



The TEAM

STAFF PROFILES

Name: Chloe Lambert

Job Title: 5 x 60 Officer (Pencoed Comprehensive)

What does your job involve?

Providing young people with the opportunity to take part in physical activity, from football to surfing and netball to rock climbing. I organise activities to be run in the Comp, lunch time and after school, to encourage children to take part in physical activity 5 x 60 minutes a week (hence 5x60 officer!). I also organise Dragon Sports activities to be delivered into the primary schools around Bridgend to offer fun activities for the younger children to be involved in. It also involves a lot of running around so I am ALWAYS on the go!

How did you become involved with the Active Young People Department?

I got involved through a sports development officer who was placed at my school when I was 16, I volunteered as a coach delivering physical activity session around Bridgend and helping out with festivals, I then became a activity coach and leader and then further developed as a 5x60 officer.

Do you enjoy your job and why?

I thoroughly enjoy my job, it is great to see young people getting involved in physical activity and becoming physically and mentally fitter and healthier while having fun with their mates. Its brilliant to see sport developing and great to see how many opportunities the children have in regards to sport and physical activity.

Are ou interested or do you take part in any sports outside of work?

.I swim quite a lot during the week after work and enjoy going to the gym. I used to play rugby for Bridgend Athletic but recently gave up due to only being 5ft 2, just as light, and playing against rather larger women! I am also addicted to the Wii fit which should be classed as a sport as it is very hard work!!!

What are your hobbies or interests outside of sport?

I enjoy socialising with my friends going for meals and watching the latest films in the cinema. I also enjoy taking the dog for long walks and dancing on the weekend.

Who is your favourite sports person past or present and why?

Well it has to be a British or Welsh sports person of course at the moment I think Tom Daily (diver) for such a young person to become a world champ in his sport at 15 years I think is inspirational and he is doing excellent, keep it up Tom. Also Mike Phillips- (not just for his looks) well maybe a little bit but I also think he is an asset to the Welsh rugby team, a very skilful player.

What are you aspirations for the future?

For the moment just to establish myself as a 5x60 officer and to get involved with the department as a new member to learn as much as I can and hopefully develop my role within the department.

An interesting fact about me is:

I can get very hyperactive on times and do not tend to stop talking!!! I look about 16 but I am actually 21. I won the Welsh Championships for gymnastics at the age of 14, I then went on to play rugby for South Wales and Bridgend Athletic. I have also toured America with the Welsh schools netball at the age of 16 where I played in, Boston, New York, Chicago etc.