



# TRACK ACADEMY

BY CONNIE HENRY



# ANNUAL REPORT

## 2018

# ANNUAL REPORT 2018: CONTENTS



**04: Connie's thoughts on 2018**



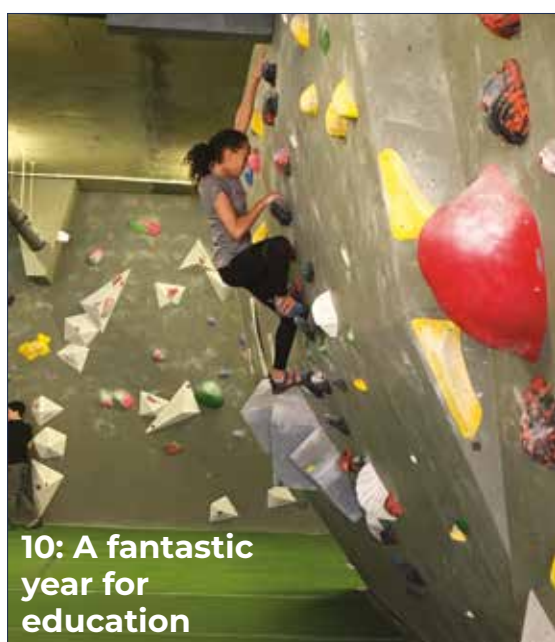
**05: A look back at our events this year**



**06: Some of our 2018 achievements**



**08: Updates on our mentoring programme**



**10: A fantastic year for education**



**12: News from the track**



## A year of consolidation for the academy

2018 marks the second year of Track Academy's charity status, and I am happy to report it has been a year of successful consolidation across the board.

We have expanded our programmes to include more age groups, from toddler sessions for two-year-olds to multi-junior skills for five to seven-year-olds.

Children aged between eight and ten are welcomed at our multi-skills sessions. These new programmes are held alongside our regular track activities for 11-year-olds and upwards. Our aim is to continue growing these new sessions in order to attract more two to seven-year-olds.

In addition, we will be focusing on the over-16 age group, introducing programmes

such as yoga and basketball. Through these, we hope to retain these young people in the Track Academy family.

This year has also seen staff consolidation, helping to create a tighter working team.

As regards funding, we are currently in our strongest financial position to date. However, as funding is the key to growth, we are always continuing the search for grants.

Financial help is of paramount importance to our work now and in the future, and will allow us to continue supporting the children and young people of our community.

**Amechi Okafor**  
Chairman



Young competitors at the Indoor Sprint Challenge

## “We are all more than the circumstances into which we were born.”



Track Academy has moved into positive stability this year. New programmes have been well embedded and are proving to be extremely successful.

We continue to grow the board of trustees with a fundraising specialist and an organisational strategist. This is a bold move by the academy to have proactive trustees. The board continues to grow and we look forward to working on a plan to further improve stability in 2019.

The mentoring programme has added to this stability by downscaling to a one senior co-ordinator rather than two co-workers. This has improved the role of the mentors and has introduced a pay structure.

As a result, we have a more defined journey for mentors when they enter Track Academy, which we hope will lead to more long term commitment next year.

Our events department has gone from strength to strength organising an outstanding track competition and great workshops in 2018.

We are now in a position to look at the annual track event to be a fundraiser as well as a great event for the community.

Our events have been included activities that focus more on building a sense of family at Track Academy and bonding student athletes, coaches and mentors.

For me, it has been an incredible year to watch Track Academy alumni come into full glory and give back to the charity in a variety of ways. After 10 years, it is wonderful to see the full circle impact of Track Academy.

We are grateful for the ongoing support of the College of North West London, where our offices are based, and Willesden Sports Centre where our sporting activities take place every week.

Without the support of these local organisations, Track Academy simply would not be able to deliver the life-changing work it does for the people of the community.

As always, a special mention and thank you to all of Track Academy's staff. All go above and beyond on a regular basis to support our incredible young people.

The case studies and development this year have been breath-taking, and prove more than ever that we are all more than the circumstances into which we were born.

In Kijita (Wajita), there is a proverb which says: “Omwana ni wa bhone”. This means that, regardless of a child's parents, its upbringing belongs to the community.

