Novie Craven ([00:00](https://www.rev.com/transcript-editor/shared/04F3F_bsvcpQoKRgW_VTNIVROrA8AOCP0eRX5QXW4RzHUTzzDOT9aYBLx6hACwVbYDVsodXY1GMS7AwLdav38_kxlO0?loadFrom=DocumentDeeplink&ts=0.39)):

You are listening to the Inclusion Revolution Radio. I'm your podcast host, Novie Craven. I'm a Special Olympics DC athlete, and a Special Olympics international employee. On this podcast I interview athletes, partners, and [inaudible 00:00:17], employees and supporters of Special Olympics. This podcast is for anyone and everyone who's interested in Special Olympics, in the work that we do. New episodes will air every other Friday at 10:00 AM Eastern Standard Time, anywhere you get your podcast.

Novie Craven ([00:30](https://www.rev.com/transcript-editor/shared/PcqfgrIczN9jVidlgxaxR11tGnw0Or3LT5qs5F2wrWaqSXUeoqScmDQgy0bGpw44ZnP6Mo7GYvVWiCiXBbPcOPV5eg8?loadFrom=DocumentDeeplink&ts=30)):

[00:00:30] Happy 2024 everyone. We're excited to bring you a brand new season of Inclusion Revolution Radio podcast. My name is Novie Craven. I'm your host for today's episode. Today, I'm thrilled, we have a truly inspiring individual on our show, Matthew Brough. He's a remarkable 21-year-old Special Olympics Great Britain athlete, York, England. Not only has [00:01:00] he achieved level one tennis coaching certification, but has also earned the title of York Sports Young Disability Sportsperson of the Year in both 2019 and 2022. Matthew's passion for tennis goes beyond personal success and he dedicates his time to assist young people and adults with special needs in learning sport. His journey included an amazing performance [00:01:30] last year's World Games in Berlin, where he won the gold in men's single and bronze in the mixed doubles. Thank you so much for joining us today, Matthew. Welcome to the Inclusion Revolution Radio podcast.

Matthew Brough ([01:41](https://www.rev.com/transcript-editor/shared/TNdrm3y3dVFgGc305yamKi2yoD3o561dIZzEGyqD9bbAWBmuQQM8gGKEVoh9paqBFci9pifjjYmAMRYwx2HItIEngU0?loadFrom=DocumentDeeplink&ts=101.07)):

Hi, Novie. Thank you so much for having me on your show. Absolutely excited to be here.

Novie Craven ([01:52](https://www.rev.com/transcript-editor/shared/FY87JxmoNmAVUHwx_pBSXMZbeVGDkiGSI_BkMAcXZHhrWUPExjBXdrOaFWz0GmR7mm-x4s6lQsurfjEfvbOTJAmk-Cs?loadFrom=DocumentDeeplink&ts=112.2)):

Now I'm going to ask you some questions. Can you share with our listeners a bit about yourself [00:02:00] and how your journey as a Special Olympics Great Britain athlete?

Matthew Brough ([02:03](https://www.rev.com/transcript-editor/shared/QfPyvgVq5Qsya51Yp8qtFWlHEt68d79kC0BjND_zItsN8V_7w_U7IZ_aKKKnlYfdkVX_Y-3KAEZg8gGzEgpFgMbWtGU?loadFrom=DocumentDeeplink&ts=123.15)):

Yeah, of course. So it all started from when I was very little, that I first of all started playing a lot of mainstream sports with football, I played, which is soccer. I played cricket actually, and another bit I played, I actually played judo when I was a little bit younger. And I didn't really follow instructions because, at the [00:02:30] time, they didn't really understand disability sports, so I found it a little bit hard to play sports that were team sports with soccer. Then a few, I think I was about 12, my mom applied for this... She found this on social media. She found a tennis group of training with special needs and it was part of [00:03:00] Special Olympics City of York. And I gave it a go to see what it was like, and at first I wasn't really that great. The tennis ball kept going over the roof and at first I didn't really understand the sport then.

Matthew Brough ([03:16](https://www.rev.com/transcript-editor/shared/M-ZbGLYScvUxMBKDLqGay-Q-BVudVQIUrxLyn6tNcN8KllyIBaBm2Db1dczIEv4ffUAY_SDM2xLt5vXDu0h0t0LniRg?loadFrom=DocumentDeeplink&ts=196.71)):

But I think as I got a lot older, I got into it more. When I was 15, I competed in the Special Olympics National Games, which [00:03:30] was in Sheffield in 2017, and I was 15 at the time, and that was my first Olympics away from my family. And at first I was very nervous because it was the first time I've traveled independently for 15 years. When I competed in there, I won my first ever bronze medal in singles, and then I won gold with my doubles partner, Laura, who's also from York. And [00:04:00] that was how it started, really, how I got into tennis, because just from winning those medals gave me a bit of confidence from when I left school, and then I wanted to achieve something that was tennis. And it's been great, tennis, it's definitely given me lots of confidence from just playing the best great sport in the world.

