

Nick Ruggles

YMCA volunteer

Hi, I am Nicholas Ruggles and I volunteer at the Brookfield Residential YMCA at Seton. I help coach, basketball coaching for the U seven and U nine skill development. And then also I help with the art making classes for the five- and six-year-olds.

I've been going to the YMCA for as long as I can remember. When I was like a kid, my mom used to take me and my sister for swimming lessons.

I chose to volunteer at the YMCA 'cause I've always liked helping out kids. In the past, I've always struggled with communication, my communication skills. So, in 2023 in January, I took a day Youth Leadership Institute [course]. And then during the last part of it, there's a mentorship part of it. So, my mentors were able to help me overcome that obstacle. Me and my mentors usually would talk about each programme before we started it for what the plan was.

And I think that's helped me overcome my confidence and yeah, confidence to be able to talk with others and with the kids I teach.

I like to play a lot of sports. I like basketball. And pickleball, I usually play during the spring and summertime with my dad, five to six times a week. I also like to spend time with my dog, Baxter.

I've always wanted to have a career in helping with kids, whether it's coaching or volunteering, maybe in a preschool. I think over the years I've become more confident with my leadership skills from working at, from coaching more and more. So, before I started, I've always been kind of shy talking towards larger groups.

Through my experience from coaching and the, with the Youth Leadership Institute, it's always like sparked my confidence to be able to do anything. I think in the past I've never had that much confidence that I've had, but now that I've been volunteering more and more, I think it's given me more confidence that I've ever had before in the past. And now I'm in a video!