

Mum of the year awards 2012

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Mums inspiring future athletes Cheering on aspiring athletes

Ahead of the London Olympics 2012, the Tesco Mum of the Year Awards 2012 is looking for mums who inspire through sport. By Liz Jarvis



Cheering on aspiring athletes

Behind every great sports star there's often a mum who has ferried them to and from their training sessions, cheered them on from the sidelines, been there to commiserate and congratulate, wash their kit and keep them motivated.

'My mum would drive miles for me to enable me to enjoy sport after school,' says Pete Reed, Olympic rowing gold medallist in 2008 and hopeful for next summer. 'I'm glad I got the encouragement I needed back then.'

British and Commonwealth Heavyweight Boxing Champion Tyson Fury also gives credit to his mum. 'My Mum has been a great support to me from boxing in amateur fights to professionally,' he says. 'She is incredibly proud of me, as I am of her, supporting me through thick and thin.'

But mums are also making a difference at grass roots level, inspiring kids to change the course of their lives through sport and providing communities with an important focal point.

Mum of two Andrea Kemp is a board member for [The Community Sports Trust](#), and also sits on the board of Sporting Futures, a Derbyshire charity which reduces crime and anti-social behaviour by steering young people away from trouble and into sport. 'Sport can be a really valuable 'glue' to build relationships and confidence in disadvantaged children,' she says. 'Sport gives young people a real feeling of belonging as well as teaching them to understand discipline, respect and good communication. It's also great fun and has incredible health benefits, which translate into both physical and mental wellbeing.'

'Young people quickly learn that in order to make progress they need to listen to their coach and show respect,' agrees coach [Anna King](#). 'This is the most challenging aspect of working with disadvantaged youngsters but once they understand this they often become the best people to teach and are totally committed. For them it may be the first time they have received praise and learned that they are good at something and they can't get enough of this.'

***Do you know an amazing mum who has helped to inspire others through sport – or maybe even an Olympic athlete? [Nominate her for a Tesco Mum of the Year Award 2012.](#)**