

Darius Knight honoured by Sky mentor role

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Darius Knight

Darius Knight has joined a glittering roll-call of sports stars by becoming an Athlete Mentor for Sky Sports' Living For Sport programme.

The England ace will play a part in the free secondary schools initiative, delivered in partnership with the Youth Sport Trust, which uses sport stars and sport skills to improve the lives of thousands of young people across the UK and Ireland.

Athlete Mentors visit schools across the UK and Ireland and use their personal stories of success to inspire students. During the visits they introduce the six keys to success, which have been developed in partnership with the British Athletes Commission. The keys are designed to help young people develop valuable life skills and focus on: mental toughness; hunger to achieve; people skills; sports and life knowledge; breaking barriers and planning for success.

The scheme has been running for 11 years and more than 80 mentors are now involved, among them Olympic medallists Jessica Ennis-Hill and Darren Campbell, plus football great David Beckham.

Darius said: "It is an honour to be a part of this programme alongside great athletes such as David Beckham and Jessica Ennis-Hill. I feel privileged to have been considered for the position and now have the role of a Sky Sports Mentor with the Youth Sport Trust.

"I've made some great friends already, but most importantly it is all about inspiring the next generation, something which I never experienced when I was younger.

"It is free for any secondary school to sign up and have one of the sky sports Athlete Mentors make an appearance at their school. The aim is to encourage the children to take part in sport and guide them in the best ways possible to be successful in everything they do in life.

"The experience is also helping me to develop as a person, alongside giving me the opportunity to do something I love – giving back to the youth of today and trying to point them in the right direction."

Darius is among 12 new mentors to join the scheme, including Olympic modern pentathlon silver medallist Heather Fell, world 400m silver medallist Nicola Sanders and Paralympic rowing champion Naomi Riches.

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