



# The TEAM

## STAFF PROFILES

**Name:** Lloyd Canham

**Job Title:** 5 x 60 Officer Cynffig Comprehensive School

**What does your job involve?**

*I am responsible for helping to encourage young people to take part in sport and physical activity on a frequent basis in and around the Kenfig Hill area of Bridgend. I am based in Cynffig Comprehensive School and am in charge of the school's extra curricular sport. My job involves creating opportunities for young people to try new and exciting activities and to help encourage them to lead healthy lifestyles. I am responsible for recruiting volunteers who will help me run the programme. My volunteers range from senior pupils to parents.*

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

*I first became involved with the Active Young People Department as a volunteer helping to run Summer Camps and extra curricular 5 x 60 sessions. I then applied for the job as a Sports Coach and worked with the department covering 5 x 60 sessions both at Bryntirion and at Brynteg Comprehensive Schools. This gave me a really good insight into what being a 5 x 60 Officer is all about which eventually led to me applying for this job.*

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

*I love my job as a 5 x 60 Officer. I get a great deal of satisfaction from working with young people and seeing what they are able to achieve thanks to opportunities provided by myself and my colleagues at the Active Young People Department.*

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

*I used to compete for Wales in Cycling and still regularly go out for a long ride on my bike be it road or mountain biking. I also enjoy surfing and love heading down to the beach for a BBQ and a surf at weekends. I enjoy all sports really with another two of my favourites being Basketball and Rugby.*

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

*I love spending time with my friends relaxing and having a laugh. I also enjoy going to the cinema. I enjoy travelling and spent this summer travelling around Europe. I love travelling and next year plan on going to Australia.*

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

*Being a bit of a cycling enthusiast, my favourite and most inspirational sports person would have to be Lance Armstrong. He not only survived testicular cancer but came back fighting and as strong as ever and over his career has won the Tour De France 7 times. There are two Lance Armstrong quotes that really inspire me;*

*"Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever."*

*"Two things scare me. The first is getting hurt. But that's not nearly as scary as the second, which is losing."*

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

*I would love to race in the Tour De France but coming back down to earth, I would like to develop my career in the Sports Development field. I would also like to work in the Police Force one day.*

**An interesting fact about me is:**

*Me and a friend once applied for the 'X Factor' but unfortunately didn't get ourselves a contract with Mr Cowell!!*