

Stage 1

Startrack Holiday Athletics

School Athletics

Inspire
Provide more opportunities to inspire and engage more young children in athletics

Stage 2

Junior Track Club

FUNdamentals
Develop fundamental movement and basic athletics skills through fun engaging activities

Stage 3

Development Academy

Foundation
Develop multi-event athletics skills, key physical skills and learn how to train for performance

Stage 4

Performance Academy

Preparation
Refine event specific skills, develop key physical qualities and learn to perform in a competitive environment

Stage 5

Senior Performance

Performance
Graduate from our pathway prepared for the physical and mental demands for senior performance in athletics

Bridging The Gap

