



TRACK ACADEMY NEWSLETTER

August 2018

ATHLETE OF THE MONTH

August's Athlete of the month is Rodrigo. He has been a model student athlete who is always



polite, communicates well & has a great attitude to training. "Rodrigo has made a big improvement in his performance as an athlete. He has worked really hard on the technical aspect of his running which is starting to come together. When we talk about school he has told me that education so far has gone well as he moves into the new academic year." - Coach Amar

EDUCATION SUPPORT UPDATE



Our supplementary school ran through the summer this year alongside our regular holiday programme for the first time ever and Student athletes snapped up the chance to keep on top of their English and maths study in a fun, interactive way.

They practised fractions through basketball and paper size activities as well as learning about creative story telling through Othello from a stage actor who used Disney movies to teach Shakespeare's much used '5 Act Structure'. These sessions were a great success.



We want to send a big thank you to the staff and volunteers who made it happen for our student athletes



We will be back at tuition after our break on **Saturday 15th September 2018**. Taking place at Capital City Academy.

All ages welcome

Access to one-to-one mentoring hot desk

Help with homework and revision

Email education@trackacademy.co.uk for more information about how you can support our education support programme.



SUMMER HOLIDAY PROGRAMME

This summer student athletes had a raft of activities and workshops to take part in alongside their athletics programme. Our coaches and staff provided support throughout and we've had great fun with Multi-skills mentoring workshops; a vision boarding workshop; a Mini European Athletics Champs; self-esteem workshops; a Student Athlete 101 workshop and a trip to Thorpe Park with coach ride quiz.



Track Academy is a registered charity using sport for social change.

TEL: 07956 715 052 www.trackacademy.co.uk

Registered Charity Number 1164222





TRACK ACADEMY NEWSLETTER

August 2018

TRACK ACADEMY GOOD NEWS STORIES



Coach Susan has been with Track Academy for over 8 years and will be moving on to focus on her work with England Athletics. She has been a part of the fabric of Track Academy and even trained and assessed some of our coaches. Her impact is undeniable and she will be dearly missed. Take care and good luck Susan, see you soon at a throws masterclass.

This month we bid farewell to Tsimang Ekango, a key member of our team. During her year with us, Tsimang gained multiple key roles such as setting up our brand new Toddlers Sports Programme; our Run Together Programme; running our social media output and grants applications. She has been great at engaging our student athletes and set up a Girls Mentoring Group; led our mentoring dinners; led vision boarding workshops; brought on board great volunteers and has run our first ever supplementary education programme. We are grateful for her input and look forward to the steps she will take in her career.



Track Academy has run a Game Changers Programme in association with England Athletics throughout 2018 which has provided young people with volunteering opportunities and a Level 1 Coaching Badge. Our programme has successfully produced 7 assistant coaches for our athletics programme, 4 of which are Track Academy Alumni, providing them with training, qualifications and paid work in the sports coaching field. They are a true asset to Track Academy with the insight they have as former student athletes. They have already formed great relationships with our current student athletes and have many ideas for relevant activities and workshops to engage the new generation at Track Academy.

Congratulations to Patricia who was chosen for the first time by TVH to represent them in the U13 Southern Inter-Counties as a hurdler this summer. She got the competition bug just 2 months after joining Track Academy and started competing in 2017 at 12 years old. She has worked very hard up to this point by clocking over 20 competitions in the last year. Her prolific competition output, attitude to training, supportive family and communication with her coach has led to this great milestone in her athletics career and we are very excited to see her progress in the coming years.



Track Academy is a registered charity using sport for social change.

TEL: 07956 715 052 www.trackacademy.co.uk

Registered Charity Number 1164222

