

# Youngsters get help from the best during Wales trip

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The students line up at one of their training sessions in Cardiff

Six lucky students had a masterclass from Wales Commonwealth Games stars during a training camp in Cardiff.

Kian Pandayandee, Naquan Osbourne, Denon Williams, Joe Norwood, Seun Sontan and Nathan O'Toole all represented Raines Foundation School at the National Sports Centre after being invited by national coach Ryan Jenkins.

They practised under the watchful eyes of Jenkins and his brother Stephen, both of whom represented Wales in the Commonwealth Games in Glasgow this summer.

Greenhouse coach Stephen Gertsen, who played at the 2010 Games in Delhi, completed the coaching trio for the three-day camp.

After an intense three days of training, the students were all exhausted but they thoroughly enjoyed an unforgettable experience.



The six youngsters go through their skills during a training session

They wish to thank Ryan Jenkins for the invitation and also Maria Ingles, Gertsen and Greenhouse for making the trip possible.

**By Paul Stimpson**

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