@sportrct
www.chwaraeonrhct.co.uk | www.sportrct.co.uk

SportRCT

Case Study

Developing people:

Alana Sargent

Since 2021, Alana has developed a diverse and impactful coaching and community engagement portfolio across Cardiff and RCT. Her work spans disability sport, community fitness, safeguarding, dementia support, and club development. She is recognised for her commitment to inclusion, player welfare, and creating accessible, enjoyable environments for people of all ages and abilities.

Alana's journey began with the Cardiff Blue Dragons Wheelchair Rugby League programme, where she has played an instrumental role in promoting inclusive sport. As a coach, her focus has been on player development, building confidence, and ensuring that the environment is welcoming for both new and experienced players. Alana is also the club safeguarding officer, ensuring that the club operates according to best practices for welfare. Outside of community sport Alana also leads accessible fitness sessions in Tylorstown Welfare Hall, aimed at improving physical health for a variety of community members. Alana also delivers tailored sessions for individuals living with dementia. Sessions focus on improving mobility, stimulating memory, and fostering enjoyment, creating a warm and energizing environment for participants.

In 2025 Alana joined our coaching team, where she has expanded her coaching portfolio to deliver disability sport, via holiday camps, school engagement days, leisure centre sessions, and partnership work with the Autism Life Centre. Alana's dedication to inclusive leadership ensures that every individual, regardless of age, ability, or background, can participate meaningfully. She has built a strong foundation of trust, consistently demonstrating her ability to manage people, facilities, and processes with care and competence. Looking ahead, Alana is focused on continuing her professional growth. She has recently completed Disability Inclusion Training Level 2 and 3 and aims to achieve insport Silver for the Cardiff Blue Dragons. Through her work, Alana has not only inspired others but has also found a passion in helping create environments where people feel valued, supported, and empowered to be their best selves.

> *"Sport RCT have helped me build my confidence and inspire me to always improve. I feel I have a positive impact in my role, helping people to reach their health and fitness goals as well as reducing barriers for specific target populations to access sport and physical activity."*
>
> *Alana*

269 hours delivery

Since becoming a coach with SportRCT...

I have been able to make my network of contacts broader
I am a lot more active
I feel more confident in my delivery

RHONDDA CYNON TAF

53434-15