

SPORT NEWS

“I’M IN MUM’S BAD BOOKS!”

WHEELCHAIR tennis star Alfie Hewett is one of the sport’s most successful athletes. He talked to *First News* about his career and how he’s coping with the lockdown.

■ How did you first get into tennis?

When I was seven I was diagnosed with a hip condition called Perthes’ disease. That’s why I came to be in a wheelchair. Obviously to have my life change and be told I had to be in a wheelchair was a struggle.

My mum and my family were big drivers behind getting me back involved with sport. They took me to Stoke Mandeville [a hospital] where anyone with a disability could try various para-sports. It was to get social again... be happy and be active – all those benefits that sport can bring.

■ How have you been keeping active in the lockdown?

I live out in the sticks [far away from towns and cities] in Norfolk, so it’s a peaceful and quiet area to go out for a push. To not have the gym and court on hand means I have to be creative. But I’m in Mum’s bad books because I’ve turned the conservatory into a home gym!

■ As an athlete, what has been the most frustrating thing about the lockdown for you?

I accept the situation... everyone’s in the same boat. I haven’t picked up a racket since the second week of March now. It’s quite strange! But it’s quite good for us as athletes to take the strain off our bodies.

■ You’ve won so much, but what has been the stand-out moment so far?

Playing at the Rio 2016 Paralympics [bottom right] was just unbelievable, a dream come true. To go and play as well as I did and get two medals was unexpected! To look up and see [my family] all there with the flag, it was something I’ll never forget.



Alfie Hewett has two Paralympic silver medals and three Wimbledon doubles titles – and he’s still only 22!



Alfie and Gordon Reid winning the doubles at Wimbledon in 2018



GLOSSARY

Paralympics – An international sports competition for people with disabilities, held immediately after the Olympics

Questions on: "I'm in Mum's bad books!"

1) What is the name for this kind of news article?

A photo story

An interview

A review

2) How old was Alfie when he found out he would need a wheelchair for the rest of his life?

3) Alfie's family helped to get him into sport. What **three benefits** does he say sport brings?

1.

2.

3.

4) Why is Alfie in his mum's bad books?!

5) Look at the third question, about the lockdown. Alfie says: "Everyone's in the same boat."

Can you explain what he means?

6) What does Alfie consider the highlight of his career so far?

7) What does Alfie find hard about the lockdown? What does he think is a benefit of the lockdown?

8) What do you think are the benefits of the lockdown? What are you finding the most difficult?