



# TRACK ACADEMY

BY CONNIE HENRY

## ANNUAL REPORT 2015-16





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## Chairman's Report - Joseph Amechi Okafor

Over the past year, Track Academy have consolidated their status as a registered charity and have greatly improved their governance and strengthened all their inner workings.

The coaching and administrative staff have worked wonders throughout the last year, fine-tuning and turning us into a well-oiled machine, of which we are all proud.

At ground level, Track Academy student-athletes have excelled both on the track and academically. Sporting honours abound and academic attainment continues to improve year on year.

This is a fantastic testament to the efforts of both staff and student athletes over the past 12 months. Most importantly, our continued success highlights the holistic approach Track Academy offer, by combining sport with mentoring and education. It cannot be stressed enough that Track Academy are unique in this regard, as no other athletic body in the UK currently offers this mix.

Moving forward, with the World Track & Field Championships being held in London in August 2017, we have a unique opportunity to enhance our exposure, increase our funding streams and welcome even more student-athletes through our doors.

We thank our donors for their continued support and we welcome new donors to help us further empower local children, to ensure they move from being disadvantaged youth to becoming champions, role models and leaders of tomorrow, as we continue onward and upward at Track Academy.







## Founder and Executive Director's Report - **Connie Henry**

2015/2016 has been a year of incredible stability for Track Academy. Having registered with the Charity Commission has opened doors to grant giving organisations who were previously excited by what we did, but were unable to support us in our CIC format. Furthermore, our current partners have reiterated their belief in us by once again deciding that Track Academy is the charity they wish to be associated with.

I am delighted that so many organisations believe as we do, that 'sport for social change' is a powerful tool that has the unique ability to capture the minds of young people and create positive lasting changes in their lives.

Track Academy have for many years known this to be true. Whilst it is sometimes challenging to demonstrate statistically all the work we do, our case studies clearly show that sport as a tool for social change is effective.

We are especially proud of our 'micro mentoring interventions' last year. It has long been a fact that a contributing factor to Track Academy's success in changing young lives for the better is because we are available to support student-athletes 7 days a week, 52 weeks a year.

Last year we began to focus on the finer details of what we do on every occasion a young person comes into contact with Track Academy. Even more than the major one on one mentoring sessions, it is this consistent support that over time moulds new positive life skills and thought processes.

I would like to give a special mention to the College of North West London (CNWL). The college has created a partnership with Track Academy that will result in fantastic opportunities for both CNWL students and Track Academy student-athletes.

The ground breaking relationship has seen the College welcome a registered charity under their roof by allocating office space to Track Academy. As a sport for social change charity, we intend to support the College in any transition moving forward with regard to sporting facilities and opportunities.

2015/2016's stability has enabled us to look forward to a fabulous 2017. Not only will it be Track Academy's ten-year anniversary, but the World Athletics Championships are also coming to London.

Since we use the sport of Athletics to create social change, Track Academy is working hard to be in a prime position to ensure that our student-athletes, volunteers, our partners and staff all benefit from this wonderful occasion.

A final mention and thank you to all Track Academy's staff who go above and beyond on a regular basis to support incredible young people and help them understand that they can be more than the circumstances into which they are born.





## Mentoring Programme Report

Mentoring has the power to create positive trickle-down effects on the local community, which is why it continues to be the cornerstone of Track Academy's ethos. Furthermore, we believe positive role models have the potential to impact an individual's life when real effort is made to pay attention to said individual's development.

We have had over a full year of steady staffing for the Mentoring Department following the formal introduction of Micro Mentoring in September 2015. Additionally, we have now recorded a year of micro contacts between student athletes and staff/coaches at Track Academy.

This information has been used to accompany traditional one- to-one mentee - mentor matches and has helped TA to engage many more athletes per month as well as escalating those who present a need to our internal mentoring programme. Consequently, it has been very useful in providing coaches with extra support for challenging behaviour during athletics sessions.

Most favourably, Track Academy have continued their partnership with Sported, who have continued to provide workshops and mentors for our student-athletes via their partnership with Deutsche Bank over the last year.

This year, we added a partnership with Southampton Solent University which allowed us to hold a Track Academy Training Residential in the Summer Holiday Programme. Thanks to funding from Jack Petchey, the student-athletes were able to experience their first training residential which also directly prepared 1/3 of them for university this year.

Student-athletes were able to learn important life skills which included food preparation and cooking, how to improve communication among themselves and staff/coaches, as well as increased morale and cohesiveness amongst their peers via workshops.

Another leap forward from our new direct link with Southampton Solent University, through which our student-athletes received university life workshops which included a tour of general and sports departments. The athletes got their dream experience of training intensely, and we were also able to provide them with the structure that guided the residential towards university student athlete life, rather than simply full time athlete life.

