



GRŴP NPTC GROUP
ACADEMI CHWARAEON LLANDARCY
LLANDARCY ACADEMY OF SPORT

Sport & Public Services
Chwaraeon a Gwasanaethau Cyhoeddus

STUDENT OF THE MONTH MYFYRIWR Y MIS

October - Hydref



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NPTC GROUP
SPORTS and PUBLIC SERVICES

NEWSLETTER



Issue No. 8

Welcome to the 8th edition of NPTC Group School of Sport & Uniformed Public Services (SPS) annual newsletter. Here you will find details of some of the sporting successes and activities that our staff and students have been involved in during the year.

It also introduces some further opportunities and challenges open to students over the coming months.

If you would like any information about the courses we run at NPTC GROUP, please visit www.nptc.ac.uk or contact Admissions on 01639 648000

Mickey Mouse Cup 2013



The second annual NPTC cross-college football tournament was run in Llandarcy on the 18th of December 2013. Affectionately nicknamed the Mickey Mouse Cup, 2013 saw even more teams

compete, 10 teams coming together from across the NPTC group: Afan Electrical and Gas, Brecon, Construction Neath, Engineering, AS (A Level), A2 (A Level) and Sport and Public Services were amongst the teams being represented. Organised and run by class 2B from the Level 3 Extended Diploma course in Llandarcy, the tournament saw a close run group phase with Construction Neath, A2 (A Level), AS (A Level) and Sport and Public Services making it out of the group stages into the semi finals. Construction Neath and A2 made it through to the final and fought out a very tight, pulsating encounter. Fittingly, 'Man of the Tournament' Liam Sheehy scored the winner from the penalty spot making Construction Neath first time winners of the prestigious trophy. A big thank you to the participants and their lecturing staff for supporting the event.

Picture: Captain and 'Man of the Tournament' Liam Sheehy and his fellow winners from Construction Neath

Welsh Colleges' Ladies Football



The 2013/2014 Welsh colleges' Ladies football calendar kicked off with the girls playing against the Independent Schools' Football Association at the new 100 million pound home of English Football: St

George's Park, near Burton upon Trent. Boasting the best football facilities in Europe, the girls fittingly played the fixture on the "Kelly Smith" pitch, named after England's most talented female footballer. NPTC group provided three players: Sophia Rees (Level 3 Sport Llandarcy), Kirsty O'Donnell, (Level 3 Sport Llandarcy) and captain and Under 19 Welsh International Katy Hosford (A Level Academy Neath). Spectators included members of the English technical staff who saw Sophia Rees score with a 25-yard thunderbolt and Kirsty O'Donnell who also scored in a 4-4 thriller. The Independent schools equalised late in the game. The Welsh team were represented by colleges from the north to the south bringing together the best talent in Wales and were very unlucky not to pick up a deserved win. The girls' next game is against Australia Schools on the 13th of January.

Picture: (NPTC Group student and Welsh Colleges' captain Katy Hosford)



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Young Ambassador's Conference 2013



The fourth annual National Young Ambassadors' Conference recently took place at the Sport Wales National Centre in Cardiff.

Following on from the success of previous conferences, a new group of Gold Ambassadors from every local authority area across Wales were recruited to attend the inspirational conference to learn about how they can undertake their ambassadorial roles in the coming year and mentor the young sports leaders of the future.

The young ambassador movement aims to empower and inspire young people to become role models and leaders through sport, by developing their confidence and skills in order to increase physical participation in others. NPTC Group supplied four Gold Ambassadors who are Level 3 Extended Diploma Sport students based at the Llandarcy Academy of Sport: Paige Crosby, Lauren Jones, Cameron Davies and Adam Beard. Also present was NPTC's Platinum Ambassador Sophia Rees, herself a Level 3 Sport student. The Platinum Ambassador is the highest rank available for a Young Ambassador (YA). The day was attended by new Gold YAs, the Steering Group members, representatives from LAS, NGBs and Sport Wales, and individuals from the Welsh Government as well as famous faces from the sporting world.

Group Leader and Young Ambassador Coordinator Carly Smith said: "The NPTC students were absolutely fantastic! We couldn't have asked for more from them or a better representation for the College and the County Borough."

Level 3 Sport students @the Young Ambassadors Conference, Sophia Ramallo-Rees, Lauren Mortimer, Paige Crosby, Cameron Davies & Adam Beard'

Welsh Colleges' 5-side Football Tournament



All the Further Education Colleges from across Wales came together at Play Football in Swansea for the annual Welsh Colleges'

5-side football tournament, with the winner representing Wales at the British Colleges finals in Easter 2014.

The NPTC Neath men's team finished comfortable winners of the pool, brushing aside teams from Brecon, St David's, Bridgend and Coleg y Cymoedd, with comfortable margins.

The quarter-final saw the men's team up against a good Coleg Llandrillo team but again saw a comfortable victory by six goals to nil. The semi-final against a very good Coleg Menai team produced a much closer game than the score line suggested, with NPTC running out 5-2 winners.

