

# Case Study

## Sport RCT Volunteers – Dion and Conor

### *Dion*

Dion completed an undergraduate degree at the University of South Wales and found himself with some spare time after graduating. He decided to use this time to volunteer with us. He started by signing up on our website. One of our officers met with him and offered him an opportunity at a local football club. Llanharry & Bryncae FC were desperately looking for coaches to support their mini and junior teams. Dion met the club, completed his DBS and started volunteering.

After observing his commitment with the club we were keen to offer him more opportunities. We were delivering an FAW Trust programme in his local area, called 'Huddle'. Dion received training and agreed to deliver the Huddle sessions every Friday. The feedback we received from parents/guardians was very positive. They commented that Dion was extremely friendly and catered for all the girl's needs, making sessions inclusive and fun. Due to his outstanding commitment we have agreed to support Dion with some coach education and he will soon complete his C Licence qualification.

### *Conor*

Conor is currently studying Sports Coaching & Development at the University of South Wales. As part of our partnership with the University we deliver training each year to students. During one of these practical sessions our team were impressed with Conor and encouraged him to engage with us. Conor signed up to our volunteer scheme using our website and was deployed straight away into Llanhari Primary School where the school required a multi sports coach to deliver an after school club. Conor showed great enthusiasm and took an interest in further opportunities.

Conor was offered the chance to get involved in the FAW Trust 'Huddle' programme. He accepted and committed to deliver the sessions each week. Feedback from parents proved that he was approachable and friendly for the children and that he made all sessions inclusive and fun. Conor is keen to progress and he has now completed further FAW Trust training based around their new programme 'Footy Families'. He has also volunteered at Cwmlai Primary, delivering a mixed football session. To support his coach development we have paid for Dion to complete his C Licence qualification.

