

It's a balancing act



Sport a priority for Trent Barton and Greg Holden.

KEEPING a fine balance between sport and work can be trying but for Baulkham Hills-based electricians Trent Barton and Greg Holden, inspiration and discipline has worked wonders to overcome obstacles.

Holden who runs Platinum Electrical Contractors at Baulkham Hills, has taken on first year apprentice Trent Barton who plays soccer for the Nepean Soccer Club. Holden said it was great to see Barton bring the culture and

discipline from sport into his work as an apprentice electrician. Barton is scheduled to try out for Sydney Football Club. Holden, who plays premier league hockey for Bankstown, said it was easy to work together because they could understand the issues they faced in balancing work and sport. "It's good for young people to see how sports can inspire people to achieve off the field," Holden said. "You often see young athletes 16 to 17 stop playing sports because of work commitments," Holden said.

"Trent is a first year apprentice and it's great to see he is able to play at the top level and keep up with work," he said. "I am still playing hockey and know how important it is to keep the right balance with sport and work," Holden said. To fulfil their work commitments and keep to their training schedules Barton and Holden work flexible hours. "Sometimes we start early to get away early to train or play matches," Holden said.