

The only way is up for Alumni David Down

On Wednesday 6th November, a former Denbigh student, David Down, delivered a Q+A session with our talented sports students, a group set up by Mr Bunney. David competed in the GB Judo Junior Squad whilst at Denbigh and was therefore able to provide excellent advice to our students about managing workload alongside training commitments and competition.

Since leaving Denbigh in 2008, the only way has been up for David Down. He achieved a triple distinction in Sport Science from MK College, which then enabled him to study Sports Therapy at the University of Hertfordshire. After graduating, he was employed as a Sports Therapist by the MK Dons, working alongside the first team. During this time, David also worked part-time at a local physiotherapy practice whilst beginning to set up what were the beginnings of his current practice. Starting with just a couple of clients a week, a Facebook page and a few business cards, David gradually started to build his company, David Down Sports Therapy, based in Wolverton.

David provided valuable advice to our students with regards to injury prevention and the importance of a warm-up. The students were very engaged throughout the whole session and related very well to David.