The final saw a surprise result as the heavily fancied favourites Gower College lost to Pembrokeshire College, meaning NPTC faced a new finalist. Pembrokeshire College started off with far more intensity and quality to take a 1-0 and 2-1 lead with a Lloyd Jones (Level 3 Sport) goal sandwiched in between. Thankfully, two goals in the last minute from Matthew Birdsey (FTA Carpentry) and Matthew Rowley (Level 3 Sport) saw NPTC win the prestigious tournament taking the learners to the BCS Finals in Bath next year.

The victorious squad are: Matthew Birdsey, Cameron Davies, William Davies, Lloyd Jones, Conah Mcfenton, Evan Corcoran, Matthew Rowley and Tom Barber.

The Neath girls' 5-a-side team played their way into the semi-finals with grace and skill as the tournament progressed at the Swansea Play Football Centre. The girls finished top of the group with wins against Yale: 4-2, Powys Newtown: 4-0, Coleg Menai: 4-2, Coleg Llandrillo: 3-1 and Coleg Sir Gâr: 3-2, losing only one game to Merthyr by 4 goals to 1. The team breezed through the quarters with a successful 6-1 performance against Deeside College to reach the semis where they finally met their match, Cardiff and the Vale. This proved to be a difficult game and the girls gave their all by playing well as a team. They closed down Cardiff's options and forced them to defend but eventually Neath lost 5-2. Cardiff went on to win the tournament. In total, 14 goals came from Captain Sophia Ramallo-Rees, four from Kirsty O'Donnell, three each from Katy Hosford and Zoe Parfitt, two from Sophie Amor and one from Courtney Sawyers. Well done girls, Welsh Colleges' semi-finalists.

Futsal Launch

The NPTC Group, in conjunction with Port Talbot Town, is proud to be taking part in the inaugural FAW national Futsal League. Jointly entering in partnership as the Neath Port Talbot Panthers, NPTC Group is the only Further Education College to have a presence in this exciting new league. Eight clubs from across Wales will participate in the competition which begins today and culminates in March, with the winners and runners-up from two regional (North & South) conferences progressing to the National League Play-Offs to decide the Futsal champions of Wales. The eight clubs selected will automatically be entered into the FAW Futsal Cup which will now enter its fourth season where the winning team progresses to play in Europe and the UEFA Futsal Cup. Futsal is a fast-growing game and is extremely popular on the continent and in South America, and is starting to grow through Wales with Junior Leagues now playing this form of the game during the winter months.

Head Coach Lee John of Port Talbot Community Sports, who also works with the College on their 11-a-side programme, represented the Panthers at the launch of the league at the Vale of Glamorgan recently.

Lee said: "I feel it's a fantastic opportunity for the students of the NPTC Group to participate in the first ever national Futsal League. The standard is extremely high but I'm sure we will be very competitive in the league this year and be worthy representatives of the College and Port Talbot Town; two strong brands of distinction. I would also like to thank the College and in particular the Sports and Public Services department for their ongoing support and time and Mr Neville Wilshire and 'Save Britain Money' for their generous sponsorship and support for the team over the coming season. We hope to do the College and SBM proud with our performances."



Football Results

Coleg Sir Gâr 1sts 2 v NPTC Group 1sts 0

25th September 2013

NPTC Group took on Coleg Sir Gâr at the excellent Stebonheath Park in Llanelli in the first game of the new ECFA Category Two Football League on Wednesday the 25th of September. With 5 first team squad members pulling out on the eve of the game and first team player Josh Maccarinelli pulling out in the warm-up, resources were stretched thin.

NPTC Group started well and the new first years quickly got to grips with the standard of football at this level. NPTC Group enjoyed the lion's share of possession but lacked that bit of quality in the final third to create and take the chances their fine build-up play deserved. With so many new players, this will surely come. There were two well taken goals; the first was a fine combination play, and the second was a superb finish by the always dangerous Sir Gâr number 10 that gave Coleg Sir Gâr a 2-0 win.

NPTC Neath 1 v Gower College 0

6th November 2013

A rain swept Llandarcy saw NPTC Neath take on a very well coached and organised Gower College Swansea in the ECFA Category 2 Welsh League. Gower College were the better team in the first twenty minutes, NPTC showing a lack of quality and desire in atrocious conditions. The first half saw a lack of clear-cut goal mouth opportunities with defences on top. It was a far better second half, full of strong performances that enabled an excellent move down the left hand side, through great work by Liam Thomas and Rylan Morgan. Lloyd Jones deftly chipped the keeper to take the points home. Gower College tried to come back on the counter attack but NPTC Neath, who had chances to make the game more comfortable, held out for a 1-0 win.

Welsh College's Trial Football Tournament



The 7-a-side tournament was off to a promising start when Neath took an early lead against

Merthyr with goals from Katy Hosford and Courtney Sawyers but a late push from Merthyr resulted in a 3-2 loss for the Neath girls. The following game was a hard battle and the girls managed to come away with a 1-1 draw against Coleg Gwent thanks to a goal from Captain Sophia Ramallo-Rees. The top two from each pool met in the final and so unfortunately a 1-0 defeat against tournament winners Cardiff meant the girls did not qualify for the semis. The day was excellent preparation for the 5-a-side tournament to be held in November and many of the girls who played for Neath are being considered for the Welsh Colleges' Team selection. Well done girls!

