

## SPORT

I have held a deep passion for sport since before I can remember, and it is this addiction that has given me such immense drive towards reaching my goal of studying sport at the highest level. I have known that my future lay in sport since before secondary school, and this has helped me focus and graft hard to give myself the opportunity to follow my dreams. This year I was voted as deputy head boy for the sixth form, elected by teachers and students this clearly shows that I am a well-respected and perceived as suitable to hold the position. In this role I have a plethora of responsibilities ranging from being a model student in all aspects from academic achievement to being a well-liked member of the year group.

I have a real interest in human biology which has helped me develop a great understanding of the human body. I am intrigued as to how the body works and how increased knowledge can allow us to improve phenomenally to the level where completing an ironman in under 9 hours is possible. After recently viewing the Ironman Wales I felt compelled to take on a real physical challenge and set out to compete in my first marathon on October the 9th in Chester, with just a month to train I decided to aim to break four hours which I successfully achieved, in the aftermath of this I now became truly fascinated as to how simply completing an ironman is humanly possible and now hold a great interest in how the body is capable of such endurance exploits.

My desire to work in the sporting industry has led to me taking on many roles around the local area. I gained valuable coaching experience at my local football club by helping to develop our under 16's squad in training sessions throughout the season, and intended to take coaching further after getting the financial backing of my local club to earn my ECB level 1 coaching badge. I enjoy working in a sporting environment to such an extent that I contacted Cardiff based youth sports coaching company Superstars and have worked for them as a coach for the past year, coaching every weekday of school holidays aside from the summer where we were only able to host three weeks of coaching, Superstars has helped me develop my skills in working with younger people aged between four and eleven years old and even more so in developing my skills as a coach as it has allowed me to cover a vast array of exciting sports at a basic level such as hockey, basketball, tennis, rugby, football, athletics and netball.

As a performer I have played at county level in both cricket and football. I have been a member of the Haverfordwest youth academy for three years and developed a high skill level due to my eager attitude towards bettering myself, I was also named captain due to my ability to drive others. I represent Carew in both cricket and football at local level and captained the my youth football team from under 9's to under 16's and have now established myself as a first team player, once again through hard work and a positive attitude. For Pembrokeshire County Cricket Club I was the opening batsmen and first change bowler at all ages for junior level and also selected as the official vice-captain of the side which often allowed me to stand in as captain. For Carew I have also established myself as a top order batsman and opening bowler in our second team. I have also represented a Coventry based hockey team in a local tournament.

Aside from sport I also have a real interest in music. Over the last year I have proved that I can achieve goals that at first seem unreachable, since picking up my first guitar in the summer of 2010 I have self-taught myself to a level where I now play live solo acoustic/vocal gigs in the local area.

I have always worked hard to raise money for charity since I was young; my mother and sister have always had a real desire to assist the Chemotherapy Day Unit in Singleton hospital as that is where my father was treated before losing his battle to cancer. Our current