Novie Craven ([04:23](https://www.rev.com/transcript-editor/shared/4NPwkskqC1jRNGHml1F0H9QAjCI-KDgoH2VFUGcz48lnkoiK3TEKp76Q5aqQm0-b12cl8DI4c_DHDHK0ye1pM8cQ5tY?loadFrom=DocumentDeeplink&ts=263.85)):

Who or what first inspired you to start playing tennis at a young age?

Matthew Brough ([04:29](https://www.rev.com/transcript-editor/shared/JLMNk8cTtSEH__CTLHf5DukMTQ5oq9WnBIyVvJdYy0iENpS0DK8hN0d_TnNto0O5F6w2EHUm4qwYLgqXi-BccQia_1M?loadFrom=DocumentDeeplink&ts=269.07)):

What inspired me? I [00:04:30] think my family was one of the reasons because they want the best of their child. I never thought I was going to be a special Olympian world athlete from just playing tennis because, in my hometown, they don't really know what Special Olympics is. So I'm trying to inspire the people who have special needs and get them to do something that they love. For me, it was tennis, if they could be [00:05:00] completely different for some others. And I think what most inspired me was just to keep trying and give tennis a go and see where it could lead to and where it's led to recently was probably the best summer of my entire life because, honestly, I never thought I would get to experience the opening ceremony and competing from, representing Great Britain, and to [00:05:30] make some good experience, make some good memories, memories of a lifetime. And anything can happen if you set your mind to it, it's all about mindset. And yeah, I think just the whole experience of tennis has brought so many opportunities.

Novie Craven ([05:51](https://www.rev.com/transcript-editor/shared/VQ_WFL1eQfuhQ-ciKdmhstvBRdVN-vpmRHX3cbQbmrrTQfYYrn_9BhbPnOEpB9GmxKtHEAlT_L5kJRv0gaQpWt2Fv3M?loadFrom=DocumentDeeplink&ts=351.84)):

Winning the York Sports Young Disability Sportsperson of the year twice is an incredible achievement. How did these awards [00:06:00] impact your motivation and involvement in sports?

Matthew Brough ([06:05](https://www.rev.com/transcript-editor/shared/DiU0oHTRJ9lKJrTByg38yhupJd-RfF4Lukk5YgzjAySkcFXLYl_FEA0cw8GoN1iO5UjgJVWkDrmJxRyIpRfu2t2WJRQ?loadFrom=DocumentDeeplink&ts=365.79)):

So I actually got nominated in 2018 for the Active York Sports Awards, but that time I didn't win that, someone else won it, so I was gutted not winning that for my first time. So then I thought, "Oh, you know what? I'll try my best for next year to [00:06:30] try and get nominated." I got nominated again in 2019, which was my second nomination, then that time I won the award and I was very happy, and at the same time, just shocked because when they say your name and an award, you just can't believe it, can't you? And it's like, "Oh my gosh, I won an award. This could lead to so many opportunities." [00:07:00] And then three years ago, because of COVID and lockdown, the awards was back in 2022, that was the second time I won an award as well. And funny enough, the presenter asked me, "What's next for you?" And my answer was to compete in the World Games in Berlin, and [00:07:30] that's happened. And it just shows you, with much determination in the sport that you love, can lead to so many great opportunities in life.

Novie Craven ([07:43](https://www.rev.com/transcript-editor/shared/23eVqw3w1G4KGSjMbj0pYDX4Ol4sIeQGg7o3livgU_BsmFgjP-4LzTYwDT53BEeQalGjuRh6t7g5nEH-OQK1HDzKJ8k?loadFrom=DocumentDeeplink&ts=463.26)):

Yes, absolutely. You competed in level one tennis coaching. What inspired you to pursue coaching and how does it feel to help young people and adults with intellectual disabilities learn to play tennis?