'Silver Brain' Sports Competition



During the last week of term, all groups at the Llandarcy Academy of Sports took part in the SILVER BRAIN Sports challenge. The silver brain is our annual sports inter-class competition where students participate in many different activities such as tug of war, sports skills, assault courses, etc. The winners of the Xmas 2013 competition were BTEC Level 3, Group 1B.

NPTC Group Ladies Football



NPTC Group Ladies Football 4 - Coleg Sir Gâr 3
On Wednesday 25th September, the first League game of 2013 saw NPTC Group's ladies team travelling to arch rivals - Coleg Sir Gâr. With a mix of new and old students, it was definitely a strong start to the season. New Captain Sophia Ramallo-Rees set the standard with her outstanding team play and encouraged the newcomers to get stuck in!! AS student Katy Hosgood outsmarted the defence and earned the first goal for the NPTC Group side, but Sir Gâr soon replied with 2 goals. Kirsty O' Donnell had a second goal for the visitors and Sir Gâr again went ahead, leading 3-2 into the second half. Alicia Demery made some outstanding saves in goal with multiple efforts from Courtney Sawyers and Keira Bevan at Sir Gâr's goalkeeper. Katy Hosgood again outwitted the Sir Gâr defence to secure the final goal for the visitors to an emphatic 4-3 victory!

Mens' Basketball



NPTC Group v Gwent College Mens' Rugby

Neath Port Talbot College Group notched up their third win in the WRU Wednesday Under 18 League as they saw off Coleg Gwent in a ten-try, entertaining encounter.

When the teams met back in October, it was a close run affair, with NPTC Group triumphing by just four points that day, and despite what the one-sided scoreline projects, Coleg Gwent were very much contenders for large swathes of the match.

Both sides played the match at a high tempo leading to a frantic and frenzied affair that left the game unstructured at times. However, it was the hosts that took their chances better with wing Lloyd Pritchard showing electric pace to claim a well taken hat-trick. The scrum was an evenly matched set piece but NPTC Group had the edge up front and at the line-out with locks Oliver Thompson and Adam Beard producing a physical performance around the park.

The Llandarcy outfit got off to a flying start as they raced into a 10-0 lead thanks to tries by centre Joe Thomas and Oliver Thompson after they had the better of the opening exchanges. However, it was the visitors that would lead going into the interval as an interception converted try for centre Chad Wood and a quick thinking Sior Pearce effort edge the Gwent side ahead.

A strong run from NPTC Group outside centre Joe Gage set the tone for the second-half and after several phases of play, fly half Dylan Francis chipped through and the ball nestled into the arms of the racing Pritchard to cross.

And the flyer was celebrating again moments later when a turnover in the centre of the park saw the ball shipped wide, and with the visitors' defence in disarray, Pritchard turned on the afterburners to go over in the corner.

Steven Llewellyn's troops did stem the tide with a Scott Turner penalty but all too often handling errors let the visitors down in the opposition half.

When lock Adam Buttifants was sinbinned by referee Nicky Innwood, their task of getting back into the match turned from improbable to impossible. With a man advantage, NPTC Group kicked for the corner and from the resultant line-out the hosts drove over with hooker Luke Davies emerging from under the pile of bodies to grab a try.

Centre Gage got his reward for an industrious afternoon five minutes from time when another of his powerful runs saw him elude the last line of defence, while a mistake from Pritchard's opposite number saw the NPTC Group's winger capitalise to bag his third.

In fairness to Coleg Gwent, they never let their heads drop and it was the visitors that had the final say of the afternoon, with their scrum-half and best player on the pitch; Pearce showing strength and determination to touchdown in the final play of the game.

NPTC Group Football v Nantgarw

NPTC 2nd's 5 v Coleg y Cymoedd (Nantgarw) 0

On a wet windswept afternoon, NPTC 2nd team beat a hardworking visiting Coleg y Cymoedd side 5 - 0 at Llandarcy Academy of Sport. The team which included 8 new first year students took control of a hard fought encounter, through goals from Liam Pugsley (2).

Callum Edwards, Lee (Chopper) Harris and an efficient taken penalty from captain Jake Waites. The boy's level of enthusiasm, dedication and team spirit should be a match for anyone in this league. The win takes NPTC Neath, to the top of the Wales Men's Division Category 3 League.

Student Open Crossfit Championship



Male Winner Lewis Maggs and Female Winner Lauren Mortimer Jones receive their trophies at Llandarcy Academy of Sport. Both winning each of the four workouts over four weeks to become overall champions. The next competition will start after February half term 2014. Open to all students just contact David Williams David.williams@nptc.ac.uk to find out more. David.williams@nptc.ac.uk

NPTC Group Netball



NPTC GRWP Netball 24 v Coleg Sir Gar 8

British Cup Match Report 6/11/2013

A home win against West Wales rivals Coleg Sir Gar, saw NPTC into the next round of the British Cup knockout tournament. The match also counted as the Welsh League result, so proved to be an excellent start to the season! Accurate shooting from Btec L3 Sport student Bethan Rowe, AS student Rachel Sheehy and Brecon student Lisa Batesman ensured the team their hard work was rewarded in the shooting circle. Attacking players Emily Edwards and Jess Willis put in sprightly performances, contributing towards both successes in attack and defence. Defensive players Elli Norkett, Angharad Cornell and Bethan Rhys-Morgan proved too tough for the Sir Gar shooters intercepting and blocking their shots; Angharad was also given 'Man of the Match' for her excellent performance!