**Connie Henry**  
**Founder & Executive Director**

# A jam-packed year of events

We ran a number of workshops throughout the summer, including:

- A Track 101 workshop, during which we informed our students about athletics, competing and track etiquette
- A SugarSmart workshop. The aim was to make our athletes more aware of what they are eating. We explained how to eat a more balanced diet to be healthier and maximise their athletic performance
- A self-care/wellness workshop. We discussed self-image and confidence with our athletes and the importance of confidence in athletics
- A group mentoring workshop. This focused on the consequences and impact of their decisions and behaviour

We started our Family Mile Personal Best event in September. Families come along to this monthly event and complete one mile between them.

It is a fantastic way to get parents involved and increase fitness. We had four families in attendance on the first session, and it was great to see their team work and determination.

We look forward to seeing the event grow.

In October, Track Academy was invited to a PE presentation day at the Convent of Jesus and Mary. This was a ceremony to celebrate their students' sporting achievements.

The guest speaker was international athlete Annie Tagoe, a former pupil at the school and a Track Academy alumna.

It was a great event to recognise all the students' achievements, and we loved seeing all the Track Academy and Convent girls together!

Some of our athletes attended the minithon at the Lee Valley Athletics Centre in October. This is a competition exclusively for pupils in years 3 to 7.

It's a great way for athletes to get an indication of how their athletic performance has improved, and gives them something to work towards for the upcoming indoor season.

Our toddlers' programme for two to four-year-olds continues to grow since starting on Saturdays during the summer.

The toddlers enjoy an hour packed with fun activities. These include running/jumping/throwing games, tackling climbing frames and trying their hand at obstacle courses.





## Fantastic progress made across the board



One of the sprint races at the summer Invitational

It has been an outstanding year for Track Academy in 2018. We have worked really hard to strengthen our programmes, ensure that our activities are fun, accessible and really high quality for our members.

We have also broadened our programmes to ensure that even more people from across London can benefit from our work.

Over the last three years, Track Academy has worked with an aggregate 1,013 young people. Growth in membership has risen steadily each year from 283 in 2016 to over 380 in 2018. We are also really proud of the fact that 52 per cent of our members are women and girls.

This year, Track Academy has worked with all ages, from the toddler group which caters for two to four-year-olds and their parents, all the way through to university students aged between 19 and 21.

We have welcomed parents and grandparents at the Family Mile Personal

Best and the Women's Run programme. Track Academy is highly valued by its members. Coaches have a particularly important role, with 91 per cent of members saying that they respect their coach and 94 per cent saying their coach respects them.

92 per cent of members say they attend Track Academy sessions once a week or almost every day.

The majority of activities in 2018 focused on mentoring and life skills imparted through athletics, micro-mentoring and group mentoring sessions.

40 per cent of activities at Track Academy are centred on mentoring and 40 per cent focus on delivery of life skills through athletics and other sports.

14 per cent of activities are focused on building employability skills, volunteering and leadership opportunities, while 5 per cent are aimed at supporting young people through school and into university.

In 2018, Track Academy achieved its targets and received widespread support from parents, partner schools and the members themselves.

This year, 15 young people have been supported to gain athletics coaching qualifications in partnership with England Athletics.

This comes as Track Academy focuses on strengthening the provision of high quality, outcomes-focused children's sport, both in

schools and sports clubs across the UK.

We rely on the generous grants and contributions from our major donors, local sponsors and individuals.

Thanks to them, Track Academy has made some really fantastic progress this year towards achieving its goals.

Thank you to our fantastic staff, volunteers, donors, supporters and partners for making it all happen.

## **Stronger life skills and improved self-esteem**

70 per cent of members say that attending Track Academy sessions has made them feel more confident. 97 per cent say they always show respect to people from different cultures and backgrounds.

## **Improved health and wellbeing**

72 per cent of members say they are more active than they were a year ago and 71 per cent say they feel more fit and healthy than they were then. 86 per cent of parents agree that their child's health/fitness has improved since they joined Track Academy.

## **Improved education outcomes**

50 per cent of teachers agree that Track Academy has improved pupils' ability in English and maths. 60 per cent of participants who attend Track Academy tuition sessions say they have increased confidence in maths. 65 per cent have increased confidence in English. 90 per cent of members say they care about doing well at school.