Matthew Brough ([07:58](https://www.rev.com/transcript-editor/shared/7rBR4_A9UsN5UIFHeiF32H8zsU0WJIzJBgA4dWGEpvkNQ8AOi1F4q5wvQ40rYPXnvPnWHgemm5_893M-_6ZwCu4qfEw?loadFrom=DocumentDeeplink&ts=478.74)):

Yeah, good question. [00:08:00] So I think it started with one of my coaches that told me to give level one coaching a try and qualify as a level one coach, because that just means that you're a coaching assistant, but someone's leading the coaching. So recently, I've been coaching people that have learning disabilities that go to a special needs school. [00:08:30] And sometimes, on the odd day, they go to a tennis event, like a tennis training event, to give it a go and give them some experience and social experience, to get confident about themselves and see what they enjoy. It might be tennis or it might be something else. And I think, because most of the people that have special needs know me very well, that they [00:09:00] just enjoy having a rally with me in tennis, just hitting it back to each other. And that makes me smile because I have learning disabilities too, and to help someone else with a learning disability, it makes me smile. It makes me feel like I've accomplished my coaching experience with them to help as many people as I can.

Novie Craven ([09:27](https://www.rev.com/transcript-editor/shared/9CWC5JqS9X2P73x-lEu8ECdokFEgTl4RpibNJoY9wky01hAT4NL3Abd_ikF4I2jAcyB_-okOEvtuRG7wkXDa1QmzlyI?loadFrom=DocumentDeeplink&ts=567.33)):

What was your training routine like taking part [00:09:30] in Berlin World Games?

Matthew Brough ([09:33](https://www.rev.com/transcript-editor/shared/AaakFrKkyFnwb6E3cFW9ZIqDHmkf79uHN51FLivRzk-TbKzINFyhD62fcHd4MOlS0qHYnof1gSmo_7VE1DbYrMtwhak?loadFrom=DocumentDeeplink&ts=573.66)):

Yeah, so I think we only had the one or two training sessions in Berlin, so we had a court to ourselves, and we was actually next to the Special Olympics USA team. So I got to meet the likes of Loretta, who was there next to us, and she was talking to us, GB, [00:10:00] and saying that she's been playing for a long time at the Special Olympics, since 1969, I think she said, because she played tennis too, I was quite excited to meet her.

Novie Craven ([10:17](https://www.rev.com/transcript-editor/shared/Frcmb5VCmm40-AiD-bOGRH-MEwycm5XgXTzKGzFOzf7suiUBZH31NPbzE48pVWUhHlHLnKmFtvldzB5aTca9qLiV0bA?loadFrom=DocumentDeeplink&ts=617.88)):

Nice.

Matthew Brough ([10:18](https://www.rev.com/transcript-editor/shared/JT2pMtVLD01XNGKLmBXSsO-l0sUSdeN9KotkMMu_FWuFTLrdF5JejQcNxf4_Re8xcJz4F3jcThgGzj-TA5yLWrVQWvI?loadFrom=DocumentDeeplink&ts=618.33)):

Yeah, it was good to meet the USA team.

Novie Craven ([10:20](https://www.rev.com/transcript-editor/shared/yANthlP_C8QobaPX_KiTJOPe8Tuh3FoDQp4txxLjyPVvaxN9BRZUwTN1M4Qx-BiJ0odYkmKKoXYOvgufxlKqKSlkGfk?loadFrom=DocumentDeeplink&ts=620.16)):

Having spoken to primary schools across England, following your success in Berlin, can you tell me what kind of message you shared to inspire your audience?

Matthew Brough ([10:30](https://www.rev.com/transcript-editor/shared/NGJDvANlMXl42fBiUMCQphX9CINBjPEsAic6oR0uIxNTdYFa-xwPNW9h2w2xSlvjNF74r2acI19mYhcgmXESwdwXihI?loadFrom=DocumentDeeplink&ts=630)):

[00:10:30] Of course. So I basically presented, it first started when I was still at college, when I was still a bit younger. It was in lockdown actually, because we had our Zoom sessions. And I thought to myself, why not I make a motivational speech, sorry, and see where it can go from? Because [00:11:00] something I'm quite passionate about, because I struggled at school a bit, just because of my learning disabilities, I found it hard to make friends there. And I was at a mainstream school, so I didn't really felt like I fitted in properly.