NPTC 2nds team also played Sir Gar 2nds and also secured victory, with a 25-8 win. Both teams displayed skilful and solid performances to start this new season with a winning streak!

Welsh Colleges Golf Tournament



1st Place Fauve Birch
(Individual picture of Fauve)

2nd Place Hannah Bowen
(Group picture, middle student-blue top)

3rd Place Mollie Lewis
(Group picture, Left student-dark pink top)



NPTC Sport for all Club

NPTC Group, formerly Neath Port Talbot and Po-mys Colleges have been short listed for a prestigious Times Educational Supplement (TES) Award for a sporting initiative run by our sport foundation degree students, for learners with additional needs The Physical Activity Inclusivity Club which is a joint venture between NPTC Group Sports Coaching and Performance Foundation degree students and the Disability Sport Office, from Neath Port Talbot Council was set up in 2012 by the College's Sports Development Officer James Jones and is run at venues across the County. The foundation degree students have now taken ownership, running the physical activity programme after undertaking relevant Disability Inclusion Training through Disability Sport Wales and being mentored by the local authority's Disability Officer. Learners with a range of additional needs who attend the Afan and Neath Campuses have taken part in the wide variety of sporting activities, venues such as YMCA, Neath Sport Centre, Hengwrt Barn and Llandarcy Academy of Sport. At the Academy, we target the enhancement of sporting opportunities for all students, throughout the college.

The winners will be announced at the Awards Ceremony, on February 28th at the Park Plaza in London

Picture above: Coaches from the Foundation Degree Sports Course and students who attend the Inclusivity Sports club At Llandarcy Academy of Sport.



Football Leaders at Llandarcy Academy

After securing the title last year and becoming a recognised FAW football focus college, a number of students have recently benefitted from a discounted place on the level 1 football leaders coaching course. The course was delivered at Llandarcy on December 5th and 6th and the places were filled with 24 students from our variety of courses, ranging from level 1 through to Foundation Degree. The 2 days consisted of theory and practical based workshops and the students will now complete their coaching badge by delivering 10 hours of coaching out in the community. Well done to all those who attended and don't forget to log your hours and get them into Matthew Jones by the Easter break.

2013 Report

The County Championship in April was played at Pontardawe Golf Club. The winner was Joe Phillips (Pontarddulais) who shot 76 with Max Davies (Gower College) second on 79. In the girls' competition, Hannah Bowen (Llangatwg) became the champion scoring a gross 87.

The following were selected for the Welsh Schools Championship at Pontardawe

Rowan Warren	Bishopston Comp	Luke Nedza	Ystalyfera
Joe Phillips	Pontarddulais	Jordan Golley	Olchfa
Max Davies	Gower College Swansea	Hari Pachu	Bishopston Comp
Hannah Bowen	Llangatwg	Fauve Birch	Cwmtawe School

September Competitions

Thirty-six students took part in the competition at Langland Bay in windy conditions with the following results:

Under 19 Team	1. Neath College A (F. Birch, H. Bowen, L. Colwill)	67pts
	2. Ystalyfera (R. Nedza, L. Nedza, I Griffiths)	61pts
Under 19 Individual	1. L. Nedza (Ystalyfera)	36 pts
	2. L. Colwill (Neath College)	34 pts
	3. F. Birch (Neath College)	33 pts (countback)

Under 16 Team	1. Bishopston A (C. Morgans, N. Bowen, H. Pachu)	64 pts
	2. Dwr-y-Felin B (T. Peet, J. Humphries, R. Rees)	63 pts
Under 16 Individual	1. J. Godbeer (Gowerton)	34 pts
	2. C. Morgans (Bishopston)	33 pts (countback)
	3. T. Peet (Dwr y Felin)	33 pts

The 2014 County Championship will take place in April at Swansea Bay Golf Club. Competitors will be contacted in the new year with full details.

Football

Coleg Sir Gar 2nds 0 v NPTC 2nds 5 Wed 25th September 2013

The second team put in a fantastic performance against Cole Sir Gar Yesterday winning 5-0 at Fwl Goals coming from William (Wishy) Davies his first ever goal, Liam Pudsley, Captain Lee Harris, Jake Weights and Bradley Crooks.

Coaches Lee John and Craig were very impressed with the attitude and application of all 14 players. We started with a high tempo and never really let them into the game. We dominated from start to finish and played some excellent football. There are certainly a few players in this team looking to push the first team boys all the way this season for places.



At this stage we were the leading group. We continued to walk towards the Neath college campus. Once we had got there we stopped to have a small snack and some water. We set off first on the Neath canal towards Tonna. We walked at a steady pace for most of this journey. The next stop was at Aberdulais where we had more food and water. At this point it started to rain so we put our waterproofed clothes on, this slowed our performance down. About an hour later we arrived at a lock where we had the rest of our food and water. This was a point at which all of the teams met up for recap of the rest of the route. Our team led the way.

