Amber Halliday

On Friday 10 June dual Olympian rower and Pembroke old scholar Amber Halliday spoke to the Senior School students at Thursday Assembly. Amber came to Pembroke to promote Olympic Day and to share some stories of her Olympic experience.

Olympic Day is held on 23 June each year and is a celebration throughout the world: hundreds of thousands of people—young and old—participate in activities such as runs, exhibitions, music and educational seminars. Olympic Day helps to promote the Olympic Ideals and encourage people to be active.

Amber spoke passionately about the life lessons gained through her participation in sport and of the friendships established through sharing a common goal. She displayed photos of memorable moments during her Olympic campaigns and talked about goal setting, coping with disappointment and working as part of a team. Amber spoke of her move to competitive road cycling and frankly addressed her physical injuries sustained in a bike race fall on 17 January 2011. She said the good habits established while training for Gold have given her the strength, determination and coping skills to advance her rehabilitation. Many students, particularly the rowers, enjoyed speaking with Amber after her presentation.

Sally Martin
Acting Director of Girls Sport