Catherine Arlove

Three Olympics is a lot, and three degrees is a lot as well. It requires an incredible amount of commitment to do both, but different kinds of commitment. I mean the Olympic commitment is something that requires a lot of physical and emotional commitment and the educational commitment is more of an intellectual commitment but they’re both time committed activities and look if you don’t love what you’re doing its really hard to do them so I’ve loved them both, I still love my journey now.

It’s really important to have a balance, first of all in your life, so that you don’t throw all your eggs in one basket. Anyone who’s doing the stock market will tell you that as well, diversification is the key to success. There’s a lot of risk in just doing sport and not having anything to backup and unfortunately now days, well fortunately education is one of the most important things a person can have to progress in their careers and progress after sport as well so it not only gives you a balance while you’re actually doing your sport it gives you something else to do, something to switch off on so that you can actually come back to your sport, so what you’re actually doing in sport is more quality instead of just quantity but also it gives you longevity in your life, it gives you something to fall back on and something to continue on when your Olympic journey or your sports journey is actually finished.

The Olympics is a place where everybody feels like a rock star, the Olympics is such a significant event in the sporting calendar every four years but, you get treated like a rock star I guess outside of the village but once you’re in the village it’s very humbling. Because everybody in the village is excellent at what they do – everyone there is at the top of their sport so you’re just really somebody who came from a normal upbringing who trained very, very hard, who was committed to their sport, who loved their sport who had great support around them and just did what they were supposed to do, what they loved doing and got to the Olympic games which is the highest level so in a sense, you do feel like a bit of a rock star but that’s really only outside the village once you get in it’s a level playing field, you’re leveled off, everybody’s just like you.

Any team that gets to the Olympics, any team that goes to the Olympics is incredible. This year’s judo team is a lot smaller than a lot of other years because the selection process has changed, and we only got five through instead of 10 or 12 or 14 in previous years, but you know what they’re incredible athletes, they’ve trained incredibly hard, they deserve to be where they are, and I wish them all the success in the world. Whether that’s winning medals, winning one fight, whether that’s just getting to the Olympics, whatever that is I wish them all the success and I really, really hope that they come back very, very fulfilled and satisfied athletes.