The Canal Walk (Red Team)

On the Thursday of Test Week 2 the red team, (which consisted of Aled Bound, Joseph Davies, Shannon Davies, Steffan John, Joseph Baugh, Shannon Sleeman, Brooke Garwood, Joseph Banister, Mikey Haines, Kirstyn Bodman, Pat, and Zoe Austin) set out to complete a 20 kilometre walk from Llandarcy Campus to Clyne to test our Expedition route card timings. The team started off at 09:30 from the canal that runs past Llandarcy into Neath, however we hit a set back as part of the canal bank had been submerged under water therefore our path was blocked. Our lecturer Andy Robinson radioed to the rest of the groups to turn around and find a safer route along the canal. We then found a route going along a road in Skewen that eventually led us back to the canal we were previously on.

When we reached Clyne, instead of carrying on to Glyncoerwg which was the original plan, we decided to walk up the mountain towards the Roman Ruins and walk down into Tonna because of the time constraints. We walked along the canal at a steady pace and got back to Neath around 16:00hrs Even though it was a long and wet day, we all enjoyed the walk and got back to Neath without any serious injuries occurring.

We completed the Canal walk to demonstrate our group leadership skills and teamwork skills. Many people in our group lacked fitness or the motivation to keep on going, so it was good for the whole team to drive each other on until we reached the end.

On the way we sang happy birthday to Zoe!! (See picture)

Active Young People Organiser Training Day at Llandarcy Academy of Sport

Students from the Btec L3 Sports course participated in a training day, with NPTCBC AYP team and children from Crymlyn Primary school (picture above). Students were educated in coaching and organisational skills, putting theory into practice during the afternoon session and facilitated activities for the sporting stars of the future! This training will enable the students to progress on their course and complete their 10hr voluntary coaching in their local primary schools.





NPTC Group's Llandarcy Academy of Sport played host to the National Young Ambassadors Annual training day recently.

The National Young Ambassador scheme is a Sport Wales initiative which operates in each local authority that aims to empower and inspire young people to become role models and leaders through sport, by developing their confidence and skills in order to increase physical participation in others. The day, organised by Neath Port Talbot Council's Physical Activity & Sport Service (PASS) and NPTC Group saw over 40 Silver Young Ambassadors (YA) taking part in numerous discussions including this year's Commonwealth Games in Glasgow.

NPTC Group supplied four Gold Ambassadors who help to mentor the young sports leaders of the future and are Level 3 Extended Diploma Sport students based at the Llandarcy Academy of Sport: Paige Crosby, Lauren Jones, Cameron Davies and Adam Beard.

Also present was NPTC's Platinum Ambassador Sophia Rees, herself an NPTC Group Level 3 Sport student, who is also set to join the West Wales young leadership steering group forming this spring. The Platinum Ambassador is the highest rank available for a Young Ambassador.

Group Leader and Young Ambassador Coordinator Carly Smith said: "This is a great initiative that has been instrumental in increasing physical activity and participation within our schools; it also encourages children to take ownership in a range of different sports."

Leader of Neath Port Talbot (NPT) Council Ali Thomas added: "I am delighted that we are leading the field in Wales in participation in sport by young people. The recent national school sport survey has identified that NPT topped the poll for pupils hooked on sport, beating the all-Wales average. I must congratulate all our Young Ambassadors in playing a big part in this success. The immense contribution by our Ambassadors, 5 x 60 officers and development officers will, I'm sure, result in long-term health benefits for our local communities."

PIC CAPTION: National Young Ambassadors at NPTC Group's Llandarcy Academy of Sport

PIC CAPTION: National Young Ambassadors at NPTC Group's Llandarcy Academy of Sport

South Wales Colleges 7 a side Tournament Llandarcy

On Wednesday the 9th of October 2013, nearly 100, 16-19 girls assembled at Llandarcy Academy of Sport for the inaugural South Wales Colleges 7 a side tournament. Organised by Gower College and the NPTC Group, 8 teams came together to play in a controlled and competitive yet friendly environment with officials coming from the Sport and Public Services department located at the Llandarcy Campus.

NPTC South found themselves unlucky not to qualify from the toughest group, containing pre tournament favourites Cardiff City and a very strong Merthyr College outfit. A late goal saw NPTC lose the crucial qualifier 3-2 to Merthyr, sadly meaning they missed out on a semi final place. The final saw the two strongest teams; Cardiff City and Merthyr College battle to a 0-0 draw after extra time. Cardiff City ladies showed the greater composure to win the deciding penalty shoot out winning the first South Wales Colleges Women's 7 a side tournament.

Royal Navy Training Day

On Tuesday 4th February 2014, we had a Royal Navy Physical Trainer come to our college. He came and took us through the basic fitness tests required to join the Royal Navy and Royal Marines, everyone from Public Services Level 1, 2, 3 also the second years took part. He was a LPT which stands for Leading Physical Trainer.

He explained the different roles and parts of the Royal Navy; these include submarines, Royal Marines and the Fleet Air Arm. The Royal Navy is one of the smallest public services alongside the RAF.