Matthew Brough ([11:18](https://www.rev.com/transcript-editor/shared/6seYV2Ga9frNQwa2_nE-UA6-kmuX-SwkkeWuzsXgG7W1ZWpbVQAueaWIiapaf1tdBiiSNci6xorCJXdLfGqbDYOJ9nY?loadFrom=DocumentDeeplink&ts=678.48)):

So from coming from that, I decided that two years later, I think I'll make a motivational speech for disability rights, and [00:11:30] I've been telling them my story about from school to where I am now and use that to a lot of primary schools in England and see where that can go. But actually, because my auntie's a headteacher at one of the schools that I went to, and lots of kids came up to me and just said to me, "I'm [00:12:00] glad that I'm not the only one that's alone," and when someone says that to you, it just makes your day feel a lot more better, because I'm educating the kids that having a disability doesn't stop you from achieving so many opportunities in life. You can still do the things that people without a disability can do.

Matthew Brough ([12:27](https://www.rev.com/transcript-editor/shared/5xCWFm9Q3Qc4rM0vLfbsWJsUfnTdQQ7xaLEpYCW4eb-eEv8b98EuGwEwk9Y1Ea1cqABTDtQypVQfnKq7Ih6ED9EfSUI?loadFrom=DocumentDeeplink&ts=747.27)):

And so I'm getting that message [00:12:30] out, and I even tell my work colleagues as well, "You can achieve anything you set your mind to," because I work at a cafe that have learning disabilities. So I want to inspire lots of people to achieve their dreams, basically. And yeah, I still have dreams after Berlin, I'm hoping to make a documentary [00:13:00] with the team that are from United Response, that's where I am now, currently. And I want to share my story, not just in England, but in the USA as well.

Novie Craven ([13:18](https://www.rev.com/transcript-editor/shared/VRJ0J7whXi9IXZ-jMmfj_g99GYYe8TIMoM0-pS8I_6fhtlUn6b1QmCwAkV1moUMKl4OdbhDn9-0G3TlB_o2W-sz3y5M?loadFrom=DocumentDeeplink&ts=798.27)):

You have accomplished so much. What is your next goal as both an athlete and a coach?

Matthew Brough ([13:22](https://www.rev.com/transcript-editor/shared/RVK1ylClTcAwhKyN4ALu4CyKecWwbWe3f6_nIgCLlecVz7sROwzkOizfFvShI2HZUlWRNFtpeZ4mF9sctyJH88KAfDQ?loadFrom=DocumentDeeplink&ts=802.35)):

So I think my next goal is to, well, I think because there's this tournament [00:13:30] that I'm going to be doing in Leeds, and if you come first or second, you get a chance to play at Wimbledon. And I've been to Wimbledon, I went to Wimbledon last year, saw Novak Djokovic play Alcaraz, and it's a beautiful facility there. And with the right mindset and everything, you never know. [00:14:00] You just got to try your best to come first or second, and you get that opportunity to play Wimbledon, and to even try to get the chance to qualify for that, it's amazing. But I think my second goal would be trying to be a motivational speaker around the UK and everywhere else to try and get a story out there, and [00:14:30] plan that documentary about myself and inspire so many athletes and any other people around the world that that can think, "If he can do it, I can do it."

Novie Craven ([14:46](https://www.rev.com/transcript-editor/shared/uNpXL_HUU8frmh5-Qao8giviwRws5MY_cAII41nHotioI6g6Z_29I2l1OW6RRCSK_GdX7RSsB1nHrG5mM7pTLUx5NV4?loadFrom=DocumentDeeplink&ts=886.17)):

Exactly. A lot of people, when you talk about how Special Olympics has changed your life, and how Special Olympics can change anybody's life, it's definitely a way that you can express to people that don't know a lot about Special Olympics.

Matthew Brough ([15:00](https://www.rev.com/transcript-editor/shared/sxTJwOOF_0pIt9qYbXHXdYzDaatyeZ_ao9H7VHpmkVI3zhhcQ3Ybh4kqJIg480ZFGEvw2z1mXLDyDG6eav1JwSGSdrQ?loadFrom=DocumentDeeplink&ts=900)):

[00:15:00] Yeah, I know.

Novie Craven ([15:01](https://www.rev.com/transcript-editor/shared/zMszh4UvNDT6ZgQp2YCB9StQMUG26Whx4aX7Dzn3b_k56WshYDsWNXLr_52by_qe5bLJlxOCtLF7zDPGhRUS9BKRtHU?loadFrom=DocumentDeeplink&ts=901.32)):

So when I talk about Special Olympics, it's the same thing. People are like, "Special Olympics? What do you mean Special Olympics?" And I'm like, "Okay, this is how this is special, what Special Olympics is all about," and by the end of the conversation they're like, "Huh? And how do I get involved?" And so that definitely says a whole lot because people don't think about Special Olympics as a unified sport, but definitely there's a unified sport within Special Olympics.

