



INCLUSION CHAMPION

Aliyah Zaranyika

AGE: 22

STARTED PLAYING: 2011 (aged 10)

BASED AT: Saracens Mavericks, London

PAYING IT FORWARD

Aliyah is passionate about being a force for change in the sphere of equality, diversity and inclusion with a focus on the impact of intersectionality. She loves working and connecting with neurodivergent children and is dedicated to spreading awareness about the impact of sport on neurodivergence and vice versa and promoting education about making netball and other sporting environments more inclusive and accessible to all.

TOP ADVICE

“ We may encounter many defeats, but we must not be defeated ”

MAYA ANGELOU



ABOUT ALIYAH

ROUTE INTO SPORT

Aliyah started playing netball at primary school and then joined her local club. She enjoyed playing because it was an emotional release and opportunity to socialise and meet new people in a structured environment. She was selected into the Mavericks u17s squad for a national tournament and progressed through age groups before breaking into the Super League in 2019. She was also selected into England u19s squad in 2019 and progressed into England Futures Programme for 2024/25.

BIGGEST CHALLENGES

She had numerous unsuccessful England trials at age group stage and took five attempts to break into the England pathway which knocked her confidence and self-belief.

After a long struggle with depression and anxiety, she was diagnosed with AuDHD in 2022 and still suffers with bouts of severe mental health difficulties which intensified after leaving the structure and routine provided in school.

ROLE MODEL

Her mum who Aliyah watched working so hard to achieve everything she does in the sphere of equality, diversity and inclusion sharing her knowledge and passion. She's always ready to listen and offer support and has helped Aliyah gain a better understanding of herself.