His name was LPT 'Dizzy' Dawson and he was in the Royal Navy/Marines fit for life team. We all went in and sat on the floor and he took us through a basic presentation which he stated what his roles and responsibilities at work and how long he has been working in the Royal Navy and also explaining to us what we are going to do throughout the morning.

Just to warm us up he set us out as a whole group and did a boat jogging task, this involved him shouting out starboard, aft and port then we would have to run to a certain part of the barn. Any slow coaches had to complete 5 press ups and 5 sit ups.

After that exercise we moved on to circuits which meant that we would have to do 8 reps of as many rounds as possible for 12 minutes, but each partner would take it in turns so you would be doing 6 minutes if work each. The circuits consisted of berpes, Lunge Jumps, fall backs, press ups and then sprints (x4).



Towards the end of the event we had been given a few simple team building tasks which was a relief as the more physically challenging was really tiring.

We felt that the day was a great experience, not just to boost your confidence but to improve your fitness levels. It also benefits us as we require good fitness levels to pass the Royal Navy and other Armed Forces fitness tests.

By Kris Norris, Ryan Jones, Kirsty Lewis



New Zealand Trip Leaves Lasting Memories

Students and staff from NPTC Group's Sport and Public Services department along with Coleg Sir Gâr have just returned from the trip of a lifetime as part of a coaching exchange programme to New Zealand.

The British Council - Wales supported the trip with a generous grant to develop a programme of international exchange that will provide an enhanced global perspective for learners studying HE foundation level courses in Coaching and Development.

The premise was for NPTC Group students studying the Foundation Degree in Sports Coaching and Performance to work with New Zealand partners to help deliver a programme of activities to local schoolchildren in the Auckland area, whilst getting access to talks and events from elite sporting institutions on the North Island.

One day saw the learners involved in the running of the prestigious Auckland Sevens' rugby tournament. The under 18s from both boys' and girls' schools lined up to take the trophy and represent New Zealand at the national tournament. Internationals were in abundance with 16 boys' teams and 14 girls' teams. Scouts were present with Aussie rules clubs offering up to \$100,000 for certain players.

Students got the chance to undertake cultural experiences that very few tourists have access to including a day hosted by the Maori people on the Waititi Marae which involved formal proceedings such as dances, speeches and songs from both the Welsh visitors and Maori hosts.



Head of Sport and Public Services at NPTC Group, Barry Roberts, gave a speech in Welsh thanking the Maori people for letting NPTC and Coleg Sir Gâr into their homes.

This important landmark ceremony was filmed for Maori National television news with Mr Roberts being interviewed about life in Wales and the bilingual society we live in.

The local schoolchildren then introduced the students to traditional Maori games.

At the end of the proceedings, a formal departing ceremony was held with songs and gifts being exchanged the haka performed by local schoolchildren. The exchange also enabled the students to tour the North Island visiting the geothermal town of Rotorua, Auckland Museum, the world famous viaduct harbour, the North Shore and the famous Muriwai Beach with its volcanic sand and giant waves.

NPTC Sport's James Jones said: "It was a truly life changing adventure for the students that words cannot do justice. The memories of the trip will leave a lasting impression with us all but in particular the students.

They have come away with a clearer view on what their futures now hold. NPTC Group would like to thank all its partners in New Zealand that were kind enough to open their doors to the students and the British Council - Wales for their help in making such an experience possible."

NPTC Group's Sports and Cultural Awards

Up and coming stars of the future have been rewarded for their efforts at NPTC Group's annual Sports and Cultural awards. Neath-born Paralympian and British wheelchair rugby athlete David Anthony, who also happens to be a former student of the College, was the guest of honour.

The 23-year-old represented Great Britain in the 2012 Paralympics and is a member of the British National Wheelchair Rugby Team. The high performing students from the College were presented with a certificate and £500 each to encourage them to develop their skills and achieve their goals similar to David and other former students including Duncan Jones, James Hook, Hayley Tullet, Philippa Roles and Steve Balsamo, just to name a few. The NPTC Group Sports and Cultural Scholarship Scheme help students of exceptional sporting or creative ability to develop their talents to their fullest potential whilst maintaining their academic studies.

Students apply for the award and are then interviewed before selection is made. Successful candidates receive a cash reward to help them with costs that arise in the course of their activity including travel, specialist equipment training or teaching costs. As well as financial support, scholarship winners receive guidance and support from the College to nurture their talents.

This year's awards went to: Tomas O'Leary, Jacob Blackmore, Elli Norkett, Alicia Demery, Emily Edwards, Shaun Howard, Sophia Ramallo-Rees, Charlotte O'Leary, Ffion Bagridge, Thomas Gardner, Robyn Stack, Ryan Jones, Laura Heaven, Hannah Piles and Lisa Bateson

Tomas O' Leary

Tomas was Head Boy at Dyffryn Comprehensive where he obtained 5 A* and 6 As at GCSE. Sport played an integral part in his life and Tomas was the Sports Ambassador for the school. He is currently in his first year of the Sixth Form Academy studying Biology, Maths, Chemistry and Geography.