## **Improved employability skills**

84 per cent of members say they feel able to express their views and opinions clearly and 79 per cent feel confident in organising others to do an activity.



## Mentors are vital role models for athletes

**This period has seen the Micro Mentoring Programme grow and become a lot more ingrained into the fabric of Track Academy's overall delivery and the foundation of our mentoring programme since it covers all student athletes.**

It has also highlighted the key role our coaches have in getting through to our student athletes. They are major role models for the student athletes they coach and we rely heavily on them for facilitation of not only the sports programme but our mentoring programme too.

They are a constant feature, coaching one to three times a week, picking up on behaviour and developing a strong rapport where mentors can sometimes appear to be a temporary intervention, off the track, two or four times a month and separate to training (since mentors usually hold sessions away from the track).

For a few of our young student athletes this cold method of mentoring was not working and led to poor rapport building with mentors as well as a struggle to maintain mentoring relationships since student athletes viewed the programmes as being separate entities.

Based on this realisation, we have come to the decision that mentors need to be on the athletics track as regularly as coaches in order to create a link in the minds of student athletes.

This has been trialled since July and has been a great success in strengthening the presence of the mentoring department on the track and changing the perception of mentoring in the eyes of the student athletes over the last season.

This has supported the referral process of six new student athletes being identified for one-to-one mentoring relationships with one referring themselves for support from the mentoring department.

Although mentoring is traditionally a voluntary role, the individuals involved need to be sustained so that the programme can be sustained.

The issue of retaining mentors came to a head last year and we have had to accept that a purely voluntary role is very difficult for adults with good intentions and households to maintain.

Therefore, roles have been paid for all involved since December 2017. This has been a great help in establishing long term mentors who the general population of our sports programme are familiar with.

The link with coaches and the mentoring department has also been strengthened by have the physical representation of the department on the track.

Our Primary Achievers' Mentoring Programme has held three sessions throughout 2018 which has allowed us to extend our mentoring programme to our Multiskills athletes along with Micromentoring.

Our next steps to continue impacting our under 11s is to start regular one-to-one mentoring for those who present a need.

The mentoring department is now working to create an outreach programme in partnership with College of North West London (CNWL) which will impact their 14 to 16 year-old students.

At the beginning of 2018, we worked with CNWL to engage a selection of Track Academy student athletes who were struggling to engage with a purely athletics based sports programme.

This has helped to give these student athletes more confidence in sport and re-engage with the athletics programme in a more enthusiastic way. This has led to one of the five student athletes competing regularly alongside their training.



Coach Nigel Small  
receives a special  
award for his service  
to Track Academy





## Educational programme a success in 2018

Our education programme has been working to closely monitor the progression of nine university student athletes throughout 2018 with six progressing to their final year and one enrolling this year.

As older generations have moved on over the last two years and become alumni student athletes, we have been experiencing a shift in the age groups who engage with our programme.

We have had a huge influx of under 15 student athletes and have engaged them with a new after-school homework club.

Following the influx of pre-GCSE student athletes in previous years, we have retained seven GCSE student athletes who are being closely monitored for the year via mentoring and workshops.

We have faced issues with retaining tuition staff and need to look into other avenues of hiring staff but we managed to find engaging guest tutors for our first ever Summer Holiday Tuition Programme.

Student Athletes took part in theatre sessions where they learned about

Shakespeare from a stage actor as well as practical ways of applying maths skills.

As we move into 2019 we'd like to introduce more practical and special tutor sessions in order to impact our student athletes with much more dynamic ways of learning in order to break down barriers that many young people face with how they view core subjects like maths and English.

