

1. Mission Statement

At Wright Track Coaching our aim is simple. We want to help get more athletes on to the right track to a successful future in athletics. Whether that is competing for GB at major championships or simply continuing to compete and set personal bests as a senior athlete, we want to help more aspiring young athletes reach their full potential.

2. Our Philosophy

This section outlines the values, principles and beliefs that underpin everything we do at Wright Track Coaching. These shape our coaching practices and how we manage the athlete development process. It is important that all athletes, parents and coaches buy in to our philosophy to maximise benefit for individual athletes and ultimately enjoyment of their training. Key elements of our Philosophy are outlined below

1) **Unlocking Athlete Potential - Preparation for Future Performance**

- Long Term Athlete Development (LTAD) is at the heart of everything we do
- Our aim is to bridge the gap between Junior and Senior performance
- This involves ensuring that athletes acquire the necessary technical and physical skills to perform at a senior level

2) **Athlete Centred - Developing the Athlete as a Person**

- WTC wants to empower athletes and help them develop beyond the track
- This includes focusing on psychological, social and lifestyle development
- Focusing on the athlete's holistic development will better prepare them for their future, be it performing at the highest level in sport or in their chosen future career

3) **Multi-Discipline Approach - Laying the Foundations**

- At grassroots level, WTC believes all athletes should be exposed to a wide variety of events, activities and skills
- This lays a foundation of great movement, technical skills and physical qualities that prepare an athlete for high performance in their specialist event or even another sport
- These skills and qualities are also transferable to the majority of other sports



3. The Wright Track Athlete Development Pathway

At WTC, we are passionate about providing a clear, progressive and ultimately effective framework for talented young athletes to progress through as they develop. Through this, our aim is to bridge the gap between junior and senior performance by ensuring athletes are fully prepared to take this final step of their journey in the sport.

The transition from Junior to Senior athlete is far from straightforward. Research conducted by England Athletics in 2011 into the development and retention of young athletes surveyed 560 top 20 Under 15 athletes. They discovered that only 7% were still ranked in the top 20 for any event 10 years later. This supports the idea that that generally, athletes in the UK are underprepared for the technical, physical and psychological demands of performing at a senior level.

This is where WTC want to help with our unique Athlete Development Pathway (ADP). This section will provide an overview of each stage of the Wright Track Athlete Development Pathway through each of the 6 stages



Stage 1 - Inspire

This stage is all about providing more opportunities to inspire and engage more young children in athletics. We want to ignite a passion for the sport and promote it to wider audience. The main focus here is providing fun, engaging and enjoyable sessions to primary school aged children across Rugby and surrounding local areas. With this, they get a positive experience of athletics and hopefully then enter the pathway and start their journey in the sport. The two main initiatives to achieve our aims at stage 1 are:

1) Startrack Holiday Athletics

These holiday athletics courses are designed to offer children aged 7-13 a taste of athletics. They expose athletes to the basics of the different running, jumping and throwing events in a fun and relaxed environment. Courses always include plenty of relays and challenges throughout the week and finish with a mini Olympics.

Coaching is provided by our young but experienced team Junior Coaching team, many of whom are talented athletes themselves. They are all extremely passionate about athletics and are eager to pass on their knowledge and enthusiasm for the sport to the next generation



2) School Athletics

WTC also offers athletics sessions for primary schools to give young children a taste of athletics and experience all the different events it has to offer.

Stage 2 - FUNdamentals

Our second stage aims to provide an opportunity for inspired children to explore their newfound interest in athletics following stage 1. The main objective of this stage is to develop fundamental movement and basic athletics skills through fun and engaging activities. This stage focuses on developing ABC's (agility, balance and co-ordination skills), in addition to RJT's (running, jumping and throwing skills). We would also encourage participation in numerous other sports at this stage for a more holistic development.

Our Saturday Track club is the primary group for this stage of development. Sessions are led by our junior coaches, many of whom are Wright Track Athletes and have been through these stages of the development process. All junior coaches are England Athletics L1 qualified coaches and are fully DBS checked. In these sessions, athletes develop their FUNdamentals through various games and challenges, whilst getting to try the various events athletics has to offer.

Saturday Track Club

When? → Saturday Mornings - 9:15-10:15 - term time only

Age → 6 to 9

Experience → Anyone looking to give athletics a go

Coaches → WTC Junior Coaches

Technical → Focus on developing ABC's and RJT's

Physical → Develop general athleticism through fundamental movement skills

Training → Focus on fun and engaging activities that challenge athletes to learn and grow

Competition → Introduce fun local competitions - enjoyment driven

E.g. → Quadkids and other inter club events

Stage 3 – Foundation – Learn to Train

At stage 3, the focus begins to shift from general movement skills to sport specific FUNdamental skills. This is key as athletes are pre growth spurt and highly receptive to acquiring new skills. Athletes will also begin to learn some basics of how to train and understand the importance of warmups, cool downs and drills. The emphasis at this stage is on keeping things fun, and competition is kept to low pressure local events.

