

SECOND CAREER

CASE STUDY: RUGBY PLAYER and ELECTRICIAN

Name: Liam Belcher **Age:** 25

From: Trebanog - Rhondda

Playing Career Summary:

Liam started his career with the Cardiff Blues academy in 2014 making his first senior debut in the Anglo Welsh Cup. He went on to play for the Blues up until 2017 before signing a contract with the Dragons for the 2017-18 season, making 15 appearances that season. He then signed back for the Cardiff Blues in 2018, where he currently plays and has been a real stalwart in the team since re-signing.

Second Career: Electrician

Support from Player Association:

Liam has been really proactive with his own personal development and has been working very closely with his PDM, Phil Davies, at Cardiff Blues who has helped him access trades courses with Cardiff and Vale college and also helping him find work experience with a company.

Second Career Highlights:

- Doing something that takes his mind off rugby and have something else to focus on instead of getting bogged down with one thing.
- Finding satisfaction in being able to do something else plus he's been able to start building customer base, already doing work for teammates and friends.

Second Career Challenges:

- Finding the right balance between playing and working as an electrician as initially he was working on every day off from rugby whereas now he's found the happy medium.



“ I would recommend learning a new trade to anyone who wants a challenge, I've really enjoyed it and at the end of the day it provides me with that extra safety layer in case my rugby career comes to an end. ”