.

Being part of the Promising Athlete Programme with Parkwood Leisure and Legacy Leisure is vital to her ongoing development and future international success. Having regular access to gym facilities allows her to elevate her physical fitness and strength required to compete at the highest level. Ultimately, this support ensures she can continue to improve her performance on the world stage while inspiring the next generation of young individuals in the community.

