



SportRCT Case Study

Developing people:

Jacob Lewis

Jacob's journey with us is an example of how opportunities, supportive mentoring, and experience can shape someone into a confident, capable person. Beginning as a student on placement, Jacob quickly demonstrated enthusiasm, reliability, and a natural ability to engage with children and young people. His progression highlights both his personal growth and the effectiveness of our development pathway.

During his student placement Jacob delivered many multi sport and physical activity sessions bilingually. He built confidence working with children and young people of varying abilities and learned how to adapt activities to meet different needs and group dynamics. He demonstrated strong communication skills and a willingness to learn. His positive attitude, reliability, and ability to build rapport with participants quickly stood out.

Recognising his potential, we offered him a paid coaching role, giving him greater responsibility and independence. Jacob has delivered high quality sessions across schools, community venues, and holiday programmes. As a trusted member of the team, Jacob took the opportunity to join our StreetGames project, where he worked with young people in community settings, often in areas with lower engagement in sport and physical activity. This role required a different skill set, one that Jacob

embraced. His ability to connect with young people and adapt to their needs made him an asset to the project.

Most recently Jacob has stepped into the role of Community Sport and Physical Activity Leader, where he plays a key role in helping increase participation across RCT. His journey is an example of how support, work experience, and personal motivation can create meaningful career pathways in sport and physical activity.

“Sport RCT have supported me over the past 9 months by giving me opportunities to learn, network and grow myself into becoming a more confident and knowledgeable person.”

Jacob

“Jacob's growth illustrates how vocational pathways can produce impactful coaches - and he now stands out as an effective, values driven practitioner whose influence extends beyond the university into the wider community.”

Dean Parsons, senior lecturer at University of South Wales

198 hours delivered



Since becoming a coach with SportRCT...

I've had more opportunities to network and build connections with partners

My confidence has grown

I've become more active, more often

I feel I've made a positive impact in all my roles



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