

JEAN FOSTER

Jean founded Llantrisant Netball Club in 1983 and has since made an exceptional and lasting contribution to netball for more than four decades. In the club's early days, her first junior squad trained in an unmarked overflow car park - an early reflection of Jean's determination and resourcefulness. That team went on to win the local championship in its first year and progressed to strong performances at national level.

Jean has coached numerous athletes who have progressed to represent Wales, and most recently club representation at National League.

Today, Jean coaches Llantrisant Under 12's and oversees coaching across multiple age groups, with over 250 players aged from 6 to 60. She has also played a pivotal role in developing umpires, including officials who have progressed to international, Super League, and National League level. Alongside her coaching, Jean serves as Chair of Llantrisant Netball Club, Chair of the Glamorgan Valleys Junior Netball League, and President of Wales Netball. Jean's passion, leadership, and generosity of time have shaped netball in Rhondda Cynon Taf and beyond, and her impact continues to inspire generations of players.



Chwaraeon RhCT
Sport RCT

**VOLUNTEER
OF THE MONTH
APRIL 2026**