

London Sports Trust Track Academy 2010 Changing lives



Living the Dream



Changing young lives through Sport and Education

Children growing up on estates across London, like Stonebridge in Brent, are under constant pressure to join gangs, run drugs and become involved in crime. It is hard to compete with the short lived rewards perceived by young people. This programme has been developed to steer “at risk” young people towards healthy, more positive lives and away from anti-social behaviour & crime.

Athletes like Usain Bolt are helping to provide inspiration for young people, especially for young males from Black and Minority Ethnic communities.

The London Sports Trust uses athletics as the hook for these young people at risk, providing inspiration, role models and a pathway for them to gain qualifications, achieve realistic goals and maybe a chance of glory in sport with the help of world class athletes from the UK. The programme then provides educational, social and emotional support if required in situ at the track, or near to training facilities

Following a successful pilot project in Brent which forged partnerships with local Secondary schools, Pupil Referral Units, Social Services, Youth Clubs, and local Police, the London Sports Trust wishes to launch its project London wide to support young people in making positive decisions for them and their community. The Trust will be delivering the Track Academy in partnership with an expert team of coaches including Connie Henry, Larry Achike, Abi Oyepitan & Clarence Clarendon.



Connie Henry:
Commonwealth
Games Champion



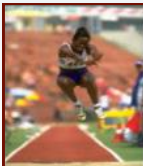
Larry Achike:
Double Olympian &
Commonwealth
Games Champion



Abi Oyipitan:
Commonwealth
Games Champion

The London Sports Trust aims to deliver a unique combination of sports and academic training coupled with mentor support & guidance aimed at marginalised young people .

- ✧ Comprehensive athletics programme developed & delivered by International athletes.
- ✧ Extensive mentor support programme provides realistic & tangible support for children at risk of exclusion & anti-social behaviour.
- ✧ Innovative academic system designed to improve numeracy, literacy & communication skills.




“The discipline needed to be great at sport can be transferred to the classroom and more importantly to life as long as there is structure and determination to help a young person understand”


Connie Henry


London Sports Trust Track Academy 2010

Who will benefit? The programme will help children & young people aged 10-18 years at risk of exclusion or anti-social behaviour. A large proportion of the beneficiaries are from a Black Minority Ethnic background. Community Mentors & Volunteers will be involved in the development and implementation of the programme.

Track Academy Key Elements

 **Track Programme:** Athletics sessions to teach sprint, throws and jumps. Also sessions will be delivered on nutrition, planning and fitness training. Sports coaches will be trained as mentors. Identified track sites: Willesden Track, Linford Christie Stadium, Battersea track Battersea Track, Perivale Track, Crystal Palace, Barnet Copthall, and Olympic Stadium.

 **Mentor Programme:** Weekly mentor sessions to run alongside athletics sessions. The support varies from individual to individual, but the aim to help them achieve their personal goals and fulfil potential, whilst identifying and resolving issues. Mentor volunteers from within the immediate local areas help to promote both the idea of community and achievement.

 **Study Support:** Study support groups with teachers to help children & young people with education issues. The Trust will operate the study programme close to the track for young people who find the classroom environment difficult or those who require extra support in education. Innovative study using hand held “must-have” multi-media devices can be used at the trackside.




Programme Outcomes

-  Increase in academic achievement & attendance
-  Reduction in anti-social behaviour or involvement in gang crime
-  Better communication skills and increased confidence
-  Increased employment opportunities
-  World class junior athletics programme

“The Athletic Squad has been life changing for some of the boys, a couple were on the verge of going to prison before they joined the squad. I don’t want to stand at the back of another church because a boy has been shot for being in the wrong place at the wrong time. This programme gives them direction”

Mike Finnie, Head of PE at Crest Boys Academy:

Other Benefits

-  **Volunteer & Training:** Opportunities for individuals from the community will be trained and assist in many different aspects of the programme and will gain valuable work experience. Older members of the squad will partner with younger members. Work experience
-  **Multi-sports referral days:** Some young people might have the attributes for other sports so partner organisations provide opportunities for them to try their skills in these sports. This provides good exit pathways and keeps children & young people interested in sport.
-  **Outreach & School programme:** A series of sessions will be run in schools, open spaces and community centres to identify children



Usain Bolt World Record holder 100 and 200m with Jamaican National Coach Glenn Mills & Connie Henry at the Willesden Track Sports Centre

HOW CAN YOU HELP?

Funding options

Programme Sponsor:

Overall sponsor for the London Wide Track Academy programme 2010
All corporate sponsorship will be match funded through Sportsmatch or NSF

Site Sponsor:

To support the programme at a specific sports Stadium or area of London. The sponsorship can be tailored to fulfil your requests

Individual sponsor:

Sponsorship of an individual athlete
All of the young people we work require ongoing support to achieve their goals

For more details please contact us at:

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