Our schedule of events across the year comprised:

### DECEMBER

- Minithon – external event for under 11s
- 11+ Boys' mentoring meal – informal meal for our mentors and student athletes to build rapport and discuss issues
- 11+ Girls mentoring meal
- 16+ Girls mentoring meal
- Track Academy Indoor Competition
- Holiday programme including debate workshop, acting workshop and badminton tournament

### JANUARY

- SEAA Championship U15/U17/U20/Sen
- Girls' group mentoring – a forum for teenage girls led by internal mentors



## • FEBRUARY

- Yoga sessions – a weekly term-long programme
- Track Academy Student Athlete Group (TAAG) – a biannual forum to gain insight into how the charity is viewed by attendees
- Trip to Go Ape in Battersea
- Middlesex Indoors Competition – an external county competition
- Minithon
- First weekly Toddler Programme session

## MARCH

- Corporate interview practice workshop with Chris Scoble – for university athletes who will be entering the corporate world

## APRIL

- Warm weather training
- Wall climbing
- Badminton
- Easter egg hunt

## MAY

- Coaching multi-skills workshop
- Middlesex Outdoors Championships
- Women's Sports Trust

## JUNE

- CNWL enrolment day
- Primary Achievers' Group mentoring

## JULY

- Invitational event

## AUGUST

- Vision boarding and goal setting workshop
- Primary Achievers' Group Mentoring
- Multi-skills Mini European Championships
- Self-esteem workshop
- Athlete 101 workshop
- Thorpe Park trip

## SEPTEMBER

- First monthly Family Mile Personal Best

## OCTOBER

- Primary Achievers' Group Mentoring
- Convent of Jesus and Mary Sports Awards Presentation Day featuring Track Academy graduate Annie Tagoe
- St Mary's University Part-Time Work Fair
- Parenting Teenagers workshop
- Sugar Smart workshop
- Minithon

## NOVEMBER

- First weekly Homework Club
- CNWL 14 to 16 Coaches and Mentors Introduction
- Coaches' appraisals
- Corporate Day with Daley Thompson, Mercedes Benz and Laureus

## DECEMBER

- Indoor Sprint Challenge

16+ girls' mentoring event



Easter egg hunt



Corporate day with Daley Thompson



Go Ape trip



11+ girls' mentoring event



## Exceptional results for our athletes in 2018



In January, our Ruth-Ann Otaruoh was crowned South of England under-15 triple jump champion.

The teenager won the competition with a personal best of 10.60m at the regional indoor championships, which were held at the Lea Valley Athletic Centre in Edmonton on January 6 and 7.

Meanwhile, Ruth-Ann's clubmate Robert Monteiro took bronze in the 800m with a personal best of 3.03s.

Personal bests were also secured by under 18 Abdikaf Mohamed Abdi in the 400m (57.33s) and under 15 Reece Earle in the 60m (7.54s) and the 200m (24.98s); the latter proving his talent despite an injury.

Meanwhile, four medals came home after the Middlesex Outdoor Championships in May, with a number of personal bests secured over the two-day event.

The young athletes competed against others from across the county at the competition at the Lee Valley Athletic Centre in Edmonton, held over the weekend of May 12 and 13.

Picking up two medals was Ruth-Ann Otaruoh. She bagged a gold in the Under 15s triple jump with a distance of 10.01m, plus a silver in the Under 15s long jump with a personal best of 4.74m.

It was also a good weekend for Patricia Grudz-Edmondson, who won the Under 13s 70m hurdles with a time of 12.58s. She also secured a personal best in the Under 13s 100m heat, storming home in 14.79s.

A bronze medal was won by Reece Earle in the Under 15s 100m (11.7s); he also ran his personal best in a Under 15s 200m heat with a time of 23.57s. Meanwhile, fellow Track Academy athlete Marcel Lee-Pow celebrated after his PB of 2 minutes 30.5 seconds in an Under 15s 800m heat.

Also picking up two new personal bests was Daniel John, who ran 23.85s in an Under 20s 200m heat and 11.59s in a 100m heat in the same age category.

In July, Track Academy alumnus Confidence Lawson donned red, white and blue to represent Team GB as part of a thrilling inaugural Athletics World Cup.

Confidence was picked to run the 4 x 100m relay against teams from countries including the USA, Jamaica and South Africa at London's Olympic Stadium.

The GB team, including Reuben Arthur, Sam Gordon and Andrew Robertson, finished in eighth place with a time of 38.97 seconds. But Confidence said this newly-formed quartet shows real promise for the future.

"We're a new team and this was the first time we'd competed together," explained Confidence, who moved to London from Nigeria when he was 13. "A lot of the other teams have been training together for



years, and would have been working on this for months and months. We'd only had a chance to practice once, on the day before the race. We ran a really quick time and we conquered the pressure to perform the best we could on the day."

