



# The TEAM

## STAFF PROFILES

**Name:** Sara Nicholes

**Job Title:** URDD Sports Development Officer and Welsh language Active Young People Department Officer

**What does your job involve?**

*I am responsible for the development and accreditation of Welsh speaking young people in the Bridgend Borough. I work closely alongside the new Welsh medium Comprehensive School in Llangynwyd and the four Welsh medium primary schools based around Bridgend organising Welsh speaking after school clubs and holiday clubs. I am also responsible for up skilling and developing Welsh speaking coaches and volunteers to ensure long term sustainability of Welsh medium extra curricular clubs in and around Bridgend.*

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

*I used to work for the Sports Development Unit at UWIC and then decided to take time out and go travelling. When I returned I searched for jobs that would get me back involved with Sports Development and came across an advert for the Active Young People Department in Bridgend. I worked as a 5 x 60 Officer in Bridgend for 2 years before getting involved in Welsh language sport. I very much enjoy working for Bridgend County Council and having worked for a large private organisation with a small department, prefer working with and being part of a larger team.*

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

*I enjoy my job very much and love the challenges it faces me. I have always enjoyed working with children and being able to change children's attitudes towards sports and physical activity is a highly rewarding job. Seeing children enjoy and appreciate the activities you put on for them makes it all worth while. I am also very passionate about the Welsh language and its development which is why I enjoy my job so much.*

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

*I used to compete in athletics for Wales and used to enjoy playing both hockey and netball at County level. I gave up competitive sport when I left university but enjoy training at the gym and am currently training for the Cardiff Half Marathon.*

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

*I like going to the gym, going to the cinema, going surfing at weekends and spending time with my friends and family. I love the weekends whereby I can kick back and relax for a few days. I love travelling and did a Round the World trip in 2007. I spent this summer travelling around Europe and loved every minute of it. I am keen to see more of the world and am planning on going back to Australia next summer.*

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

*Growing up in Mid Wales, you didn't experience much live sport apart from what you saw on the TV. My mum's a big Man Utd fan and since a child, Ryan Giggs has stood out as a role model for me. He's had a long outstanding career with Man Utd and with Welsh caps and has always been someone who has inspired me.*

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

*I am currently studying a PGCE at Bryntirion Comprehensive School to deepen my knowledge and understanding of School Sport and PE. I would very much like to stay involved in sport and working alongside children as I find it a really rewarding job. I am Welsh speaking and would like to help develop sport through the medium of Welsh so that all children are open to the same opportunities. I also fell in love with Australia last year and would someday like to go back and work over there. I would love to get involved with Sports Development 'Down Under'!*

**An interesting fact about me is:**

*I won a Gold medal for Wales at the National Athletics Championships when I was 16 years old.*