Tomas' main sport is Karate. He achieved his Black Belt in Bushi Kai Karate when he was 10 years old. Since then, he has won the Welsh title nine times at all age groups and in September 2011 he became the British under 16 champion; winning Gold in Scotland. He has been selected to represent Wales, attending the European Championships in Konya in Turkey. Tomas needs to compete across the country if he is to make the transition from junior to senior; this scholarship will help Tomas to achieve his ambition to be selected for the World Karate Championships and be successful on the senior circuit.

Jacob Blackmore

Jacob was Deputy Head Boy at Cefn Saeson where he achieved 4 A* and 5 As at GCSE. He was the school's outstanding sportsman and is in his first year of the Sixth Form Academy studying Maths, Biology, Chemistry and Physical Education.

Jacob has represented Afan Nedd District, Neath Schools, Ospreys' under 16s and is currently a member of the Ospreys' under 18 squad. He was selected last year for the WRU squad to play at the Wellington Festival at the Allianz Stadium in London and the coaches have high expectations of him this year.

Jacob leads by example. He is dedicated and committed and is prepared to take advice in training. He never misses the early training sessions and inspires others with his commitment.

Sports and Cultural Awards cont . . .

Elli Norkett

Elli is currently a second year student at Llandarcy Academy of Sport studying the BTEC Level 3 in Sport.

Elli is a multi-talented athlete having competed in netball, rugby and athletics for the College. She is the captain of the College netball 1st team and was selected for this position after her commitment and dedication to netball in her first year at College. Her training and work ethic on court is remarkable and she inspires other players to work as a team and perform at a high level.

In netball, she has represented U14 and U16 Pembrokeshire County teams, U16 West Wales teams and U18 Afan Nedd Tawe Teams as well as Welsh representative honours in athletics. However, her first sport is rugby and she is constantly juggling academic work with international training commitments. Elli is part of the regional women's Ospreys' team and was a member of the Welsh 7s' team that recently won the international schools' event held in Sheffield with the highest try count. Elli has been chosen for the senior women's Six Nations squad... a massive achievement for someone so young.

Alicia Demery

Alicia is a second year student studying on the BTEC Level 3 Sport course at Llandarcy Academy of Sport. Alicia has been playing rugby since the age of seven and currently plays for both the Ospreys' U18s and women's senior team. Her current club is Neath Athletic Ladies where they've recently won the League. Alicia has also recently trained in the Welsh Development Squad and will be a name to look out for in the future!

Not only a rugby player, Alicia plays women's football for the College and has recently played for the Welsh ACF, becoming National Champions. Alicia's attitude has been outstanding in both her course and sports participation for the College, she has represented the College in athletics, football and rugby, where she has represented Welsh colleges in the National Championships leading them to victory over the English colleges!

Sophia is also a Platinum Young Ambassador. This is the highest accolade given to a sports mentor, inspiring young sporting talents across the country through public speaking events and conferences. She is the only person in the county who holds this position.

Emily Edwards

Emily is a first year BTEC Level 3 student at our Llandarcy Campus. She has become a key member of our College netball first team and is dedicated to training and performing at the highest level, having played for Afan Nedd Tawe and Wales U16 and U17 age groups, having captained Afan Nedd for several years. This year to date, Emily has been selected for Afan Nedd Tawe U18, Afan Nedd Tawe Hub, Welsh Colleges and Wales U19.

Emily is a pleasure to coach and is an asset to the netball team and will be a strong contender to take over the captaincy next season.

NPTC Group's Sports and Cultural Awards

Sophia Rammallo-Rees

Sophia is a second year student studying on the BTEC Level 3 Sport course at Llandarcy Academy of Sport. Sophia has been playing football since an early age and currently plays for Pontardawe Ladies where she also coaches the U12 junior girls. She has represented Wales at U17s level in Moldova and is currently in the Welsh Colleges team. Sophia has played netball for the College and is the captain of the current ladies' football team.

Sophia is also a Platinum Young Ambassador. This is the highest accolade given to a sports mentor, inspiring young sporting talents across the country through public speaking events and conferences. She is the only person in the county who holds this position.

Shaun Howard

Shaun is studying the BTEC Level 3 Sport course at Llandarcy. He came from Cefn Saeson Comprehensive where he was the captain of the 1st rugby team, represented Neath Schools, Afan Nedri and the Boys Club of Wales.

Shaun has been an important member of the NPTC Group rugby team for two seasons. He has a great attitude and is a highly motivated player. His dedication to his sport has seen him represent the Ospreys under 18s and the Boys Club of Wales U19s.

Shaun is also a young carer, looking after his younger brother Joshua. It is a massive credit to him how he combines his academic studies, rugby commitments (having not missed any training sessions!) and looking after his younger brother.

Lisa Bateson

Lisa is a first year student at our Brecon Campus studying a BTEC Level 3 course in sport. Lisa has been involved in competitive netball since the age of 11. She has played for Wales at U15 and U17 age groups. Unfortunately, Lisa became ill during 2010 and was unable to follow her dream of playing international netball. This year, Lisa recognised the need to develop her career.