As part of our success, Track Academy have supported two referrals from Brent Social Services this year through our programme and via more focussed support which have included attending core group and college meetings. We have also referred an athlete to Parallel Success, British Athletics for para athletics classification this year. Two athletes have been referred to a specialist organisation called AGM in 2016 to help with their American university applications.



## Micro Mentoring Report

Following the formal introduction of Micro Mentoring in September 2015, we have now recorded over a year of micro contact between student athletes and staff/coaches at Track Academy.

Mentoring is at the core of our charity and allows us to envelop our young people in a 360-degree programme with the aim of building them up beyond the apparent challenges of their circumstances.

In an attempt to highlight the tireless effort and work of Track Academy staff across the charity, we have started monitoring the constant flow of mentoring that takes place from the moment each athlete comes through the doors till they leave after a session.

We endeavour to ensure all student-athletes receive mentoring at Track Academy through positive reinforcements to boost morale and confidence. We work on boosting communication through performance evaluation and reflection, by meeting challenges to poor conduct, punctuality and lack of effort during training. All staff, from director to interns have vested interest in the success of our student-athletes.

Micro mentoring has been used to accompany traditional one-to-one mentee/mentor matches, which has helped Track Academy to engage many more athletes per month as well as escalating those who present a need to our internal mentoring programme.

It has been very useful in providing coaches with extra support for challenging behaviour during athletics sessions and has allowed us to monitor how often these micro contacts happen and if there is a pattern of behaviour that we may need to intervene in to further support a student-athlete.





## Education Programme Report

We've continued to run weekly educational support for student-athletes, between September 2015 and June 2016. Since our GCSE meeting in October 2016, five more athletes have joined the sessions alongside two year-seven pupils.

We returned to tuition in autumn 2016 and welcomed biomedical science undergraduate, Christine Oluokun, as a permanent fixture on the educational team alongside Maths tutor, Trisha Halai and English tutor, Dalia Francis. Additionally, Track Academy provided two post-16 student-athletes with the opportunity to gain some volunteering experience, by providing peer tuition in support of younger student-athletes between autumn 2015 and Summer 2016.

Importantly, Track Academy have maintained our close relationship with Stanmore College via our Scholarship Programme. We have had monthly contact with the faculty in order to monitor the progress and achievements of the student-athletes so we can help them cope with any challenges they may face. Of the four who completed their studies in summer 2016, three of them are now attending university and one is attending an access course during their gap year whilst in employment.

Due to the high number of university students who now train at Track Academy, we have decided to extend and increase support for our university 18+ athletes, by building a database which we plan to keep updated with regular meetings to keep on top of issues, so we can provide additional support before decisions are made.

Track Academy have held employability workshops in partnership with Deutsche Bank and introduced youth leadership opportunities via a new system of Fee Reduction Opportunities (FRO) for our 16+ student athletes.

The FROs are providing student athletes with ad hoc and regular voluntary work experience that they can include on their CVs and personal statements. We see this expanding as our project grows and more athletes come of age.

Additionally, we hope to provide more opportunities for heavily subsidised/free coaching badges in 2017. Track Academy have also used our partnerships to provide direct employment opportunities to all 16+ athletes and roles have successfully been taken up by 4 athletes between 2015-16 from these opportunities.



7

WENT TO UNIVERSITY

9

ARE IN EMPLOYMENT

8

ACHIEVED AT LEAST  
5 GCSES GRADE A-C



## Athletics Programme Report

Track Academy continue to deliver, year after year high quality, affordable and holistic programmes to the local community which is not matched anywhere else in Europe.

This year has seen the progress of quarterly coach's meetings where coaches have an opportunity to voice concerns and make suggestions to the Director as well as receive renewal instruction on the delivery of coaching.

There has been a strong collaboration of the 'Run, Jump, Throw' programme amongst the coaches with continuous introduction of group swaps to encourage the development of inter-group communication and broaden the experiences of the student-athletes within the realms of athletics.

Track Academy has succeeded yet another year of Athletics competition, displaying multitudinous personal best (PB's) performances and winning medals which serve as a testament to the vast amount of time and dedication invested by both student-athletes and coaches.

To round up the indoor season championships, Track Academy claimed an overall 21 medals by our dedicated athletes, including one gold medal and silver medals at the South of England (SEAA) championships.

Track Academy magnified it's 2016 team, taking 15 talented athletes to the National Indoor Championships in Sheffield this Spring and returned with one silver medal in a superb weekend of exhilarating performances and PB's, whilst still maintaining our student-athletes' study requirements.

Once again Track Academy took home 17 medals executed by sixteen talented athletes at the Middlesex County championships across all disciplines of running, jumping and throws. Personal Bests were accomplished by 90% of Track Academy student athletes.



