



# The TEAM

## STAFF PROFILES

**Name:** Daniel Griffiths

**Job Title:** 5 x 60 Officer

**What does your job involve?**

*Creating opportunities for young people to try new things and become active. Not only does this help children maintain a healthy and active lifestyle, but also provide opportunities to participate and most importantly enjoy new activities. Have some fun!!*

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

*After being stuck in an office desk job I decided to follow my passion for sport, and pursue a career I would enjoy. I heard about the 5 x 60 programme and liked the idea of trying all the different exciting activities myself, as well as enabling children to have a go!*

**Do you enjoy your job and why?**

*I'm still pretty new to the post, but I have to say I'm enjoying the new challenges. We work in a very fast paced environment, with numerous events to organise and people to contact. At the moment learning my new role it's very much a sink or swim feeling, but I'm sure it will get easier!!*

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

*My life since the age of 9 has always been focussed around rugby. After leaving University I joined Newport and the Gwent Dragons where I was a professional Rugby player for three seasons and I also played in France for Bayonne. I am still at Newport now as a Semi Professional, my sixth season, and have set a club record scoring over 1200 points for the club so far. Hopefully there are many more to come.*

**What are your hobbies or interests outside of sport?**

*The last few years have been spent painting and decorating, but that's definitely not my favourite pastime! I love to travel, and wish I had more time and money to allow me to see more of the world. My brother lives in Sydney, which is my favourite destination, and I really look forward to visiting him again, Australia is an amazing place. I also like to spend time with my fiancée Victoria walking our dog, it's a maniac and always amuses us.*

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

*Past is an easy one, Phil Bennett. Not only was he a fantastic rugby player for my home town of Llanelli, Wales and the British Lions, he is also a gentleman who has time for everyone. A great example for any aspiring youngster. I also admire Shane Williams, who does some unbelievable things on a rugby field.*

**What are your aspirations for the future?**

*Pretty simple really, just to be successful at what I do and enjoy myself. You have to enjoy life, you only get one.*

**An interesting fact about me is:**

*Like many rugby players I have all sorts of funny superstitions before I play. I always try and keep a similar routine, eat the same breakfast, wear the same kit. I also tie my laces in a strange way, which the boys always find bizarre. My habits are not as bad as some of my team mates lucky pants, some of them are years old barely nothing left, shocking!*