Following the merger of Coleg Powys and NPTC, she saw an opportunity to access facilities and coaching expertise with the Netball Academy at Llandarcy. She arranges her own transport to travel down to Neath every Wednesday, a round trip of 80 miles. She has become a key member of the first netball team. Her coaches regard her so highly and she is now one of the first names on the team sheet. This scholarship will help Lisa.

Thomas Gardner

Thomas is a former student from Dyffryn School and came to NPTC in September 2011 to study music on both the Extended Diploma and A Level course in music. Thomas is a highly committed student and the grades already achieved within his first year, double Distinction*, reflect the talent and dedication he applies to his studies. Thomas is also actively involved in the College's Function band and has performed a key part in performances in the Music for Youth Festival.

Sports and Cultural Awards cont

Laura Heaven

Laura began her studies at NPTC in September 2012 having already gained a highly successful GCSE record which included four A* and two As. Currently studying on the A Level Music course, Laura is highly committed to furthering her musical knowledge and experience, having already performed in prestigious events such as the Movies & Musical concert in Cardiff and again performing at the opening of the Gwyn Hall. She is now beginning to branch out as a solo performer.

Robyn Stack

Robyn came to NPTC in September 2012 from St Joseph's. Having already achieved a respectable GCSE profile and AS grades in her first year at NPTC, Robyn's commitment to the subject of Dance has led her to enrolling upon the Extended Diploma in Performing Arts alongside her A Level in Dance. An active member of NPTC's Lift Dance Company, Robyn has had the experience of performing at both the Taliesin Centre and Gwyn Hall as well as performing for Ballet Cymru at the Riverfront Theatre. Robyn has recently auditioned at one of London's prestigious performing arts schools, the Collins Performing Arts Studio, in which she has successfully gained a place.

Charlotte O' Leary

Charlotte came to NPTC in September 2012 and enrolled upon the Extended Diploma in Performing Arts. Charlotte is a committed student and alongside her studies she is an active member of West Glamorgan Youth Theatre. As part of this theatre group, Charlotte has been chosen to be part of a team who will be working alongside underprivileged children as part of the Goedgedacht Trust Fund.

Ryan Jones

Ryan came to NPTC in September 2012 and enrolled upon the Extended Diploma in Music having already gained a respectable GCSE profile. He is a committed student who is willing to take on new challenges and further his experience within the realms of performance. This has been highlighted by Ryan undertaking the role of musical director and as an assistant stage manager. An active member of the College's Function band, Ryan played a key role in a performance at the National Music Festival. Ryan's ambition is to pursue a career in teaching so he can pass on his passion for the subject to younger generations.

Hannah Piles

Hannah came to NPTC in September 2011 and enrolled upon the Extended Diploma in Performing Arts to pursue musical theatre. She had already established a successful GCSE profile at St Joseph's and has continued to be a hardworking and committed student.

Her desire to pursue a career within the performing arts has led her to undertaking roles and performances in professional companies including the Owen Monies pantomimes and as an extra for the BBC production of Da Vinci's Demons as well as being an active member of the College's dance company LIFT. Her ambition is to continue her studies to HE level and gain further experience in the performing arts industry.

Sports and Cultural Awards cont

Ffion Bagridge

Ffion originally came to NPTC in September 2012 and enrolled upon the Extended Diploma in Performing Arts and chose to specialise in musical theatre. Ffion already has an extensive background with the performing arts and this enthusiasm has continued into her studies. Recently, she was placed 3rd in the CRN Irish open competition in which she was the highest placed entry for Wales.



Pic Cap: Students are pictured with David

Bridgend Police Dog Visit

When we got to Neath college on the 17th of December, there was a mini bus to take Public Services level 3 to South Wales dog training unit.

When we got there we met Bob the dog trainer and he gave us a quick brief of what we were going to do throughout the day. This was that we would have a drug detecting dog that would sniff out the college students that had drugs planted on them, we were going to be doing this in Cardiff airport. He also told us that the dog we were going to be using was a border collie crossed with a German Sheppard called Dai.



Before we carried out the tasks we were given a brief in the airport about what we had to do and how the dog would approach us. We were told during this that we were not allowed to stroke the dog whilst it was working as this would distract him. All of the drugs were in sealed bags and we were not allowed to open the bags or mess around with them. We would all be given an opportunity to act as a 'stooge' throughout the two days.

When we were in Cardiff airport the Police Officer Bob gave our team a brief. He then called Kaylum Parker over and handed him a Class A drug, it was heroin. It was sealed in a bag. He placed it in his pocket and we all sat quietly waiting for Dai to bring the dog up and see how the dog would react and what he would do after locating the drug. When the dog came towards us it smelt every student, when he got to Kaylum he had a sniff and went to the other students to see if they smelt the same, that's when the dog turned back around and knew Kaylum had it.

The dog's reaction was good because when he knew Kaylum had the Class A drug on his person, Dai stared indicating to PC Bob that Kaylum was the stooge, that's when Bob rewarded him with his ball. (The dog believes that the whole scenario is a game and when he finds the drugs he is rewarded with his favourite ball.)

We all had a fantastic time and we would like to take the opportunity to thank P.C. Bob for the chance to help in the training of Dai, the fantastic police dog.

