

Simon Mantell

Name: Simon Mantell

DOB: 24/04/84

Hometown: Street, Somerset

Sport/discipline/position: Hockey, Forward.



Describe yourself in three words

Ambitious, competitive, fun

What course did you study at the University of Birmingham and why?

I studied a Bachelor of Commerce. I wanted to do a broad business degree to give me a foundation in different areas. My main reason for picking a business degree was my interest in Economics and Marketing.

When did you start your sport and why?

My father got both my brother and I into hockey from an early age, mainly because we spent quite a bit of time hitting a ball around on the side of the pitch when he was playing. I also played a lot of tennis growing up and had dreams of winning Wimbledon and emulating my childhood sporting hero, Stefan Edberg.

What was the last book you read?

'Moneyball' by Micheal Lewis. I enjoy his writing both about business and sport. I'm now reading Mathew Syed's 'Bounce', an interesting insight into the theories of nature vs. nurture.

What was the last music single/album you bought/downloaded?

The last album I downloaded was: We are Augustines – 'Rise ye Sunken Ships'

Who would you want to play you in a film of your life and why?

Mark Wahlberg, he's my favourite actor.

Who has been the greatest influence in your life?

I think my parents for introducing me to sport and giving me the opportunity to pursue it when I decided I wanted to. Also David Hacker, (Sydney 2000 Team GB Hockey team) my coach through school, was a massive influence and still is supporting me.

If you could play any other sport what would it be?

Golf, I love playing whenever I can and will certainly be trying to get my handicap down when I finish playing hockey.

What is your current training schedule like?

We normally have one rest day a week. An average week would involve 4 days training together as a team at Bisham Abbey, with two pitch sessions a day. Outside of that we do 2 or 3 weights sessions a week with a few running or speed sessions thrown in. On days off we rest and try to play golf!

What are you most looking forward to about the London 2012 Olympics?

I'm looking forward to the buzz of the nation around games time, I think the games will be a huge success, but at the forefront of everything is the success of the team GB athletes.