Olympians Christine Ohuruogu and Michelle Griffith-Robinson were the guests of honour at our annual Invitational event as our young athletes competed for personal glory.

The British Athletics Certified event included the 75m for under 9s and 11s, plus the 100m, 200m, 400m and 800m. Meanwhile, adrenalin-fuelled long jump, high jump and javelin contests took place on the field.

Amongst the winners were Antonio Infantino who raced to victory in the senior men's 100m with a time of 10.48 seconds. His female 100m counterpart was Hannah James, who triumphed in 12.44 seconds.

Nicholas Atwell took the senior men's 400m title in 48.76 seconds, while Lewis Sorhaindo won the under 11 long jump with a personal best of 4.07 metres.

PBs were also achieved by athletes including Patricia Grudz-Edmondson who secured 1.15m in the under 17s high jump, as well as 3.39m in the long jump, a season best.

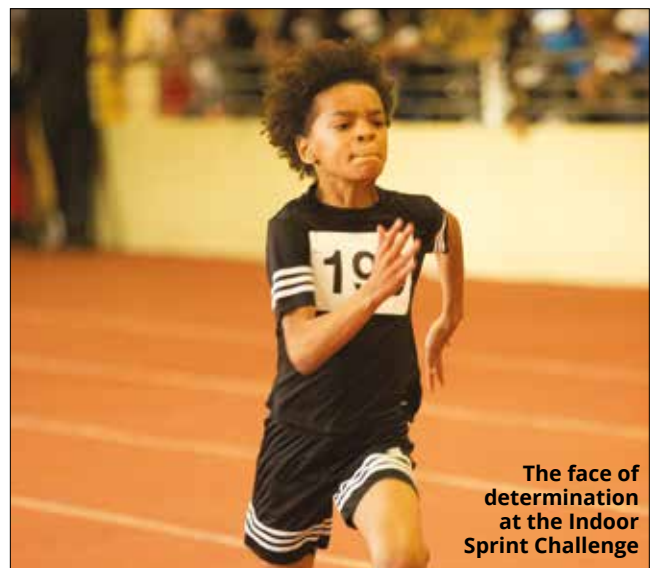
Christine Ohuruogu, who has four Olympic and eight World Championship medals under her belt, told the crowd: "I believe in the power of sport to change people's lives. It changed mine for the better and I now have an amazing bag of skills as a result. I hope you will cherish sport as I have cherished it."

Michelle Griffith-Robinson, the first woman in the Commonwealth to jump over 14 metres in the triple jump, added: "Track Academy brings the community together and helps athletes grow as individuals.

"I myself was a little girl from Wembley with a big dream, and I went on to the Olympics. Sport teaches children to make something of themselves."



**Christine Ohuruogu and Michelle Griffith-Robinson at the summer Invitational**



**The face of determination at the Indoor Sprint Challenge**

More than 110 sprinters tested their mettle against each other at Track Academy's Indoor Sprint Challenge, with over 50 personal bests achieved on the day.

The fourth annual competition, certified by British Athletics, saw the entrants take part in 30 heats of 60m over the day. There were also two 60m hurdles races.

The fastest male was Thames Valley Harriers senior Jack Hatton with a time of 6.92 seconds. Meanwhile, under 17 Roli Omamuli from Harrow AC was the fastest female with 7.96 seconds.

Jack Hatton was also victorious in both the 60m hurdles heats, with times of 7.94 seconds and 7.98 seconds. The day concluded with a toddler race for two to five-year-olds while the coaches also took to the track for a fun sprint.

## THANK YOU TO OUR SPONSORS



The London  
Community  
Foundation



The  
Henry Smith  
Charity  
founded in 1628



WEMBLEY *Park*

**1Life**  
Live more. Live well.



TEAM  
PERSONAL  
BEST

Trusthouse  
Charitable  
Foundation



**HOWDENS**



RunTogether





Track Academy  
College of North West London, Dudden Hill Lane, Willesden, London NW10 2XD  
07956 715052 | [www.trackacademy.co.uk](http://www.trackacademy.co.uk) | Charity No 1164222