Our Speed School is the group offered at this stage of development. This is suitable for children who have shown a particular talent or interest developing their speed and hurdle skills. Spaces in this group are limited, however there are other opportunities for athletes at this stage of development provided by Rugby & Northampton AC.

Speed School

Ages → 9 to 12

Frequency → 2x a week

When → Wednesday evening and Saturday morning

Coaches → Junior Coaches

Technical → Introduce foundational event skills for sprints and hurdles

Physical → Continue to develop physical literacy and movement competency

Training → Emphasis on fun whilst becoming slightly more organised

Competition → Introduce league matches and local open meetings for competition exposure

E.g. → YDL's, R&N Opens, Charnwood Opens, Nuneaton Opens

Stage 4 – Development – Train to Train

This stage is a crucial stage of development, as it is usually where the growth spurt occurs, and athletes rapidly develop. Athletes become physiologically responsive to stimuli, and there is a big emphasis on developing qualities such as speed, general strength and aerobic capacity. Training here also builds on the foundational sport skills previously established and continues to develop athletes in preparation for future performance.



Athletes are also introduced to the importance of more specific training elements such as hydration, recovery, competition preparation and nutrition. This stage remains process rather than outcome driven, and competitions are used as a learning tool to consolidate the training process to help future development.

Our Development Academy is offered to athletes at this stage of development. Training frequency increases to 3 times a week and continues to become more structured. Technical work starts to become more specific and detailed around the sprint and hurdle events. One specific S&C session is introduced, where athletes learn key movements in the gym and build general strength qualities through various bodyweight/low resistance exercises

Development Academy

Ages → 12 to 15

Frequency → 3x per week – 2x Track and 1x Strength & Conditioning

When → Monday, Wednesday and Friday evenings

Coach → New Coach + Junior Assistants

Technical → Start to build efficient acceleration, speed and hurdles technical model

Physical → Develop speed, aerobic capacity and strength. Learn key movement skills in the gym

Training → Becomes more structured, educate athletes on important aspects of training

Competition → Mainly used as a tool to develop training practices - process driven

E.g. → League Matches (YDL, HoE), Championships (County, Midlands) and Opens

Stage 5 – Performance – Train to Compete

At this stage, the focus shifts towards competition and learning how to compete. Athletes learn how to apply the technical, physical and mental skills developed during previous stages in a pressurised competitive environment. Training intensity and volume increases to reflect the athletes technical and physical capabilities. By this stage, athletes have built a strong foundation of movement competency in the gym, so the focus can shift towards developing maximum strength and explosive power to aid performance on the track.



Our Performance Academy provides athletes with a focused environment to refine skills from the previous stages of development and apply them in high level competition settings. Sessions are designed as part of a periodised programme aiming to help athletes perform at their best for certain competitions during the year. This group also allows athletes to specialise in their chosen event, as it offers specific programmes for short sprints, long sprints, short hurdles and long hurdles. Athletes have one focused S&C session each week, but also have access to a programmed secondary session that they can do in their own time during the week due to their competence developed in the gym through the pathway.

Performance Academy

Ages → 15 to 18

Frequency → 4-5x per week – 3x Track and 1-2x Strength & Conditioning

When → Tuesday, Wednesday and Thursday evenings, Saturday/Sunday mornings

Coach → James + various assistant coaches

Technical → Refine technical models, test them in highly competitive environments

Physical → Develop physical qualities such as max strength & explosive power to aid performance

Training → Becomes more frequent, intense and periodised around specific competitions

Competition → Exposure to higher level competition - learn how to perform under pressure

E.g. → National Champs (English Schools/England Champs) and international junior events

Stage 6 – Elite – Train to Win

By this final stage, all the athlete's physical, technical, mental, personal and lifestyle capabilities have been fully established. The focus of training shifts to maximising performance and peaking for major competitions.

Our Elite Squad provides a high level, professional environment for athletes in sprint and long hurdle events. This group predominantly trains during the day, and sessions are split across Rugby and Birmingham (mostly the Alexander Stadium to allow for use of indoor facilities during winter).



Elite Squad

Age → 18+

Frequency → 6x per week – 4-5x Track and 2x Strength & Conditioning

When → Monday to Saturday

Coach → James + various assistant coaches

Technical → Perfect technical models to optimise every aspect of performance

Physical → Address any remaining physical limitations following the pathway

Training → High intensity, high frequency and highly specialised

Competition → Aiming for the highest level domestic and international competitions available

E.g. → European U23/Seniors, Commonwealth Games, World Champs, Olympics

Stage 7 – Active for Life

There is one final stage which is a consequence of proper application of the model with our athletes. We aim to provide all everyone with the necessary skills and confidence to remain active for life in any sport they choose. Athletes can enter this stage at any age following the acquisition of physical literacy. For instance, we aim to develop competency and understanding in the gym, which is a key skill athletes will have for life regardless of whatever level they reach in athletics. They will always have the knowledge, skills and confidence to use the gym and maintain their fitness and strength should they wish to.

For high-performance athletes, this stage represents the transition from a competitive career to lifelong physical activity. They may decide to continue playing sport, thus being competitive for life, or they may become involved in the sport as game officials or coaches. They might also try new sports and activities, thus being fit for life.