

GET ON TRACK

Reading



Diego Machado

20

Mentored by Adam Whitehead, swimmer

Sport participation before Get on Track

Diego was unemployed and not playing any sport or keeping healthy. He lacked motivation and clear goals before the programme.

Get on Track: the turning point

The turning point for Diego came during a 'CV skills' session with MITIE, where he received excellent advice on structuring his CV.

This gave Diego the kick-start he needed to begin confidently applying for jobs and apprenticeships.

"Diego was initially unsure whether this project was for him, but as it went on and he got more involved, it was easy to see his entire attitude had changed, and that he had really committed to making positive changes to his life."

Adam Whitehead

Life after Get on Track

Diego now assists on a project called 'It's your TV', where he's supporting in filming and interviewing. Before Get on Track, Diego did not have the confidence to speak to strangers, and the programme has enabled him to support this project.

Diego is also working towards hosting his own radio programme in his local area, having secured funding from Reading Council.

Sport participation after Get on Track

Taster sessions with Reading Rockets Basketball Club has seen Diego commit to the sport.

After joining Woodley Basketball Club, Diego has now found his passion for this team sport.

As well as training with his new team, Diego is also playing once a week at Reading University.

Diego Machado

"You think you're just doing a sport at first, but then you realise that you're learning a lot more, such as teamwork and communication skills. I've enjoyed working alongside the athletes on Get on Track, they've been inspirational."