Matthew Brough ([15:29](https://www.rev.com/transcript-editor/shared/maxeu3EYkrqIXCYlH7EAiJ9ge8BWlezmUwEvi4AObsN4pFginL8ooYZNbD_r189p_cdQFALUqL0lau-tlVOm3EONoCU?loadFrom=DocumentDeeplink&ts=929.07)):

Absolutely.

Novie Craven ([15:30](https://www.rev.com/transcript-editor/shared/x1k3RFvOt5RFrlWkYiiXjjGicMmiXAz1EvthbcMduI6cqzQ09ftR68Dnlacgsbg5JphG8ppPToS-8xY1JVu2wL3EVOU?loadFrom=DocumentDeeplink&ts=930)):

[00:15:30] How has being a Special Olympics athlete and coach influenced your personal growth and outlook on life?

Matthew Brough ([15:39](https://www.rev.com/transcript-editor/shared/Q4ctIGI-qoAfBcKP9JC-0244QHCIrD3ZLlPCET6hStKarf6CtLVECVHj2FKjNCnS4kcMnx6srjEEOcEVSC2NPjtGIe4?loadFrom=DocumentDeeplink&ts=939.84)):

Good question. Yeah, definitely, so being part of a team, a Special Olympics team, it's like a family, isn't it? And you're with so many athletes around you that you feel like you're not alone and that you can talk to someone and [00:16:00] you're like a team together. And it's definitely helped me be a bit more like growth, I feel like I've grown up since I've been a part of Special Olympics. Because I think without it, I'm not sure if I'd be where I am right now.

Novie Craven ([16:23](https://www.rev.com/transcript-editor/shared/efJ49lJTj1INqz9HwcMooMAJVomeV0yUbRGE-8SWgRhwlIckoqk8qazYWmU_4875EGf95g0PTAEilw1un94upkJ9tTg?loadFrom=DocumentDeeplink&ts=983.16)):

Same thing. Same thing, right? I'm right there with you.

Matthew Brough ([16:27](https://www.rev.com/transcript-editor/shared/2fOQlN35nWq6z8VBMybMLzMuT7qX1epGob89furgGSWEZG9xDWcusS-IQbppREbKPjZfuHknqnwc3zr2t5N2J_5e1PU?loadFrom=DocumentDeeplink&ts=987.51)):

I definitely wouldn't know where I'd be. And [00:16:30] my parents have been so encouraging to me that they want me to be happy, and I feel like accomplishing, especially being part of the GB and the world, that it has definitely brought my confidence up to a higher level. And I'm literally, because I used to be really shy, and now I'm a bit of a social butterfly now, I can't even stop talking if I talk about Special Olympics, [00:17:00] I get too excited.

Novie Craven ([17:01](https://www.rev.com/transcript-editor/shared/2Qx5sS8ZmZ90o3oLI7zf9kPDhH0DvQ-EmUrObzlIFFvMSaaWRcQ4C4Nur6ip1HwvOhZO7lkePbIsQLwM-FQNYov14YU?loadFrom=DocumentDeeplink&ts=1021.8)):

Same thing here. Same thing here. Definitely.

Matthew Brough ([17:02](https://www.rev.com/transcript-editor/shared/WPSzXHsjCEQkncAiynvQCUxTZ9BhUq9RE1QWlBwg3QDOaLrlnu43ympkM9tF00vawvpy6F1QvnJi-U64sTeJtHbAiVw?loadFrom=DocumentDeeplink&ts=1022.73)):

I even talk about-

Novie Craven ([17:06](https://www.rev.com/transcript-editor/shared/p9Aa01xBHxo89zxG25ABpkOz0FdVRpmaG1jGQHYLkySW4zAKYMwdcmoOCcEpyXRWBlU50EQYGtRd46MUEzGk_9XyZHM?loadFrom=DocumentDeeplink&ts=1026.45)):

I'm a person, if you meet me, I will talk your ear off. But when you talk about Special Olympics, I can tell you about everything about the Olympics, definitely. This is a whole lot because a lot of people are shy when they meet me and they're like, by the time they're in the competition, they're like, "My, my. You're very outgoing," but definitely amazing. And what advice can you give to athletes that you have [00:17:30] coached in terms of competing at the highest level?

Matthew Brough ([17:34](https://www.rev.com/transcript-editor/shared/ivV7QKsb3fPywuWBFEMayxeZ96Z74IOfB7XDthyn4lZxvQ_GroAqPg1InzFacgMu9KXTUu0k9yjDnLpuau2nVShrAmg?loadFrom=DocumentDeeplink&ts=1054.23)):

So what would I give my advice to the players?