18

GOLD

13

SILVER

7

BRONZE

90%

PERSONAL  
BESTS





## Multi Skill Athletics Report

British Heart Foundation released a report titled “Physical Activity Statistics 2015”. Within this report, a vital statistic sourced from the Health and Social Care Information Centre (2013) emerged. In England 2012, the highest proportion of active children was found in the 8 to 10 age group for boys (26%) and the 5 to 7 age group for girls (23%) (Figure 1). This means that by the time most children reach secondary school, their physical activity levels have begun to decrease. This makes it challenging to re-engage children and increase their levels of physical activity.

Track Academy launched a brand new Multi-Skills Programme, June 7th 2016, aimed at primary school aged children, ages 8 to 10, to accommodate the growing need to engage children from a younger age.

The programme focuses on developing and progressing children’s multi-skills specifically: agility, coordination, balance and speed through game-play activities. Once the children have mastered these basic skills, we can then apply them to the core principles and techniques of athletics disciplines. The athletics disciplines we cover are broadly grouped into the categories; run, jump and throw.

The first session saw three participants attend, with June averaging six children per week; July eight children per week; and August nine children per week. After twelve weeks, we now have twenty five children signed up to the programme.

Due to funding from Wembley National Stadium Trust, we were able to offer primary schools in Brent the opportunity to send two of their pupils to attend Track Academy’s Multi-Skills and Athletics sessions for free. Currently five children who are registered attend for free thanks to their school’s engagement with Track Academy.

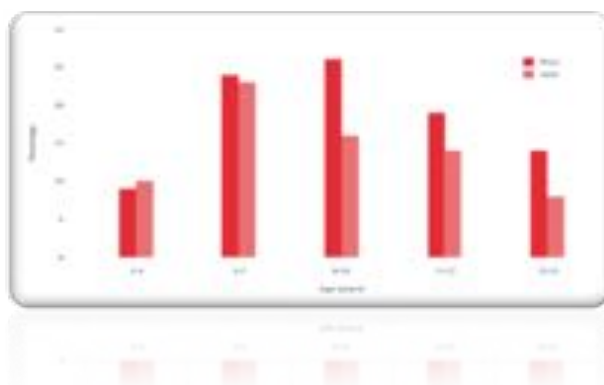


Figure 1: Children meeting physical activity recommendations, by age and gender, England 2012. Health and Social Care Information Centre. (2013). Health Survey for England 2012: Physical activity and fitness. The Information Centre: Leeds. British Heart Foundation. (2015). Physical Activity Statistics 2015. The British Heart Foundation: London

6

TASTER SESSIONS

3

SCHOOLS VISITED

183

CHILDREN PARTICIPATED

61

TRAINING SESSIONS DELIVERED

39

NEW MEMBERS REGISTERED



## Mentoring Workshops

- Alumni Talk - Motivational talk with Q&A from former members of Track Academy
- Student Athlete Talk – Peer mentoring talk from current student athletes
- Motivational talk from Gabriel Odujobi
- Track Academy Training Residential – a weekend of athletics training, life skills and mentoring workshops

## Education Workshops

- Stanmore College Talk
- A Level Workshop
- Student Finance Workshop
- Independent Study Skills Workshop
- American University Workshop
- Deutsche Bank Employability Visit
- Vlogstar Challenge – a social media usage workshop

## Holiday Programmes and Enrichment

- Parent Engagement evening
- JRF Women's Day Celebration at Ark Academy
- Club Row with London Youth Rowing
- Half term Enrichment – basketball, table tennis, cinema trip and badminton
- She Has Game – engaging girls in sport at Ark Academy
- Sports at the Heart - Family engagement day at Roundwood Park
- Summer Programme – rowing, paddle boarding, trampolining, tag rugby, mini Olympics
- Track Academy Christmas party
- Warm weather training
- Connie Henry appears on Channel 4 News in a segment about childhood obesity
- QPCS Sports Award - inspirational speech by Coach Jeffery Lawal-Balogun



# TRACK ACADEMY'S SURVEY



In a survey carried out part yearly in 2015 – 2016 the outcome on what student athletes said about themselves and the impact of Track Academy's input (questionnaire supported by SportEducate) on registration as a new student athlete and 6 months after as a regular member:



**Always or usually do homework on time:**

70%

PRE

83%

POST

**Never or not very often absent from school other than for illness:**

77%

PRE

89%

POST

**Usually or always coming up with solutions to challenges for themselves on the programme:**

73%

PRE

82%

POST

**Number of participants at school who plan to go to college or university:**

45%

PRE

71%

POST

**Good or excellent performance in English and Maths:**

48%

PRE

71%

POST



**Track Academy has built my confidence:**

82%

**Track Academy has kept me out of trouble:**

79%

**I am fitter and healthier because of Track Academy:**

82%

## OUR SUPPORTERS AND SPONSORS



Track Academy wish to thank all our funders, partners and sponsors that have supported us throughout the last year.



JOHN LYON'S CHARITY



