



The TEAM

STAFF PROFILES

Name: Jane Thomas

Job Title: Active Young People Manager

What does your job involve?

I manage and look after the Active Young People Department and help our team to deliver 'Active Young People' Programmes. I help clubs and associations get money for development projects and write funding applications for community projects. I promote our team and its programmes via the website and newsletters and work with people from other organisations like Youth Services, the Arts Department, Local Authorities and the Sports Council for Wales.

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

Over 14 years ago was appointed as a student Sports Development Officer for summer work experience. Following this I then got the job as Sports Development Officer which meant I was developing all sports throughout Bridgend, Maesteg, Porthcawl, Ogmere and the Garw Valley. Over the last few years my job has changed from a 'one fits all' officer to supervising a collection of sports specific officers within a unit. We've increased and improved again, changed our name to Active Young People Department and I now manage 14 officers and many more (and different) programmes and projects.

Do you enjoy your job and why?

I thoroughly enjoy my job for a number of reasons. Its influential, inspiring and challenging. Every day is different to the next. I work with an extremely motivated and enthusiastic department and collectively we make a real difference, whether it's helping to build & design new facilities or encouraging people to be more healthy. It's a very challenging but rewarding job and I feel fortunate to have it.

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

I coach gymnastics twice a week and am passionate about the sport and its benefits. I enjoy running at lunch times to keep fit and I enjoy challenging myself every so often. This year I trained for and took part in the Porthcawl 'Tusca' Triathlon, which meant undertaking a 10 week swimming and cycling training programme, something I haven't done before. It was extremely hard but rewarding. I'm now thinking of another challenge for next year.

What are your hobbies or interests outside of sport?

I love spending time with my children.

I have a motorbike (Honda Shadow 750cc) and loving riding to the coast and back when I get the chance. I also enjoy photography.

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

My favourite sports person of my childhood was Daley Thompson. I remember being inspired by his all round ability. He was brilliant. A more recent inspiration is Nicole Cooke, Olympic Gold medallist and World Champion. She has shown through sheer dedication and hard work that a female can become a professional in a male dominated sport and succeed to the highest of levels. She truly is an inspiration and continues to be so.

What are you aspirations for the future?

I aspire to be a fit and healthy role model for my son (2 yrs) and my daughter (17 yrs). I would like to stay 'running fit' and still be able to run 10k and half marathons for the next 30 years at least. I aspire to be a similar size and weight over the next 30 years and for how ever long I live I would like to be riding my motorbike

An interesting fact about me is:

I used to be Butlins Red Coat, a Pontins Blue Coat and for those who don't know about these things – a Warners Green Coat!