Novie Craven ([17:38](https://www.rev.com/transcript-editor/shared/Wd8nkRbah8x0n0ukJnP2Gb3z8eXfHf6fGHf8VDmH-R_BmLIEenwUNacbFUlXuclzEQEntycIZkVomK0ZPThPkpdes8w?loadFrom=DocumentDeeplink&ts=1058.1)):

Players, athletes.

Matthew Brough ([17:39](https://www.rev.com/transcript-editor/shared/j7Ze-nqTRcVYAmsiEMnO4aA2ye4NGa4d8--BTShMMLHbK3hPxPyOPzPFierUUUIEQoILHeUU2PqNq-PYxOWxJRgLSvY?loadFrom=DocumentDeeplink&ts=1059.15)):

Yeah,

Novie Craven ([17:39](https://www.rev.com/transcript-editor/shared/1sQhQ0aOmn9Ox6VAp-3NQtRUPvb5a87jWr7b6HCeZuG_WVeD0wn3ON1JVYzFQBM9hiFdvg85ompDb5J75THJTdUbpNQ?loadFrom=DocumentDeeplink&ts=1059.54)):

That you have coached.

Matthew Brough ([17:44](https://www.rev.com/transcript-editor/shared/rVGF0SBuHBd38duL7B4jIMzKq6Ohok48q5vmxzTrJ1B8rqmDakc4RtjKVf_LaAbYuSaK9pd_wVNhtsssVFoorMB5KxM?loadFrom=DocumentDeeplink&ts=1064.88)):

I think my advice would be dream impossible, as me and my mom always say to each other. So it's like you can do anything that you set your mind to and where [00:18:00] you want to go. And if tennis is the right direction for you, do something like go to these tournaments, get your name heard, get your voice heard, and it can lead you to so many excellent paths. It could even lead you to Olympics, or Paralympics, or even Special Olympics, because these are opportunities of a lifetime, I think. And when you feel like [00:18:30] you've dreamt the impossible, you just think to yourself, "I've done it. I've achieved what I wanted to do. Now I've got other things to plan," and my players, I just think, go with your gut and do what makes you happy.

Novie Craven ([18:48](https://www.rev.com/transcript-editor/shared/TTWmN889EENiNblZAQLs4h-1bL8fNBUBF2eG98a4ewy0qY0fwcRGicBsAvpawBQFe9jEAJbfhoKotRSakSXOeOWf2pk?loadFrom=DocumentDeeplink&ts=1128.06)):

Matthew, can you tell us what inclusion means to you?

Matthew Brough ([18:52](https://www.rev.com/transcript-editor/shared/_GEYiIoSgIywqHFLTAMn6i9ZBzdgx_rCHGtdwKpZnj7uxmNVa69793d7tRhxX8XVZcs8DDrthUIZmb_OyfxiyqhMHiE?loadFrom=DocumentDeeplink&ts=1132.98)):

Yes, I can. Yeah. I think for me, inclusion is accepting people's differences [00:19:00] and letting them be a part of anything that they enjoy, like sports, let them be included by sports. I think, because I've been part of a disability sports, I think now that if someone that has a disability, they can go to a mainstream sports. It doesn't [00:19:30] matter. It doesn't matter if they're different. Everyone's different in their own way. Because the world would be boring if it was different, right?

Novie Craven ([19:40](https://www.rev.com/transcript-editor/shared/v_KzIi50-YhXY_kaXBA6DZsofbXB_dgLoodFEgAufANPMf8gRhuQaQlZ4iezLD7uJWAa1-n2KW34X4qqpytA9Y19vFE?loadFrom=DocumentDeeplink&ts=1180.38)):

Thank you, Matthew for joining today's episode of Inclusion Revolution Radio podcast. Your journey as Special Olympics Great Britain athlete and coach is truly inspiring and we appreciate you sharing your experience with our listeners.

Novie Craven ([19:52](https://www.rev.com/transcript-editor/shared/PdbUb0g89LOIf2nbo4wITRrII86nsZHkLXTWL-ghZmHB3uRA0Bt3Xxc5Lu4OhJaP-X-phuCzXd7oryKSDVKsbXndH24?loadFrom=DocumentDeeplink&ts=1192.77)):

Thank you for listening to Inclusion Revolution Radio. Don't forget to subscribe. Tune in again in two [00:20:00] weeks for a new episode.